

Mary

I'd like to give you some feedback on my visits with you late last year. During my treatment you mentioned to me the importance of diet, and also discussed the Paleo Diet. I purchased a copy of "The Paleo Solution by Robb Wolf and was impressed by the science. From this book I was led to "The Paleo Approach" by Dr Sarah Ballantyne - specifically her auto-immune protocol (AIP).

This was a real eye-opener for me, with a strong scientific rationale behind her approach. I was already on a low carb diet, and the AIP didn't look too onerous and supposedly it was only 30 days to get results. I was a bit cynical but I took all dairy, grains, pseudo-grains, legumes, and nightshades out of my diet. Within a week I noticed that my underlying "base level" pain was receding. After two weeks I could move better as I didn't have constant pain, and by week three I stopped taking 6 x Panadol Oesteo (and Nexium which was to counter the effects of the Panadol Oesteo).

Don't get me wrong. It wasn't a cure - I still have rheumatoid arthritis. My bad days are just as bad and I generally rest in the house on these. But my good days, which are around 80% of the time, are so much better! The constant base level pain has gone from a 5-6 out of 10 (even with painkillers) to 1-2 with no pain killers. I am overjoyed!!!!!!

Part of the process is after 30-60 days of diet compliance to then challenge the restricted food groups by eating them one at a time. I have started this and so far have no reaction to nightshades - which was wonderful as I can enjoy my chilli once more! I have also tried eggs and had a reaction - but only to Woolworths eggs, not the eggs from my daughters chooks! My suspicion is that the Woolworths eggs are from chooks on a prepared diet of primarily grains.

After 2 months on the diet my life has certainly turned around. I am now much more active, walking without aid of my walking stick, and working in the garden each day and exercising. I have gone from being "disabled" to "enabled"!!!!

This experience has finally got through to me the importance of diet. We now eat lots of fresh fruit and veggies, organic or home grown if possible. I get wild caught fish, pastured not grain fed beef, and free range pork and chicken where possible. We don't eat any processed food. Clean food with a minimum of additives is great.

I still have to challenge dairy, grains, and legumes to see if I have a reaction, but I have found these relatively easy to live without so I am not in a great hurry. My "gut feeling" (no pun intended) is that the major problem in my diet is grains.

I would like to sincerely thank you for leading me down this path, and lifting a veil of pain from me. I am now so much better!!

Thank you once again