



FITNESS
IS IN
YOUR
GENES™

CASE STUDY

JO
ROONEY

JO'S STORY

Jo has been a personal training client for over three years, during which time she has made huge progress. She has lost inches and body fat, and become mentally and physically much fitter. Earlier in 2015, she was struggling with some aspects of her diet, and so we suggested that she do the Bodyshot Performance™ test. This is her story.

SOMETHING WAS MISSING

I am quite a fit and active person, I have three personal training sessions a week and have a pretty full on job as a teacher. However, there was just this layer of extra wobble around my middle that I just could not seem to get rid of. I had been following a lactose-free diet as I would often have major bloating and issues with my digestion (upset stomach and cramps). All of these factors were beginning to affect my self-confidence. I was always extremely nervous whenever going out to eat as I wasn't sure how my body would react. But because this was always the way I felt, even though I knew it wasn't normal, it had become my normal.

Introducing the DNA test

When Leanne mentioned the DNA test, I thought it sounded really interesting and was hopeful that

it might help me finally figure out what was happening with my body. Perhaps naively, I privately hoped that there would be some sort of miracle cure to all my ills!

My results came back quite quickly and, to my astonishment, told me that I was actually lactose tolerant but had a high sensitivity to gluten. I was advised to follow a low carb food plan which, if I'm honest, filled me with pure dread. How was I going to be able to cope without bread and pasta? What would I eat? I was really surprised I was lactose tolerant, as I'd been quite convinced that lactose was the problem. But it still begged the question; so what was causing my digestive issues?





Making changes

During my consultation, we discussed the results and draw up an action plan. I also did some research of my own. We agreed that I would try a 10 day gluten elimination diet to see what effect that had. This did mean quite a radical change to my diet, and lot more forward planning, but I realised that if I wanted to see a change I would need to really think about what I was putting in to my body. It did not take long for me to start seeing changes. Within a week I felt a lot less bloated and I had stopped having problems with my stomach. After one week, we introduced lactose back into my diet, with no recurrence of my previous symptoms. Another benefit was that I managed to lose a little bit of that wobble around my middle, which I was delighted about! I know now that so many places offer gluten-free food so I can enjoy going out to eat a meal with my family and friends.

Sustaining the changes – the tough bit

I am pleased to report that I have been able to keep up the recommendations from Bodyshot Performance™ reports. I do need to plan my meals more carefully than I have done before but that is not a bad thing as I have been able to experiment with lots of different foods. Obviously, there are still days when I crave a pizza (I am still in search of a good gluten-free one) but I just think about how it will make me feel after I eat it and I choose something else instead!

Understanding what my DNA can tell me about my body has had a huge impact on my life and the way I eat. I now know what I need to do to keep myself healthy on the inside and the outside. If you're interested in talking to Bodyshot about how we can help you, please get in touch with Leanne on 07401 441 818 or send an email to info@bodyshotperformance.com.



INFO@BODYSHOTPERFORMANCE.COM
WWW.BODYSHOTPERFORMANCE.COM