

Case Study No2

Lesley Fox Aching joints and muscles

Lesley, a retired PA from Ashford, Kent and mother of 5 children had already been avoiding dairy products when she decided to take a food intolerance test. 'The doctors had tested me for food allergies but they all came back clear, but I know that if I drink milk my nose runs, I have a sore throat and my lips as well as my eyes are very itchy'

Lesley often noticed her symptoms were worse after she had eaten wheat (especially bread) and dairy together. 'It had been difficult to explain my symptoms to my GP, I had aching joints and muscles and flu-like symptoms, so they didn't seem like the classical food intolerance symptoms and it was difficult to be taken seriously'

So in August 2005 after reading a nutrition book Lesley decided to do a food intolerance test with Cambridge Nutritional Sciences. Lesley tested positive for wheat, yeast, cola nut and pineapple. 'I found the Nutritionist at CNS very helpful, she explained that whilst the test didn't show positive for dairy that I should still avoid it because if you have avoided a certain food or food type for some time prior to taking a test, the blood sample may not react to it'.

Lesley saw an improvement in her symptoms immediately and quickly settled in to finding alternatives to replace the wheat and yeast in particular. Lesley has tried reintroducing some foods but finds that she reacts on each occasion. 'My husband knows when I have cheated, I'm sat there snuffling away!'

Lesley says that she would definitely recommend Cambridge Nutritional Sciences Food Intolerance test to others
'...in fact I think this test should be available on the NHS!'

