

## Francois Viljoen, 44: "I feel great now that my headaches and chronic sinusitis have cleared up!"

- Francois suffered from chronic sinusitis and headaches for most of his life.
- The 44-year-old dad used to wake up feeling as if he hadn't slept.
- He lacked energy and felt too tired to exercise.
- Took a food intolerance test which revealed reactions to yeast and cows' milk.
- After eliminating these from his diet, he noticed a drastic change in his symptoms within a week.
- He now feels energised and refreshed when he wakes up.

For most of his life, Francois Viljoen had suffered from chronic sinusitis, asthmatic symptoms and frequent headaches. "I would wake up each day feeling bloated, the sinusitis seemed to be getting worse and my wife complained that I would snore during the night," says Francois, 44, who owns a manufacturing plant.

On top of that, he felt unable to exercise as he was often tired and rundown. He relied on sinusitis medication and frequently used an asthma pump, but his symptoms did not improve. "I knew the medication was not working 100% and I was curious to find out if my health problems could be related to my diet," explains Francois.

He decided to try the Lorisian 150+ test which analyses reactions to 158 ingredients, using a simple fingerprick blood test, where the sample is sent back to the company's laboratory for analysis.

When Francois got his results, he was surprised to discover that he had reactions to yeast and cows' milk.



The next challenge was to embark on an elimination diet, and cut these ingredients out of his diet. He had a consultation with a

Lorisan Dietitian who advised him on free-from alternatives. And within a week, Francois noticed a difference. "My sinusitis had cleared up and my headaches, which plagued me daily, had vanished."

This made him determined to stick to his new regime, and he has never looked back. "I go to the gym often and have more energy. I also feel rested when I wake up in the morning," he says.

Francois also says the elimination diet hasn't been too taxing either. "I found it relatively easy as milk alternatives are on the shelves in most supermarkets. However, cutting out yeast was trickier as it is in so many products - and I love balsamic vinegars!"

If he does slip up, his symptoms return straightaway. "I instantly have a blocked nose and within an hour I can feel a headache coming on," he says.

Since taking a food intolerance test, Francois recognises how much better his life is now. "My sinusitis has cleared up completely and I cannot remember the last time I had a headache. I feel great."

*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!