

## Case Study No7

### John Morris IBS

“I'd have put money on my symptoms being food-related, but none of the medics would entertain that idea until I took the Food Detective™ test,” John Morris, West London

Married to a food writer, John Morris has been lucky enough to sample an eclectic mix of cuisines in many of the world's top restaurants. But around 2000, the 65-year-old business consultant from West London began to suspect that some foods may have been the cause of his health problems. For six years John lived with the fluctuating diarrhoea and constipation of Irritable Bowel Syndrome (IBS) - and an itchy rash on his back and arms. “I wasn't in pain or really ill and it didn't stop me from doing anything, but the symptoms did make me feel uncomfortable at times,” he says.

Numerous visits to see private bowel and skin specialists failed to find the root cause of his problems. John says: “I strongly suspected that particular foods were causing my problems, but the specialists dismissed this and said, if anything, I had an allergy to my environment.

“Then I realised that whenever I spent time away working in the Far East, I would come back feeling better. My symptoms always cleared up while I was away,” explains John. “Over in Thailand and China, dairy and wheat were not part of my diet and I started to think that I was probably intolerant to one of these things,” he says. While meeting colleagues in the Far East, John would replace his favourite drink - beer - with Chinese tea.

John put his suspicions to his GP, who referred John to a second private gastroenterologist who specialises in digestive problems. He suggested that John take a food intolerance test.

John researched different tests on the internet and decided to buy Food Detective™, from Cambridge Nutritional Sciences. The test confirmed that John did indeed react to dairy, wheat and a whole host of other common ingredients and foods. Milk was the main culprit, but yeast, egg white, cola nut, wheat, pineapple and barley were also on his to-ban list.

“It would have been virtually impossible for me to find out all of the foods I was reacting to without the test. Firstly I assumed that only one food was causing the problem and therefore tried to eliminate one at a time. Also sometimes a food can take over a day to give a reaction. All this makes it difficult to pinpoint the exact culprits through an elimination process,” says John.

John immediately cut out these foods from his diet and after just a few days, John's digestive problems settled down. Although he still gets the odd milder flare up of rashes, he no longer has to use steroid cream to control them. And, since taking the test, he has lost a stone in weight, bringing him down to a healthy 12 stone. “I do feel a lot better,” he says.

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John now sticks to a largely Oriental-style diet, with plenty of fish, vegetables and salad. By a happy coincidence, his wife, Sallie Morris, is the author of the Easy Thai Cookbook, which she had published in 2007 – around the time that John took the Food Detective™ test.

“I’m very lucky that I have a wife who is such a good cook. Her cookbook contains dishes like Green Mango Salad and Red Chicken Curry, so it’s perfect for my new regime,” says John. “There is no cow’s milk in a Thai diet.”

He is also grateful for the free back-up support he received from the nutritionist at Cambridge Nutritional Sciences. She advised on how he should fine-tune his diet after taking the test. “I got a lot of good help on the phone,” says John. “For instance, I didn’t know that most crisps have milk they added to them.”

He adds: “People who suspect an intolerance to some foods should take a test like Food Detective™; carefully read ingredients lists on pre-packaged foods – and get a good cookbook!”

