

“I have had fantastic success and I will continue it as a lifestyle. I don’t want to go back to feeling that awful fullness or the other symptoms...”



Terry Hart  
BEFORE

Terry Hart, a Wealth Management Consultant residing in Hong Kong had experienced a prolonged bout of bad digestive health in recent years. An operation to remove a large section of his stomach as a result of cancer and the medication he had taken following a severe heart attack had wreaked havoc on the balance of his digestive system.

Looking to optimise his wellbeing following his recovery, Terry turned to a Food Intolerance test to try and improve his overall digestive health.

“ I stupidly should have taken the test 18 months ago but didn’t. It was a very easy process with very helpful guidance.. ”

After receiving the results of his test, Terry discovered he was intolerant to yeast, gluten, cow’s milk and cashews, a combination which surprised him but left him feeling empowered to make changes to his diet.

“ The test has given me the knowledge to tie together some food mysteries over a significant time and given me the nudge to do something about it. ”

After removing his trigger foods and making changes to his diet, he began to notice improvements in his bloating, pain and anxiety, with the added and welcome bonus of weight loss:

“ My condition changed within 2 days of changing my diet. Now 8 weeks on I feel amazing, I’m exercising and I’ve lost 12 kg in 8 weeks which was an easy weight loss compared to before when I struggled to lose weight. ”



Terry Hart  
AFTER





Looking to the future, Terry is keen to continue with the changes to his diet, confident that his feelings of health and wellbeing have been improved as a result:

**“ I have had fantastic success and I will continue it as a lifestyle. I don’t want to go back to feeling that awful fullness or the other symptoms... ”**

**“ I am now free of the pain, bloating and anxiety that imprisoned me for 2 years. I am much more positive and my wife says I’m much less moody ... though I hate to admit it ... I have so much more clarity thought wise and I’m in such a good place in my head. I only wish I’d done this test 2 years ago. ”**



## Taking the Test

Taking the test is straight forward, with no need to visit Lorisian’s laboratory. The results will be with 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!