

“At last the painful cramping has gone and I’ve lost nearly thirteen kilograms!”

- Cramping, pain and fatigue after eating had a massive impact on Martiana Du Plessis’ life
- She avoided eating out as a result
- Tried various diets and cutting out foods, but symptoms persisted
- Food intolerance testing revealed she had reactions to yeast and milk
- After eliminating her trigger foods, her symptoms subsided and the weight dropped off

For eight years, Martiana Du Plessis experienced debilitating painful digestive issues after eating which severely curtailed her enjoyment of life. Abdominal cramps, diarrhoea, headaches and tiredness meant that eating was endured rather than a pleasure. **“Because the cramping started after meals, I avoided eating during the day at work or at any functions, instead waiting until I got home,”** says Martiana.

Enjoying sandwiches on the go or dining out were also out of the question due to the anxiety around the side effects caused by her symptoms. Conveyancing secretary Martiana, 32, recalls: **“I couldn’t eat at restaurants or in malls and would wait until the end of a road trip to eat, as it was just before we got home.”**

In a desperate bid to control her symptoms, Martiana cut out certain foods, thus restricting what she ate even further and even tried a fluid-only diet. As well as causing her misery, this did not clear up the cramping and pain.

“I did seek advice from a number of doctors and specialists,” she explains. **“Various tests were carried out, including blood tests, gastroscopy, colonoscopy, and even an MRI. However, none of the doctors found anything wrong.”**

She also undertook allergy tests in hospital, but none came up positive. Wondering if a food intolerance could be responsible for her health problems, Martiana decided to try the Lorisian food intolerance programme. The test involves a very simple finger-prick blood collection wand system, which can be taken at home or clinic and analyses food-specific IgG reactions to over 150 food and drink ingredients. Martiana says: **“The test revealed that I was intolerant to yeast, with a borderline reaction to milk. I wasn’t surprised as it all finally made sense.”**

Martiana also received nutritional support and dietary advice to help her seek balanced alternatives and free-from products. As yeast is in so many ingredients and found in unexpected places, including canned fruit juices and dairy products, it meant

that she had to get into the habit of reading food packaging labels very carefully.

Three weeks after eliminating her trigger foods from her diet, Martiana noticed her symptoms subsiding. **“I felt fantastic and I could finally eat without pain. I wasn't as tired and had less headaches.”**

Even better, after eliminating her trigger foods, Martiana ended up losing nearly 13 kilograms. She is still following her diet plan carefully, which is now a way of life. She carefully examines ingredients before buying them, because if she eats her trigger foods she gets stomach aches, diarrhoea, headaches, vomiting and tiredness – she realises that the side effects are not worth it.

“My life has dramatically changed since taking the test,” explains Martiana. **“I feel as if I have been given a second chance.”**

Lorisan advise that you consult with your GP first if you are experiencing the types of symptoms mentioned in this testimonial.

Taking the Test

Taking the test is straight forward, with no need to visit Lorisan's laboratory. The results will be within 7-10 days. The Lorisan 150 plus test is a full diet analysis covering a wide variety of food and drink ingredients including:



- | Wheat, gluten, yeast, egg whites and egg yolk
- | Animal milks including cow, goat and sheep
- | 12 different grape varieties
- | Herbal teas including green tea and rooibos (red bush tea)
- | 25 different herbs and spices
- | A wide variety of meat and fish
- | And more than 100 other ingredients

Contact your Approved Lorisan Practitioner today for more details about the Lorisan 150 plus test!