

Testimonial for The Purify Programme Marion Allen (48 yrs)

As an IBS sufferer I was getting fed up with the belly bloating, stomach cramps, and constipation! Flare ups were happening 2-3 times a week and even though I knew some trigger foods, I was bloating when I hadn't eaten a thing. So after watching Katherine's video blog on the gut reset I knew I had to give this a go!

Week 1

I had a cracking headache on day 2 (coffee addiction) but after a blast in the gym it cleared and thankfully did not suffer any more 😊. Near the end of the first week I was still constipated so after speaking to my mentor, I upped the dose of Body Prime and this improved immensely.

Week 2

Not gonna lie I was dreading the shakes... anything that resembles milk has me urging and this did not disappoint! but even though I didn't really enjoy them I got through them (the colder the better!). The ProArgi-9+ and the Biome DT were quite nice. Days 6-8 I did feel bloated (not IBS bloated though) and did feel I was so full of liquid (was drinking lots of water and herbal tea which surprised me as I don't really like herbal tea). This feeling did wear off though and I started feeling great.

Post Day 22

I have much more energy, in the afternoon (normally was a bit sluggish), sleeping much better and falling asleep easier too! IBS - so far no flare ups! My friends have all noticed the new me and say I have a sparkle back in my eyes which is nice. And as an added bonus I have lost weight and inches from everywhere and finally have a flat (ish!) stomach so win win all round!

I intend to carry on eating the recommended food so I can maintain this new healthier me! Really recommend this programme 😊.”

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