

**“I thought I knew what caused the issues I was having, but I needed clarity. I needed to know how to fix this once and for all.”**



**Geoff  
BEFORE**



**Geoff  
AFTER**

Before undertaking the Lorisian 150plus test, Geoff had been suffering from ongoing digestive issues which regularly forced him to cancel social arrangements due to the pain and discomfort he was enduring.

**“ Before I took the Lorisian 150plus test I suffered with diarrhoea, bloating and really uncomfortable stomach cramps. It would always be an issue going out with friends. I remember my Mum and Dad took me out to dinner for my birthday, I was having such a lovely night and then it started. The cramps, bloating and wind forced me to go home and cut my birthday short, I was devastated. ”**

Feeling as though he knew what was causing his issues, Geoff decided to confirm whether his suspicions were accurate. After speaking with his local Lorisian practitioner, Geoff decided to take the Lorisian 150plus test – the most comprehensive option – in order to gain a clear understanding of his reactions to a wide variety of food and drink ingredients.

**“ I thought I knew what caused the issues I was having, but I needed clarity. I needed to know how to fix this once and for all. ”**

When he received his results of his test, Geoff was surprised to discover a number of reactions he wasn't expecting. Taking a closer look at his diet, Geoff realised that his trigger foods - yeast, eggs, cows' milk and beef – were all things he ate on a regular basis.

**“ I was very surprised as I am into my weight training and I eat a lot of eggs and beef. But after I got the results it became clear that every time I ate either of them it was causing me real gut issues. ”**





Together with the support of his Lorisian practitioner, Geoff began to make changes to his diet, replacing his trigger foods with nutritious alternatives

“After a week or so I could see a marked difference in my symptoms. I did try beef about a week ago at a friend’s party and it gave me the same symptoms within an hour. I instantly regretted it.”



“Since I took the test I have researched more into gut health and how important it is for me and my body. I now take probiotics to help keep my gut healthy.”



Lorisian 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 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 Pratictioner today for more details about the Lorisian 150 plus test!