

Matt lost 17lbs in 5 weeks after taking a Lorisian Food Intolerance Test

Name | Matt Perry Age | 40 Profession | Personal Trainer Location | Kent



BEFORE



AFTER

Matt Perry, 40, a Personal Trainer from Kent was looking to lose weight and improve his energy levels when he took a Lorisian food intolerance test in May 2014. He was also having trouble sleeping which was affecting his ability to focus on everyday tasks.

Matt's test revealed some surprising and unexpected reactions to wheat, yeast, soya, milk, egg white & yolk, crustacean mix, lentils, peanuts, mustard seed, grape. Faced with such a large list, he was understandably daunted.

“When I first got my results I was at first shocked that my staple food groups were the things I was intolerant to.”

After committing to the dietary changes and replacing the foods identified in the blood test, Matt started to feel the benefits straight away.

“Nearly 5 weeks on and I feel amazing. I have lost over an inch from my waist and lost 17lbs in weight. My energy levels through the day are higher; I am more focused and clear headed.”

As well as seeing positive changes to his body composition, Matt also realised improvement in his athletic performance after adhering to his new diet.

“In my first triathlon of the season I knocked 17 minutes off my time from last year...A simple test and re-education on your eating habits can turn your life around.”

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