

Case Study No3

Jayne Roe Headaches

Mum Jayne, a part-time hairdresser from Bury had been told that her persistent headaches were due to hormonal changes after having her daughter. 'I have had headaches all my life but they were becoming more frequent and I would suffer one nearly every day. I would be waking up with a headache, all over the front of my head and I even had my eyes tested to check it wasn't failing vision'. Painkillers didn't help and the headaches only got worse just before her period.

A chance conversation with a friend with M.E. who had tried and benefited from a food intolerance test with Cambridge Nutritional Sciences gave Jayne the idea that it might benefit her too. Jayne hadn't thought of this but thought it would be worth a try.

'The test was easy to do and results were returned within a few days' Jayne was advised to avoid wheat, cow's milk and soya milk which was a little difficult to contemplate as she ate a lot of dairy foods. '...but I just got used to it, I have rice milk now and have salads and rice salads for lunch instead of a sandwich'.

'I did the test 5 months ago and noticed the results immediately. I haven't had any headaches at all since'. Jayne also feels much healthier and has already recommended the test to a friend. 'From start to finish I found your company to be very efficient and helpful'.