

## **Testimonial for The Purify Programme Fibromyalgia, Chronic Fatigue, Insomnia et al Gaynor (Aged 54)**

### **Twenty One Day Purify Programme**

I've waited a couple of weeks since completing my microbiome reset to share how I now feel.

A quick recap over the past few years: I had been diagnosed with fibromyalgia, suffered with chronic fatigue, chronic insomnia, coeliac disease, weight issues, hormone imbalance and severe under active thyroid condition.

Everything was pretty chronic! After much research and with the support of my GP, I cut out sugar and flour from my diet completely. I lost weight, had more energy, and generally my health improved. However the underlying conditions and their symptoms still remained, so when the family suffered three quite shocking bereavements within a short space of time, I fell into an old pattern of eating for ease, for comfort and for speed. All my symptoms increased and my health was back to low.

Fast forward to late January 2020 and realising I was ready to look closely at my health, I knew whatever I decided to do (cut out sugar and flour again) needed to be based on a strong foundation. A friend with fibromyalgia mentioned The Healthy Gut Clinic and the work Katherine is doing. Within hours I read everything I could find on gut health and the microbiome, and contacted her. I knew I'd found my answer.

Previously I had tried to use pro and prebiotics, but didn't know what I was doing and I'd done a detox, and a liver cleanse... but finally this programme made sense and did the work for me. Katherine's talk was revelatory and everything clicked. I actually begged her to start the next day.

The 21 day programme was straight forward, not exactly fun, but easy to follow. The drinks were okay (not going to lie the green drink is super yuk, but bearable) as were the shakes and capsules. The middle 'intense' week brought up repressed emotions and I had a couple of days of feeling lethargic.

But, within two nights I SLEPT THE NIGHT THROUGH! I woke refreshed, and have continued to sleep well since, a deep and restful sleep. To anyone who hasn't suffered from insomnia, you may not really understand the significance of this, but it's life changing.

Other benefits? The excruciating wrist pain has subsided dramatically. My stomach is no longer cramping, the restless leg syndrome has calmed, my skin is clear, I have more energy. Oh and I lost 11lbs during the 21 days, further, my weight has continued to drop-mainly as I'm staying within the eating guidelines.

But a huge factor is the elimination of cravings. I know that I haven't cured my underlying health conditions, but I am managing them in the best way for maximum health for me.

The support my mentor has offered goes over and above what I would expect, especially if you choose to engage with what she offers.

I have chosen to follow up the programme with some products to support my immune system, but there's never been any pressure to buy.

Thank you to my mentor. I'm so glad you and your work were recommended to me at the right time. I feel like I'm back in control. I'm very grateful for all your help, support, encouragement and your sense of humour.