

Sophie's story in her own words

"I have had health issues all my life. I developed eczema at 6 weeks of age and allergies and asthma by the age of 2.

I have always had issues with energy and this was compounded when I had glandular fever in 1989 and again when my thyroid was removed due to cancer in 2019. After my thyroid cancer I tried returning to work and could only manage three short days. I would come home and sleep for 2 hours. It was wearing me out so I gave up my job.

My chiropractor had suggested doing the IgG test several times and I wish I had done it sooner. At the start, I was so overwhelmed with the number of foods that I had to eliminate. It took me 3 months to completely adopt the diet as I needed to complete radiation for my thyroid cancer and learn to drink my coffee black!

I researched a lot of recipes and things turned around for me when I discovered a buckwheat pancake recipe. Learning how to replace ingredients was key.

Joanna was great supporting and guidance me all the way. I looked forward to our sessions as we talked a lot about my improvements, recipes and how my home renovation was going. The improvements in my health and wellbeing were extraordinary, and the weight loss was an added bonus!

I have suffered from allergies most of my life and prior to the IgG test, my IgE (allergy test) level was 2095 which is really extreme! I retested after 7 months on the elimination diet and it reduced to 1357, which is still extremely high but was quite an improvement for me.

I started reintroducing some foods into my diet, which I really enjoy (particularly egg yolk). I have only reintroduced a handful of foods and still stick to the elimination diet. I do however allow myself a small treat but not too often.

I am also now working part time two days a week and really enjoying it. I still need a little nap once or twice a week but I'm coping with what life throws at me a lot better".