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Cathy McGuire, 36 from Ireland took a Lorisian food intolerance test in March 2013 after suffering prolonged digestive problems. The constipation, wind and bloating she was experiencing were all classic symptoms of Irritable Bowel Syndrome.

Her condition was so severe that she frequently had to visit the hospital. The tests she underwent could not reveal the root cause of the problem and the medication she was prescribed only made her feel worse. Not only were her symptoms uncomfortable and at times painful, they also caused her great embarrassment.

“ ... when I say I was “bloated” it doesn’t really do justice to my symptoms. I was carrying so much fluid that I felt constantly swollen. I was asked on a regular basis if I was pregnant and “when was I due.” It was terribly upsetting and humiliating and to add to the problem my weight started going up even though I had never had a problem with my weight in the past.”

As a result of the unwanted weight gain Cathy was experiencing, her confidence began to plummet

“ I felt very down and depressed and suffered from low esteem so for two years I didn’t go out and couldn’t socialise. I hated looking in the mirror and I had a very poor image of myself.”

After struggling with the combination of her weight gain, poor health and the negative impact on her mood, Cathy decided to try a different route discover the cause of her problems.

“ ...one day my mum suggested that I take a food intolerance test to see if that could help with my symptoms. I decided to give it a go as I hadn’t had any luck through doctors and the hospital.”





When she received her results, Cathy learnt she was reacting to egg white, egg yolk and, surprisingly, peas.

“ I immediately took eggs out of my diet by replacing them with porridge for breakfast and the affect was almost immediate. ”

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Armed with the knowledge of her food intolerances, Cathy has continued to see long term improvements to her health since she took the test

“ 1 year later I am pleased to say I am feeling fantastic, I have managed to stay the same size and have not gained any weight. I feel energetic and my confidence is continuing to grow every day! ”



Lorisia 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 Lorisia's laboratory. The results will be with within 7-10 days. The Lorisia 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 Lorisia Practitioner today for more details about the Lorisia 150 plus test!