

SWAMI TESTIMONIAL

Before I started using the SWAMI food guide I had over a couple of years reached a point where I was exhausted, getting frequent episodes of burning up every day which I realised was an inflammatory state, pain and swelling in multiple joints and an itchy sore rash on my face which was spreading. I felt like every meal was toxic as I felt unwell each time I ate and therefore I really wasn't keen to eat.

This was despite having given up dairy, gluten, alcohol and many fruits and vegetables. It was becoming very difficult to concentrate at work-I am a GP, and to enjoy times with family and friends. I knew, because of my work, that mainstream medicine had no answers for me except maybe oral steroids or strong immune suppressant medications both of which would have caused severe side effects so I was desperate to avoid them.

The SWAMI showed me which foods I should avoid, which I would never have guessed or worked out by myself despite months of trying. It also showed me which foods I could enjoy because they would be beneficial.

I have been using the SWAMI guide for 6 months now and am much improved. My energy levels have much increased. The inflammation and joint problems have settled. The rash is improving and my work, family and social life are all back on track. The guide and holistic support have all made a big difference to me and I am very grateful. I am also encouraging several of my patients to try it.

Dr Amy Lee, GP Cumbria