



“I lost over 4 stone to avoid a gastric band!”

Tina Holah, 41 year old Administration Controller from Forest Row, East Sussex, was told by her doctor that she would need a gastric band unless she lost weight. Less than a year on and at 10 stone 10 lbs, she’s over 4 stone lighter. Tina owes her new body to a simple food intolerance test – Food Detective.

Mother-of-two Tina explains, “I was shopping for a dress to wear to a cousin’s wedding when I hit rock bottom. At just 5 ft 2 and a large size 18, I couldn’t find anything to wear. Every dress I tried on made me look even fatter and I couldn’t bear to look in the mirror. I hated myself.

“I was diagnosed with an under-active thyroid so I had always put my weight problems down to that. I was feeling sluggish with no energy and at my heaviest, 15 stone 1 pound, I was told by my doctor that my BMI was dangerously high. I felt so low and depressed that I knew something had to be done.

“I heard about a local nutritional therapist, Keren Milton, who runs a programme called Zest4Life. This is a programme created by the nutritionist Patrick Holford at the Institute of Optimum Nutrition and run locally by Keren. I started the programme in May 2009.

“After about 2 months, I had noticed the weight gradually dropping on the scales, but I could not see a change in my body shape and my face was still very puffy and bloated. Keren then suggested that I might be intolerant to some of the foods I eat and that could be inhibiting my weight loss. She gave me an at-home testing kit called Food Detective which was really easy to use and I got my results within 40 minutes. It was great that I didn’t have to wait weeks for the results, I could take action straight away!”

Food intolerance affects around 45 per cent of the population. An intolerance is a reaction to food which is slower than an allergic response, but which can cause symptoms such as bloating, fatigue, weight problems, joint pains, rashes, eczema, migraine and arthritis. Symptoms often develop several hours or even days after the problem food was eaten, so an intolerance can be difficult to diagnose. Food Detective tests 59 foods in just 40 minutes and can be done completely in the comfort of your own home, costing around £55.

“I tested positive to being intolerant to cow’s milk, citrus fruits and durum wheat. Initially I panicked wondering how I would cut these from my diet. I drink several cups of tea a day and love pasta, but most of all I didn’t want to turn into one of those ‘fussy eaters’ when I eat out with friends in a restaurant.

“I sought advice from Keren who suggested alternatives to the suspect foods and I cut them out of my diet immediately. I started using nut milk on cereal and in tea and stopped eating oranges and

pasta. I was still attending the Zest4Life meetings where I could exchange tips and ideas with the group. This was really inspiring to speak to people who were in the same situation.

“Within weeks I noticed the difference, the weight just dropped off. My face and body changed shape, I no longer looked or felt bloated or puffy. I felt much more active and I just felt better in myself. People commented that my skin looked fantastic and could see the differences in so many ways.

“The changes weren’t just to my body, I was suddenly brimming with confidence. Before, I came across shy and timid at work, but recently I have been putting myself forward to do presentations in front of a room full of clients – previously this would have been a nightmare of mine. I am much happier when I go out and love getting dressed up. I am happy to be seen!

“I now weigh 10 stone 10lbs and I’m a happy size 12. I would recommend taking a Food Detective™ test to everybody. It is so difficult to lose weight at the size I was and finding something that can help makes it so much easier. I never ate that much but people often see overweight people as ‘those who eat too much’. It was such a relief to find out that I wasn’t overeating; I was eating the wrong things. I really believe that this test kit can help others in the same situation.”

If you would like to find out more about Food Detective™, visit the website at www.food-detective.com or call Cambridge Nutritional Sciences Ltd on 01353 863279.

TINA BEFORE



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