

Robyn's health journey

A chance conversation with a close friend about my ongoing stomach issues led me to contact Joanna Sochan of Naturimedica. It has since changed my quality of life for the better.

I was suffering from constant stomach cramps and the associated problems of flatulence and diarrhoea. These symptoms alone had severely curbed my social life (coffees and meals out) as I needed to be within running distance of a toilet at all times. It was also very embarrassing. Trust me, I knew where every public toilet was at all times.

Since coming under the care of Joanna, my life has improved in leaps and bounds.

After the initial IgG food sensitivity blood test highlighted the 'red' and 'yellow' foods I was reactive or highly reactive to, we set about changing my diet. I was determined to eliminate all reactive foods from my diet and only eat the 'green' foods that were good for me.

Initially, it was quite a challenge but as my symptoms lessened my enthusiasm for the program increased.

Dietary changes were made and my methods of food preparation improved. No longer do I partake of any pre-made foods. All meals and snacks are now homemade from natural organic and locally sourced ingredients.

Keeping the daily diet sheets allowed me, at a glance, to check if I was covering all the food groups and my nutritional needs.

Sending the diet sheets regularly to Joanna also allowed her to check and tweak any area that needed attention. She also made sure I ate a good variety of foods and rotated them adequately.

Joanna provided me with recipes, nutrition tips and lots of encouragement to help with embracing the new regime.

It's now 8 months since this journey began. I'm almost symptom free and can re-join my social circles with confidence.

I cannot thank Joanna enough; my life is my own again to enjoy.

Heartfelt thanks

Robyn

August 2021