

A varied diet containing plenty of fresh fruit and vegetables can help boost the immune system



YORKTEST



Sally & Darren Eyre have both benefited from food intolerance testing

# A problem solved?

If you think you're suffering from a food intolerance, a free consultation from a nutritional therapist could provide the answers you're looking for.

**F**ood intolerance affects approximately 12 million people in the UK and can be debilitating with symptoms ranging from mild bloating to nausea, lethargy and migraines.

The national week for food intolerance appears on the health calendar in January from the 19th to the 23rd and aims to raise awareness of the symptoms of ill health brought on directly by the food people eat.

Many people suffer in silence as they have little idea exactly which foods might be causing a reaction.

Luckily nutritional therapist Wendy Ayers is here to help. She is offering free 20-minute consultations for anyone with food related problems during food intolerance week.

If she thinks it necessary she can carry out an IgG measurement test which can identify which foods may be triggering certain symptoms.

The sufferer can then be advised as to how to avoid and then substitute these food groups in their diet.

One of Wendy's more recent clients, Darren, had the test and his health has since improved tremendously. His wife has also now taken the test which proved positive. She was suffering from food intolerances and even though it is still early days she is already enjoying better health.

But she does not just deal with intolerances, a frequent question she is asked at this time of the year is – how can I avoid cold and flu?

During the winter months we are at an increased risk of catching a cold or flu so it is more important than ever to look after your immune system.

"Occasional colds are normal but repeated or persistent infection will weaken your resistance, leaving you more prone to catch infections that may be lurking in your home or office," said Wendy.

But how can we avoid this, and can anything shorten the duration and severity of colds and flu?

"A varied diet with plenty of vitamins and minerals from fresh seasonal fruit and vegetables, good quality protein and unprocessed grains is essential for a healthy immune system," she said.

"Vitamin E, Vitamin C and Zinc are available in these foods and are all important for a strong immune system. These nutrients can also be taken as a daily supplement.

"For prevention and relief of respiratory infections, I recommend the herb Echinacea. It has anti-inflammatory, anti-viral and immune-boosting properties. Recent research shows that it reduces both the incidence and severity of common cold symptoms."

Wendy also recommends staying at home, keeping warm, eating well, drinking plenty of fluids and resting.

"Do not be tempted to carry on, it doesn't aid recovery and only spreads the virus around the office to others," she said.

The correct use of nutritional supplements and herbal remedies are based on individual symptoms and health history.

If you are taking medication and if your symptoms persist, always consult your GP before self-medicating.

**For more information contact Wendy Ayers or visit [www.wendyayersnutrition.co.uk](http://www.wendyayersnutrition.co.uk).**