

# Let's all feel merry and bright!

## How to keep your tummy happy over the festivities

**T**he festive season is certainly the time to eat, drink and be merry, and it is easy to believe the fact that over two-thirds of us confess to over-indulgence at this time! It's no surprise either that eating like this leads to stomach complaints. More often than not the results of overindulgence are indigestion, heartburn, bloating, diarrhoea and embarrassing trapped wind; not at all in the festive spirit! For others, ongoing conditions such as irritable bowel syndrome (IBS) are exacerbated at this time and many of us face something of a dilemma: how to enjoy the festivities of the Christmas period without symptoms having a negative impact and spoiling the fun. Here are a few tips that may be helpful for looking after your health, finding out why you're feeling poorly over the Christmas period, and minimising the impact of that seasonal overindulgence.

**TIP 1 – DRINK PLENTY OF WATER.** Be sure to drink at least 2 litres of water daily over the Christmas period. This will keep you well hydrated, encourage you to eat less and will flush out those indulgent toxins from your body!

**TIP 2 – TAKE TIME WHEN YOU ARE EATING.** Be kind to your digestive system. One of the problems in our daily lives is that many of us rush through the day, with no time for anything, and when we do have time to get a bite to eat, we gobble it down. Take smaller bites, chew each bite slower and longer, and you'll enjoy your Christmas treats longer!

**TIP 3 – IDENTIFY UNDETECTED FOOD INTOLERANCES.** For many, underlying and undetected food intolerances may be the cause of their digestive discomfort. According to the leading charity Allergy UK,

45% of the population suffers from symptoms of food intolerance and a recent survey showed that 31% of sufferers had had to take between one day and one week off work due to their food intolerance symptoms in the last year.

Thankfully, help is at hand with a simple testing service that identifies the trigger foods responsible for food intolerances. This scientific approach, which can be used to identify the different food types involved for each individual, is a blood test that measures food-specific IgG antibodies. Your body is unique and doesn't lie, either you have antibody reactions to certain food combinations or you don't, and the best way to find out is by carrying out a test. You then get an accurate reading of exactly what foods your body is reacting against so that you know what to avoid. According to new findings from York University and YorkTest, identifying and acting on underlying food intolerances has been found to significantly improve the symptoms of several common gastro-intestinal conditions. In a sample of 5,000 food intolerance sufferers the following results were reported after three months, once participants had eliminated the problem foods from their diet. These foods were identified by the YorkTest FoodScan test commonly used by many health professionals to identify food intolerances.

- ▶ 84% showed moderate to high improvement in IBS symptoms
- ▶ 92% showed moderate to high improvement in bloating
- ▶ 90% showed moderate to high improvement in abdominal pains and cramps
- ▶ 90% showed moderate to high



improvement in symptoms of constipation

These latest findings are further confirmation of the direct link between certain health complaints and diet. The test that was used for the survey is the only one of its kind endorsed by the charity Allergy UK and YorkTest has 25 years of experience in the food intolerance testing market.

Imagine waking up on January 1st with a new-found resolve knowing what you can do to really make a positive difference to how you feel, all year round. Enjoy the festive season!

**YORKTEST LABORATORIES\***

25 YEARS OF EXCELLENCE

Special offer for Easyhealth and Living readers - limited time only. €100 off the 113 foodSCAN (normally priced at €379). Available to readers for €279. Offer ends the 31st of January.

**To purchase a kit or for confidential advice please call 01 2022701 or visit [www.yorktest.ie](http://www.yorktest.ie).**



# Find out if your diet is contributing to your symptoms

Almost half the population has a hidden sensitivity or intolerance to foods that can lead to the symptoms of IBS. If you suffer from bloating, take a look at the food that you're eating. A **YORKTEST** foodSCAN may identify the foods you'll benefit from avoiding. Taken in the comfort of your

home, your finger-prick blood sample is analysed in our lab to accurately identify which foods are causing a reaction. An independent survey shows that 3 in 4 patients who changed their diet as a result of the foodSCAN test saw a notable improvement in their condition.

**Y**  **RKTEST**

**Call now** for a  
**FREE** consultation

**01 20 22 701**

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