

ARE FOOD INTOLERANCES SABOTAGING YOUR HEALTH?



kelly hafner

NUTRITION

Dip NT, mBANT, rCNHC

www.kellyhafnernutrition.com



UP TO 50% OF PEOPLE
SUFFER WITH HIDDEN FOOD
INTOLERANCES THAT LEAVE
THEM FEELING BLOATED AND
UNCOMFORTABLE, LACKING
IN ENERGY AND UNABLE TO
LOSE WEIGHT DESPITE A
GENERALLY HEALTHY DIET.

COULD THIS BE WHAT IS HAPPENING FOR YOU?

In just a couple of minutes you will find out how likely it is that your symptoms are linked to food intolerance, then discover how you can take the first steps to finding a solution.

Unlike allergic reactions, these immune responses can be delayed up to 72 hours and vary in severity, affecting digestion, skin, joints, respiration, energy levels and even psychological health.

When you experience a food-specific IgG reaction or 'intolerance' to a particular food or drink, the body can produce a variety of inflammatory responses as it incorrectly identifies the ingredient as a threat.

Understanding your own personal food and drink intolerances, and the effects they could have on your health and wellbeing, is important to ensure you make the best possible choices for your diet and your first step to food freedom!

FOOD REACTIONS QUIZ

PLEASE CONSIDER EACH OF THE FOLLOWING SYMPTOMS CAREFULLY.

If you experience at least **ONE** of the symptoms, it is **POSSIBLE** that food intolerance is a factor.

If you experience **TWO** of the symptoms, it is **LIKELY** that food intolerance is a factor.

If you experience **THREE** or more symptoms it is **VERY LIKELY** that food intolerance is a factor.

- | | | |
|---------------------|---------------------------|--------------------------|
| Weight | Difficulty losing weight | <input type="checkbox"/> |
| Low Energy | Fatigue | <input type="checkbox"/> |
| | Lethargy | <input type="checkbox"/> |
| Digestive | Bloating | <input type="checkbox"/> |
| | Stomach Ache | <input type="checkbox"/> |
| | IBS | <input type="checkbox"/> |
| | Colitis | <input type="checkbox"/> |
| Neurological | Migraines | <input type="checkbox"/> |
| | Headaches | <input type="checkbox"/> |
| | Anxiety | <input type="checkbox"/> |
| | Depression | <input type="checkbox"/> |
| | Runny Nose | <input type="checkbox"/> |
| Neurological | Blocked Nose | <input type="checkbox"/> |
| | Itchy or overly waxy ears | <input type="checkbox"/> |
| | Ear Infections | <input type="checkbox"/> |
| | Frequent coughs and colds | <input type="checkbox"/> |
| | Asthma | <input type="checkbox"/> |
| | Sinus Congestion | <input type="checkbox"/> |
| | Rhinitis | <input type="checkbox"/> |
| | Hives | <input type="checkbox"/> |
| | Eczema | <input type="checkbox"/> |
| | Urticaria | <input type="checkbox"/> |
| Skin | Psoriasis | <input type="checkbox"/> |
| | Acne | <input type="checkbox"/> |
| Joints | Aches and Pains | <input type="checkbox"/> |
| | Arthritis | <input type="checkbox"/> |

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3 STEPS TO FOOD FREEDOM

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STEP 1

Complete the Food Reaction Quiz and identify any likely symptoms related to possible food intolerances.

STEP 2

Book in for your complementary 20 minute introductory food freedom consultation with me. We will book a time to speak on the phone, I will review your symptoms and recommend the most suitable test for you.

STEP 3

Complete a Food Intolerance test and receive results. We will then discuss the range of support services I provide to help you understand the significance of the test results, implement a new eating plan and consider the best ways to support your journey to food freedom. With the right support, it is very possible that you will be able to re-introduce the 'problem' foods over time. So identifying the foods you react to doesn't necessarily mean that you can never eat them again!

TAKE ACTION TODAY

BOOK YOUR COMPLIMENTARY FOOD FREEDOM CONSULTATION WITH ME

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