



For those of you who cannot get to me for testing

I have some suggestions to make which will give a large majority of you a very good chance of improvement. Using the data that I have collected for the first ten months of 2015, [from testing 345 adults and 96 children], those of you who have the most common food intolerances will feel better if you follow my suggestions. For the 15% of you who are not feeling massively better by the end of 10 days or so, you are likely to be reacting to a less common food. I have some guidelines in 'Other foods or additives which could be a problem for you.' This should help you.

The suggestions that I make for you are based on my experience of over 21 years testing adults, children and babies to assess their food intolerances. I have also gained much knowledge about other factors which exacerbate symptoms. From studies that I have undertaken since 2003, and right up to 2015, I have gleaned a tremendous amount of information. From this data I have noticed that there are some very clear patterns with regard to the origin of many common symptoms. The analysis of these patterns enables me to advise you regarding changes to the way that you eat, the products that you use, and the necessity for some of you to take some vitamin supplements.

WHICH FOODS ARE YOU MOST LIKELY TO REACT TO?

The most likely food suspects are **frequently consumed** foods and drinks. These food groups or drinks are normally being consumed at least twice daily. It does not matter how much is consumed on each occasion, but the number of times in a day. It is possible for a person to become intolerant of milk from a dash in four cups of tea daily. Or build up a yeast intolerance from the yeast in flavoured crisps, stock cubes and gravy powders.

The main reason why people find it very hard to work out for themselves what their problem foods are, is because their symptoms are similar from day to day, or come in clusters. Keeping a food diary rarely seems to clarify things for the sufferer. In fact diary keeping often does little more than make the patient restrict many foods, which actually are not causes of the problem, especially when tummy symptoms are involved. Symptoms may occur a few minutes or a few days after eating a problem food, so it is well nigh impossible to work out your own problem foods. Frequent consumption of a staple food or drink is usually the cause, but the sufferer naturally presumes that the food most recently eaten is what did it.

In a survey which I undertook in 2011, it showed that people were only 17% accurate in their assumptions of which were their problem foods.

For this reason alone, you need to put aside your pre-conceived ideas of which foods disagree

with you. Follow my instructions in detail. Don't pick and choose. The foods you react to are likely to be your favourites, probably the very foods that you really do not want to give up, and also the foods that you least suspect. These very short case histories illustrate this well.

*Esther was **convinced** that spices, fruit, vegetables and fizzy drinks affected her tummy adversely. As a result her diet was very bland and not especially healthy, but after she removed cow's milk products from her diet, she suffered no symptoms from all the foods that she had previously suspected.*

Georgina was becoming obsessed with trying to work out what she had just eaten whenever her eczema became more itchy, and was consequently cutting out more and more foods from her diet. The culprit was the tea that she drank constantly through the day.

A HUGE PROPORTION OF PEOPLE WHO ARE FOOD INTOLERANT, WILL, AFTER 3 MONTHS COMPLETE AVOIDANCE, BE ABLE TO EAT THEIR PROBLEM FOODS WITHOUT SYMPTOMS.

THIS IS THE PLAN!

If you cannot get to me for a test you will need to look at pdfs relevant to your gender and age. If you are coming to me for testing I will explain at the testing session what you need to do.

- **Look at the pdf with the suggested diet for your age and gender.**

Diet breast-fed babies

Diet formula-fed babies

Diet children up to 11

Diet children 12-15

Diet male 16-18

Diet girls over 16 and all adults

- **Look at the pdfs for all foods/drinks I suggest you avoid.**

Apple
Aspartame
Caramel [dark brown food colouring]
Cocoa
Coffee and tea
Cow's milk
Monosodium glutamate
Orange
Sweet artificial flavours
Yeast, all cheese, all yogurt

- **Look at the pdfs below for all your symptoms, as these will give you extra advice.**

Acne
Asthma, catarrh, glue ear, rhinitis, cough, throat clearing
Behaviour and concentration problems in children
Depression, anxiety, panic, mood swings, irritability, pre-menstrual syndrome
Eczema, rashes, itch, dermatitis, psoriasis
Fatigue, lethargy
Headache and migraine
Joint pain, muscle pain, period pain
Tummy

- **Here are some more pdfs mentioned in the individual symptom advice above, which you may need to access depending on your symptoms.**

Behaviour and concentration in children
Candidiasis
Caramel
Chemical fragrance
Chromium supplementation
Panic and anxiety attacks
Pyroluria
Vitamin A supplementation
Vitamin B6 supplementation
When a change of diet does not help your tummy
Zinc supplementation

- **Adults will usually feel worse before they feel better. Details in this pdf**

Withdrawal symptoms.

- **Having followed my diet for 2 weeks, if you are still suffering symptoms please take a look at my pdf entitled**

Other foods or additives that could be a problem for you.

- **After 3 months exclusion, please look at my pdf entitled**

Reintroduction of foods after 3 months exclusion.