

FODMAP client testimonials

“I have had issues with my gut for years... IBS symptoms etc, these led me to follow the FODMAP diet for a while but I still had the same issues with or without cutting out food types! I just went for it with the Purify reset and it has made a huge difference!! HUGE!!”

“Since Purify I’ve been able to introduce foods that I haven’t eaten for a long while. I previously followed a FODMAP diet. Purify has been health and life-changing for me”

“I have (had) IBS and Diverticular disease and this was my main motivation for doing the Purify programme. I had undertaken a FODMAP diet which took up 18 months of my life and: I ended up cutting so many foods from my diet it became totally impractical and the slightest bit of ‘danger’ food would make the IBS flare up. Hence my turning to this programme. My symptoms (on day 11) have gone and I feel better than I have for years. I believe my gut has a much healthier biome. Hopefully it will continue post Purify!
Update post Purify: I can now eat foods I’ve been unable to eat for the last 20 years. I started introducing them after day 13 and I’ve been fine! Just incredible 😊”