

Case Study No9

Doreen Holton Diarrhoea

“I wasted £50,000 trying to find a magic bullet for my health problems - I found it in a test that cost a few pounds” Doreen Holton, 58, from Llanelli, had to stop working, became housebound and deeply depressed as the results of her health problems. But Doreen is now 60-70% better after taking The Food Detective test from Cambridge Nutritional Sciences last spring. She says the results were “immediate”.

Feeling sick, having uncontrollable diarrhoea, and waking up in the night because we’re not well, is a state most of us have experienced – but probably not very often. The times we have suffered the misery of a stomach bug or food poisoning tends to stick in our minds as being a particularly horrible few days – which you just have to endure. Now imagine feeling like this day after day – for years on end.

This is what happened to Doreen Hotton, a retired probation officer and grandmother-of-six from Llanelli.

Doreen didn’t have a bug, and though she’d been diagnosed with Irritable Bowel Syndrome and reflux, her GP couldn’t explain why she had these extreme tummy problems. All her doctor could do was send her off for tests and treat the symptoms by giving her a proton pump inhibitor to deal with the stomach acid and Loperamide (Imodium) to stop the diarrhoea. Doreen says she had X tests in X time period – all were negative. Doreen had already been dealing with extreme tiredness – diagnosed as ME in 2005 – insomnia, muscle pains and a frozen shoulder.

“I began not to feel just like an old crock anymore; I began to stop seeing the point in going on living. I became deeply depressed,” says Doreen. “The diarrhoea was the worst thing – I had no control over my bowels and it severely limited what I could do. I could only go out of the house in a short time period in between loo breaks. It was horrible”. “I’d always been so healthy and well. I love camping and sailing and being outdoors. I couldn’t spend time with my grandchildren or do anything I enjoyed anymore. I felt dirty and miserable – and although my husband is lovely, I wondered how long he could put up with me being like this.” As a result, Doreen spent an estimated £5,000 a year for 10 years trying to get answers. “I had every test going; I had Chinese herbalism, normal herbalism, acupuncture; I tried every diet: Atkins, blood type diet, you name it. Nothing worked”. “In the end, I did go on anti-depressants just to please the doctor who was convinced my symptoms were psychological. I knew they weren’t – I have a psychology degree. Of course, the pills didn’t help. “Eventually, I went to see a nutritionist who recommended the Food Detective test from Cambridge Nutritional Sciences.”

The test, is a self-test kit that analyses a patient’s reactions to 59 of the most commonly eaten foods.

Doreen’s results showed a reaction to egg, dairy, wheat, gluten, yeast and some fruits. This has limited her diet to meat, fish and vegetables cooked in olive oil – quite a tough challenge.

Was it worth it? “Oh my God yes,” laughs Doreen. “It took one day for the diarrhoea to stop; the sickness and insomnia stopped pretty quickly too. Even the frozen shoulder has got much better. The ME will take longer – it’s been a few months now and it’s really starting to lift, but I am sure I will get 100% better given time.