

## Case Study No10

### Pat Williams IBS

“I looked so sickly and weak that my nephew’s children asked me if I was going to die” Pat Williams, St Thomas, Exeter. To say that taking the Food Detective™ test may have saved Pat Williams’s life may sound extreme. But the 68-year-old is convinced that had she not found out this time last year, what foods she was reacting to, she may not have been here today. “I suffered from the fluctuating diarrhoea and constipation of Irritable Bowel Syndrome - and I looked and felt terrible. So much so, that I didn’t leave the house for the best part of a year. I became so physically weak and emotionally low that I spent most of 2006 imprisoned inside the four walls of my own home - as I was on and off the toilet so much. Luckily, I live with my sister and brother-in-law and they were happy to do the shopping and fetch me everything I needed from the shops. Before I took the™ test, I weighed just seven stone four, which is underweight for my height of five foot five with a body mass index of only 17, putting me at risk of the brittle bone condition osteoporosis. I had really awful diarrhoea which would pour out every time I ate or drank anything and I was getting thinner and thinner,” explains Pat, who lives in St Thomas, Exeter. “The whole thing put me off eating and I was exhausted”. My GP hadn’t been able to help me; and I realised that I had take action myself; otherwise I would not be able to cope for much longer. My sister had taken a test the year before and I suspected that what I had was to do with food,” she adds. “I’d always felt sick after having milk as a child and avoided drinking it because of this”. After taking the Food Detective™ test, it became clear why she’d felt so unwell. She reacted strongly to cow’s milk, wheat, rye, corn, buckwheat, cheese, yeast, barley, cola nut, eggs and pineapple. She had a borderline response to goat’s milk, kidney beans, soya beans, crab, chilli pepper, peppercorn and rice. As part of the cost of the test, CNS offers a nutritional consultation. The nutritionist advised that Pat immediately cut out all the foods that she’d reacted strongly to; and to cut down on the foods to which she had a borderline reaction. Pat immediately set about withdrawing all of the offending foods from her diet and instantly felt better. “By the end of the first day my tummy felt more settled and within a month I had improved so much that I started to go out again,” she says.

Within a few weeks Pat began putting on weight. She now weighs eight stone seven – a healthy weight for a woman of 5’5” in height. It’s the heaviest she has been since her early 20s. Pat has suffered from bouts of diarrhoea throughout her life, particularly since her 20s, although the problem significantly worsened in the year before she took the test. She has also had to contend with having an under-active thyroid, which made her so tired that she was forced to take early retirement at the age of 52 from an office-based job in a finance company. Since taking the test, Pat’s got her confidence back. “I’ve always been an outgoing person, Food Detective™ has given me a new lease of life; I am so much more energetic and confident.”

Pat now goes out most days visiting friends, shopping and enjoying trips to the theatre and restaurants. “I’m a vegetarian and am very careful about what I eat when I am out, sticking to very plain meals such as baked potatoes and salads, because then I know exactly what is in them. It is a bore to keep asking what the ingredients are for everyone concerned, so I try to avoid this,” she says.

She has even begun to slowly re-introduce some of the foods she was reacting to. “It is a case of trial and error, but now that I’m working from a clean slate it is easier to do.”