

# Alice lost half a stone and 3% body fat in 3 weeks



Alice  
BEFORE



Alice  
AFTER

Despite an incredibly active job as a fitness professional coupled with a healthy diet, Alice (33) found it difficult to reach her optimum weight.

*“ I am a personal trainer but have always struggled with losing weight and would find it hard to even lose 1lb a week whilst training every day and eating what I would previously have considered to be a good, healthy diet. ”*

After talking with a colleague at work, Alice decided to try the Lorisian 150plus test to discover whether something in her diet might be preventing her from achieving her goals.

When she received her results, Alice was surprised to discover she was experiencing reactions to a number of ingredients, including yeast, eggs, sheep and cow's milk, wheat and spinach.

Avoiding these trigger foods and replacing them with nutritious alternatives to ensure a balanced diet, Alice was delighted see to noticeable improvements within a week.

*“ Within just a few days of cutting out the foods I had lost 4lbs and felt less tired and lethargic. ”*

Over the next couple of weeks, Alice noticed continual improvements but also discovered that reintroducing her trigger foods had a negative impact, confirming that these foods were the cause of her problems.

*“ On a couple of occasions... I have slipped up and had a bar of chocolate and once had a lasagne which probably had everything in that I shouldn't have. I have noticed more so the swelling and bloating after eating these food and how rubbish I have felt after. ”*





Armed with the knowledge of the foods she needed to avoid and feeling empowered to make healthy changes to her diet, Alice continued to see a transformation in her weight and physique.

*“Three weeks on from getting the results I lost half a stone in weight without really making any massive changes to any diet or training other than cutting out yeast, wheat, eggs, dairy and spinach.”*

*“I feel much better in myself and notice now and strive to maintain this approach of cutting out these foods that cause a reaction... I have just been weighed at the gym as well and have also lost 3% body fat in the last two weeks.”*



## Taking the Test

Taking the test is straight forward, with no need to visit Lorisian's laboratory. The results will be with you within 7-10 days. The Lorisian 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 Lorisian Practitioner today for more details about the Lorisian 150 plus test!