

Case Study No11

Yvonne Page Migraine

“Everyone in the country should take the Food Detective™ test – it would save the NHS millions in wasted trips to the GP,” Yvonne Page, Poringland, Norfolk Yvonne Page, a 58-year-old mum from Poringland in Norfolk, says she feels like a new woman after taking the FoodDetective™ food intolerance test last April. The mother of three grown-up children had suffered for 12 years from fortnightly migraines, unsightly spots on her neck and stomach, blisters on the roof of her mouth, trapped wind and aching joints.

“I was in a vicious circle of feeling unwell. Just as one symptom disappeared, another began,” Yvonne says. Having a physically demanding job as a farm worker made life doubly difficult. “Working in a hot greenhouse and bending down to pick strawberries was not pleasant when I was feeling so unwell.” Her mystery illness also prevented her from having a social life outside her immediate family: husband Robin; sons Craig (39) and Andrew (36) and her 31-year-old daughter Michelle. “It was awful. I never liked to book things up in advance in case I would let people down by getting one of my migraines, which would typically last three to four days and come every couple of weeks,” says Yvonne. While Yvonne’s GP was helpful in providing medication to manage her migraines, he never got to the root of what was actually causing them. “I’d visit the doctor every six months, but although I was given pain management nothing was done to get rid of the source of the migraines.”

The Food Detective™ test showed Yvonne was reacting to soya bean, wheat, barley, corn, rye, cow’s milk, egg white and yolk, cola nut, pineapple, grapefruit, almonds and cashew nuts. Yvonne, desperate to feel normal again, immediately avoided these foods and was better within a week.

In the year since she took the test, Yvonne has had three migraines, milder versions than those of the past – and she says they came after she had experimented with the foods she reacts to. Also, all of her other symptoms are 80% better than before. She also lost two stone with her new regime and is now five pounds off her target of 11 stone 12 pounds, having lost six stone in the past two-and-a-half years.

“I feel like a different person. I feel more alive with so much energy and I have started to enjoy life again, meeting up with friends and going swimming twice every week,” she says. Adapting her new diet to avoid her problem foods has also been relatively easy for Yvonne. Stir fries and baked potatoes and exotic vegetables have replaced stews, roasts and shepherd’s pie as regular meals. Oat cakes and porridge, with the odd bag of crisps or sweets, have replaced sandwiches and cakes. “It just involves a little more planning and the changes are not so drastic to mean that I have to cook something different every night for my husband,” she says. Yvonne has already recommended the Food Detective™ test to several friends and her 35-year-old son who also suffers from migraines. “I think everyone should have this test; it would save the NHS millions,” she says.