

## Case Study No6

### Sean Tiredness and lethargy

Second year business studies undergraduate, Sean was becoming increasingly concerned about his complete lack of energy; he felt constantly drained, was always tired even after a good night's sleep and was finding it virtually impossible to stay motivated at university.

His parents, believing there might be something more sinister wrong with their son took him to see their local GP. Sean was sent for an array of different tests including biochemistry, immunology and haematology but each test came back negative or normal.

Sean's father, Andrew explains, "Although we were pleased the tests hadn't showed up anything serious we just knew there was something not quite right. Our local GP wasn't interested in pursuing the problem further and, to be honest, we felt he just thought it was down to 'teenage boy lethargy'.

"We then came across food intolerance and wondered whether this might explain some of his symptoms. We also had at the back of our mind the memory that Sean, even as a young boy, was unable to drink coke without getting a severe migraine and when he was older was always sick after drinking beer – even after half a pint!

We went to a company called Cambridge Nutritional Sciences who carried out a food intolerance test. It was very easy to do and we got the results of the blood test quickly.

"The results were astounding!" Andrew said, Sean was intolerant to a wide range of foods, and many came out with a very strong reaction. They included cola nut, soya bean, barley, corn, rye, maize, yeast, wheat, pineapple and grape.

"The list was so extensive that it was difficult trying to find substitutes for Sean to eat. 19 year old men have very large appetites and it was hard trying to find alternatives to bread and pasta. We had to become very savvy about what we ate as a family; previously Sean had eaten a lot of sandwiches and pasta but we all had to adjust our diet."

Sean's food intolerance test was carried out on 30 November 2006 and immediately He excluded the foods that were identified, finding suitable substitutes where possible. Within just a few days, he noticed a significant change.

His father recalls, "The change in Sean was virtually instantaneous. He suddenly had lots of energy, he had spark and just seemed so much more alert. Although it has been hard for him to change his diet so drastically, the results have been life changing."

In addition to avoiding the foods identified by the test, Sean is also taking a range of supplements to allow his gut to absorb certain foods more easily.