

## How Food Intolerance can affect physical performance



Paula Radcliffe,  
Olympian & Women's  
Marathon World  
Record Holder

Olympian and world marathon record holder Paula Radcliffe suffered from stomach cramps and fatigue that were so unbearable it was affecting her training.

She was recommended to use the Food intolerance testing service from Lorisian's parent company, YorkTest Laboratories by friends and fellow athletes, the test helped her identify whether any of the foods she was eating were making her sick.

Her test came back informing her she was intolerant to egg, chicken, wheat, tomatoes and dairy.

*“After I cut these foods out of my diet, I was able to run without doubling up in pain. I have a lot more energy and I am back to my normal self. It truly made such a difference to my life and I would recommend it to anyone else suffering from symptoms like these.”*

As soon as Paula started to cut her trigger foods out of her diet she noticed a difference instantly and she was able to function normally again. Paula was able to continue training and her performance improved, going on to achieve the world record!

*“I was back to my normal training regime in no time. The test made such a difference to my life because the test identified foods that my body had a bad reaction to and I was able to stop the symptoms before they reached the extreme level I experienced during the Athens Olympics.”*

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