

HAD A GUT-BUSTING CHRISTMAS?

New food intolerance test available now at DestinationSkin

If you're still paying the price of Christmas overindulgence, it might be the quality, not quantity, of food that's causing the problem. Now a simple and safe test available at DestinationSkin clinics nationwide can determine if you suffer from food intolerance, a condition which often leads to sudden weight gain, IBS or other health problems.

Estimated to affect 20% of the population, food intolerance can impact your wellbeing in many ways, with symptoms ranging from irritable bowel syndrome (IBS), migraine and weight gain to dermatitis, arthritis, tiredness and general lethargy.

Ella Tracey, Managing Director of DestinationSkin, said: "Losing weight is often on top of our New Year's resolutions list and yet so many of us fail to achieve it. What most people don't realise is that it's sometimes not about how little you eat, but what you eat that matters." She added: "Weight gain is a common reaction to food intolerance together with other symptoms such as feeling unusually tired, achy or hyper. Some foods can also lead to unpleasant dermatological skin conditions, such as dermatitis. The Food Intolerance test gives you the knowledge of what affects you and to what degree, so you can remove the offending foods from your diet and improve your health and wellbeing"

The source and severity of a patient's food intolerance is determined with a quick and easy test. Using a blood sample from the patient's finger, DestinationSkin will analyse his or her reaction to 93 specific foods and ingredients known to produce food intolerances. The results are then followed with professional advice and next step recommendations, including possibly seeing a dietician or nutritionist who can devise a correct eating plan.

The Food Intolerance Test costs £199 and the results are returned within 5 working days.

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EDITOR'S NOTE:

DestinationSkin offers a wide range of the latest proven non-surgical treatments for younger looking skin and smoother clearer complexions, provided by expert consultants in modern, comfortable high street locations. Laser, IPL, infrared and injectable technologies are used for a wide range of treatments including laser hair removal; infrared skin tightening; red and blue vein removal; skin imperfections removal; acne and problem skin treatment; sun damage and age spots removal; wrinkle relaxing injections; skin fillers; non-surgical face lifts; anti-ageing collagen boosters; microdermabrasion, skin peels and resurfacing. DestinationSkin also offers the latest and some exclusive pharmaceutical based skin care and cosmetic products, available in the clinics and online at DestinationSkin.com

DestinationSkin currently has 10 clinics nationwide, from Belfast and Manchester to Bristol and Southampton, all located in premium high street locations. It is already trading successfully in five flagship House of Fraser stores, and following the opening of the new Westfield clinic, it is planning a further rollout with the House of Fraser.

For more information, contact Ewa Czapracka on 0845 125 8425 or visit www.DestinationSkin.com