

# Cut it out, slim it down

“My dress size dropped from a 16 to an 8 in a matter of months and I wasn’t even trying to lose weight – I was just trying to get better.”

**Name:** Emma Holland  
**Lives:** Dublin  
**Age:** 30  
**Occupation:** legal secretary  
**Result:** lost 4 stone (down from a dress size 16 to 8)  
**Symptoms:** acne, bloating, tiredness, extreme constipation  
**Foods cut out:** wheat, gluten, dairy, egg, kidney beans & brazil nuts

my self-confidence and nights out were an ever-decreasing rarity. Nothing really worked until my mum put me on to a food intolerance test called foodSCAN 113.

As the test I took was a blood test I thought it would be more accurate because it sounded more scientific, so I gave it a go. When the results came back I had to cut out wheat, gluten, dairy, egg and yeast and it was tough.

The difference though has been amazing. The acne and stomach pain have all cleared up but most amazing is the weight: I have lost four stone and gone from a dress size 16 to an 8. The only problem I have now is my wardrobe. I had to buy a new dress recently when I went to Amsterdam and I measured a size 8.

Finding the right ingredients hasn’t always been easy, but once I knew what I could and couldn’t eat and found the right places to buy the food – life was much easier. I bought some food over the internet. It’s tough, but with the right recipe books and of course the right test, I can live a normal life again. I’m not sure about Christmas yet, but at least I know what foods trigger off the symptoms so as long as I stay away from those I should be fine.”



Before



After

**Emma’s partner Colin Cox says...**

“It is amazing the change in Emma and even I have been feeling the benefit of a better diet. To go along with Emma’s new regime, I haven’t been drinking any milk and I’ve got loads more energy too. How Emma managed to be so ill for so long is incredible.”

Emma Holland took a €30 first step food intolerance test from YORKTEST laboratories. The test offers a negative/positive result from a tiny amount of blood, which

the customer sends off to a laboratory in the UK. In Emma’s case, her results identified a positive so she then upgraded to the second step or a foodSCAN 113 (RRP €350). Using the same blood sample, this test will identify the actual foods causing the food intolerance and the degree of severity.

**To take a food intolerance test please call [yorktest.ie](http://yorktest.ie) on 01 2022701 or visit the website**

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## 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.



**Call now for a FREE consultation 01 20 22 701**

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