

## Case Study No5

### Janet Chronic stomach pains

Going out for the day wasn't an option for 45 year old Janet from Ely, Cambridgeshire, in fact even the five minute drive from her house to work was a hurdle that she managed with an effort. Janet had suffered for years with chronic stomach pains and acute diarrhoea which was so bad that she could never be too far from the safety of a toilet.

As if that wasn't bad enough, she was also afflicted with hands and feet that were so badly cracked open – almost like dermatitis, that writing, opening a tin and walking, even short distances, was excruciatingly painful.

On top of these health problems, Janet woke up every morning with flu-like symptoms and migraines. She explains, "I had no quality of life. I was in pain constantly and having to be near to a toilet meant I was too scared to go out; I had no social life. Every day, I would wake up feeling so ill I literally had to drag myself out of bed to work. I am self-employed so taking time off sick was never an option."

Despite spending years going backwards and forwards to the doctors to try and get answers and solutions to her wide range of health problems she just kept getting fobbed off. "Over the years I must have seen at least 7 different GPs and whilst some were sympathetic to my problems, not one was able to establish why I was suffering with such a mixture of symptoms or provide any viable treatment."

Janet and her husband own a garage in Littleport and it was literally by chance that Janet got talking to one of her regular customers about some of her health problems. She explains; "He suggested that I took a food intolerance test as he thought the symptoms that I had could be my body reacting to intolerance. It was something I had never thought of and it had never been considered by any of the doctors I had seen".

Janet went to a nutritionist who used Cambridge Nutritional Science's 'Food Detective', a food intolerance test. Food Detective is an easy-to-use and accurate IgG food intolerance kit that identifies antibodies to 59 common foods, giving results in less than 40 minutes.

The test is carried out on fresh blood collected from a finger-prick. "I was amazed with the results I tested positive for so many foods and my reactions were severe. I tested positive for milk, eggs, wheat, cod and pineapple. I immediately took all those foods out of my diet and couldn't believe how much better I started feeling in just a few days. My hands and feet improved, I had no stomach pains and I stopped waking up every day with a splitting headache. It seemed incredible to think of all the years I had suffered and simply endured the pain. It does make me cross that all the doctors I went to see didn't even consider that my symptoms could be as a result of severe food intolerances. I recently went out shopping for the day with my daughter and I felt so liberated! It sounds silly, but when you've had such poor health for as long as I had, even simple things like buying clothes was virtually impossible. I feel like I can start living again!"