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Lise

Lise Matthews (50) added Lorisian testing to her professional service in 2014 after taking a test herself helped her see significant improvements to her health and wellbeing.

How did you hear about Lorisian?

“ I had a blood test done through YorkTest after researching online what was available. I was then looking at introducing the service into my business because I felt it was so useful for me and was put in contact with Lorisian (YorkTest’s practitioner service).”

Did you notice a difference after taking your own Lorisian test?

“ Yes, symptoms reduced significantly. It really has opened my eyes as to how you don’t have to have digestive symptoms to actually have problems with certain foods and drinks. I had excessive mucus production with sneezing and slight itching on my face, worse in the evenings. I have become so much more aware of reactions and much more in tune with my body. I still get flare ups but I know exactly what is causing them now. They are not nearly as bad as before and are quite rare.”

How did taking your own test influence your approach with clients?

“ I have better knowledge of how to guide and help them. I add the blood test to my other services when they need quicker relief than what we can do with nutritional supplements. It cuts out trial and error!”

How does the Lorisian test work with your professional practice?

“ I use the blood test when there’s a complicated picture of which foods the clients can tolerate.”

“ We also sell the kits in our health food shop so recommend them to customers with digestive problems and customers who are at a loss as to what’s causing their symptoms. They may have had other tests through the GP but perhaps no diagnosis or relief. We promote the blood test kits online on our website, writing our blogs and selling in our web shop.”





How does using Lorisian influence your relationship with your clients?

“It helps us improve our service and choice of tools that can help customers find answers and solutions to their health concerns. Once they’ve had their results we can talk to them about diet and alternative foods. We also have a nutritionist available in our clinic who can help with even more advice. We’re very hot on customer service and will follow the client at their pace. Some people make all the necessary diet changes straight away, others need a bit of time to adjust and can change their diet over time, coming back to chat with us regularly and keep improving their diet until they’ve managed to exclude all the listed intolerances.”

Are you please with the test? What is the biggest change you’ve seen?

“I am very pleased with my own tests. I have taken three to be able to see the changes I’ve achieved and the list gets sorter every time. I experienced a return of my sense of taste and smell which is huge. What’s the point of eating when you can’t taste it anyway! My digestive tract was coated in mucus from eating the wrong foods and not allowing the gut lining to heal. Now it’s much better and I can eat so many more foods. My body gives a clear signal when I need to be cautious and not overdo it. I also had a skin rash which has completely disappeared.”

\*Lorisian advise that you consult with your GP first if you are experiencing the types of symptoms mentioned in this testimonial.

## Taking the Test

Taking the test is straight forward, with no need to visit Lorisian’s laboratory. The results will be within 7-10 days. The Lorisian 150 plus test is a full diet analysis covering a wide variety of food and drink ingredients including:



- | Wheat, gluten, yeast, egg whites and egg yolk
- | Animal milks including cow, goat and sheep
- | 12 different grape varieties
- | Herbal teas including green tea and rooibos (red bush tea)
- | 25 different herbs and spices
- | A wide variety of meat and fish
- | And more than 100 other ingredients

Contact your Approved Lorisian Practitioner today for more details about the Lorisian 150 plus test!