

## Case Study No1

### Gus Chichon Abdominal pain

Going to family gatherings had become a difficult experience for building firm Manager Gus Chichon. 'I would be walking around holding my stomach in agony. It was embarrassing, excruciatingly painful and worrying for everyone'. Gus was experiencing intermittent bouts of debilitating pain accompanied by bloating and constipation. This sometimes caused him to miss work and was worrying for him and his family.

Gus used his private healthcare to try to establish the cause of his symptoms but after many investigations was told that 'Some people just get tummy aches' and he was diagnosed with IBS (Irritable Bowel Syndrome). He was prescribed antispasmodics which didn't help him and this left him feeling misunderstood and angry. He put up with his condition for over 7 years. Gus had tried food avoidance on several occasions over the years but found it difficult to pin down which food would be the cause of the attacks because sometimes it could take a couple of days before he would react.

'I caught the BBC Look East News feature about your service and thought I would give it a go. The test was simple and easy to complete and the simple colour coding system on the results meant you can quickly identify the foods to avoid' On receipt of the food intolerance report, Gus eliminated wheat, barley, rye, corn, oats, dairy (cow & goat), eggs, crab, cola nut, yeast, pineapple and pear. 'The results were immediate, I'd not felt so good in such a long-time. It has changed my life, I feel much happier now that I have worked out the cause of my problems and family gatherings are no longer a worry !

Gus has also noticed that he has lost weight as a result of avoiding the problem foods 'I used to eat a lot of cheese and had quite a large stomach but now I have eliminated it my waist size has dropped 2 inches!'