

Katie's feedback

Over 6 years ago I was diagnosed with severe IBS and it altered my life completely. I eventually discovered, after several tests, that to control it I had to cut out wheat, dairy and coffee. This meant I could no longer enjoy food and eating out became a chore.

Also around this time, I don't know if it was related, I developed an eating disorder similar to bulimia. However this was not diagnosed until I was 20, over 4 years later. It was like a horrid secret always hanging over me. Food controlled my entire life, what I could eat, when would I be able to eat next without anyone seeing me?

Then I heard about the Lightning Process. The first time I applied I didn't get onto the course as I was not ready. I then read the book and I knew completely that this was going to work for me. I applied for the next course and I managed to get on to it.

They were an incredibly interesting and exciting three days. I left my scientific and logical mind at the door and concentrated on learning the process. Since I did the course I have gradually reintroduced various foods into my diet and I now can eat what ever I want. I am trying lots of different types of foods and most importantly I am happy to eat in front of others so can enjoy food at social occasions. It has completely changed my life for the better and I now feel like I can live a life free from the restrictions food used to cause me.