



THE WHOLE HEALTH CENTRE

ANNE-LISE MILLER

Nurturing mind, body and soul with the correct information and an integrative approach

FOOD SENSITIVITY TESTING

LORISIAN 100

PRICE: £199

GRAINS	DAIRY	MEAT	FISH	VEGETABLES	FRUITS	NUTS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Corn (Maize) - Gliadin (Gluten) - Oat - Rice - Rye - Wheat 	<ul style="list-style-type: none"> - Cow's milk 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Crustacean Mix (Crab, Lobster, Prawn/Shrimp) - Mollusc Mix (Mussel, Oyster & Scallop) - Oily Fish Mix (Herring & Mackerel) - Plaice & Sole - Salmon & Trout - Tuna - White Fish Mix (Cod & Haddock) 	<ul style="list-style-type: none"> - Asparagus - Avocado - Carrot - Celery - Cucumber - Haricot Bean - Kidney Bean - Lentils - Lettuce - Mushroom - Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower) - Onion - Pea - Peppers (Capsicum) & Paprika - Potato - Soya Bean - Spinach - String Bean 	<ul style="list-style-type: none"> - Apple - Apricot - Banana - Blackberry - Blackcurrant - Grape - Kiwi - Lemon - Lime - Melon Mix (Watermelon, Honeydew & Cantaloupe) - Olive - Orange - Peach - Pear - Pineapple - Plum - Raspberry - Strawberry - Tomato 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Walnut 	<ul style="list-style-type: none"> - Chilli Pepper - Garlic - Ginger - Herb Mix (Coriander, Cumin & Dill) - Mint Mix (Mint, Sage, Basil & Thyme) - Parsley - Sesame Seed - Vanilla 	<ul style="list-style-type: none"> - Cocoa Bean - Coffee - Egg White - Egg Yolk - Hops - Sunflower Seed - Tea - Yeast (Brewers & Bakers)

LORISIAN 150 plus

PRICE: £299

GRAINS	DAIRY	MEAT	FISH	VEGETABLES	FRUITS	NUTS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Corn (Maize) - Gliadin (Gluten) - Millet - Oat - Rice - Rye - Wheat 	<ul style="list-style-type: none"> - Cows' milk - Goats' milk - Sheep's milk 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Crustacean Mix (Crab, Lobster, Prawn/Shrimp) - Mollusc Mix (Mussel, Oyster & Scallop) - Oily Fish Mix (Herring & Mackerel) - Plaice & Sole - Salmon & Trout - Tuna - White Fish Mix (Cod & Haddock) 	<ul style="list-style-type: none"> - Asparagus - Aubergine - Avocado - Beetroot - Carrot - Celery - Cucumber - Haricot Bean - Kidney Bean - Lentils - Lettuce - Mushroom - Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower) - Onion - Pea - Peppers (Capsicum) & Paprika - Potato - Soya Bean - Spinach - String Bean 	<ul style="list-style-type: none"> - Acai berry & Banana - Apple & Apricot - Bilberry & Blackberry - Blackcurrant & Blueberry - Boysenberry - Cherry & Cranberry - Elderberry & Elderflower - Grape (Cabernet Sauvignon) - Grape (Chardonnay) - Grape (Chenin Blanc) - Grape (Concord) - Grape (Malbec) - Grape (Merlot) - Grape (Pinot Grigio) - Grape (Pinot Noir) - Grape (Red & White Zinfandel) - Grape (Riesling) - Grape (Sauvignon Blanc) - Grape (Shiraz) - Grapefruit & Kiwi - Lemon & Lime - Lychee & Mango - Melon Mix (Watermelon, Honeydew & Cantaloupe) - Mulberry & Olive - Orange & Papaya - Peach & Pear - Pineapple & Plum - Pomegranate - Raspberry & Rhubarb - Strawberry & Tomato 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Buckwheat - Chamomile - Chilli Pepper - Cinnamon & Clove - Dandelion & Burdock - Garlic - Ginger - Guarana - Herb Mix (Coriander, Cumin & Dill) - Hibiscus - Juniper - Mint Mix (Mint, Sage, Basil & Thyme) - Mustard Seed - Nettle - Nutmeg & Peppercorn - Parsley - Rosehip - Sesame Seed - Vanilla 	<ul style="list-style-type: none"> - Agave - Carob - Cocoa Bean - Coffee - Cola Nut - Egg White - Egg Yolk - Ginseng (Siberian) - Ginseng (Korean) - Green Tea - Hemp - Hops - Rooibos (Red Bush Tea) - Sugar Cane - Sunflower Seed - Tea - Yeast (Brewers & Bakers)

LORISIAN 150 plus IBS Support (same as the Lorisian 150 Plus but also includes a low FODMAP Plan)

PRICE: £325

GRAINS	DAIRY	MEAT	FISH	VEGETABLES	FRUITS	NUTS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Corn (Maize) - Gliadin (Gluten) - Millet - Oat - Rice - Rye - Wheat 	<ul style="list-style-type: none"> - Cows' milk - Goats' milk - Sheep's milk 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Crustacean Mix (Crab, Lobster, Prawn/Shrimp) - Mollusc Mix (Mussel, Oyster & Scallop) - Oily Fish Mix (Herring & Mackerel) - Plaice & Sole - Salmon & Trout - Tuna - White Fish Mix (Cod & Haddock) 	<ul style="list-style-type: none"> - Asparagus - Aubergine - Avocado - Beetroot - Carrot - Celery - Cucumber - Haricot Bean - Kidney Bean - Lentils - Lettuce - Mushroom - Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower) - Onion - Pea - Peppers (Capsicum) & Paprika - Potato - Soya Bean - Spinach - String Bean 	<ul style="list-style-type: none"> - Acai berry & Banana - Apple & Apricot - Bilberry & Blackberry - Blackcurrant & Blueberry - Boysenberry - Cherry & Cranberry - Elderberry & Elderflower - Grape (Cabernet Sauvignon) - Grape (Chardonnay) - Grape (Chenin Blanc) - Grape (Concord) - Grape (Malbec) - Grape (Merlot) - Grape (Pinot Grigio) - Grape (Pinot Noir) - Grape (Red & White Zinfandel) - Grape (Riesling) - Grape (Sauvignon Blanc) - Grape (Shiraz) - Grapefruit & Kiwi - Lemon & Lime - Lychee & Mango - Melon Mix (Watermelon, Honeydew & Cantaloupe) - Mulberry & Olive - Orange & Papaya - Peach & Pear - Pineapple & Plum - Pomegranate - Raspberry & Rhubarb - Strawberry & Tomato 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Buckwheat - Chamomile - Chilli Pepper - Cinnamon & Clove - Dandelion & Burdock - Garlic - Ginger - Guarana - Herb Mix (Coriander, Cumin & Dill) - Hibiscus - Juniper - Mint Mix (Mint, Sage, Basil & Thyme) - Mustard Seed - Nettle - Nutmeg & Peppercorn - Parsley - Rosehip - Sesame Seed - Vanilla 	<ul style="list-style-type: none"> - Agave - Carob - Cocoa Bean - Coffee - Cola Nut - Egg White - Egg Yolk - Ginseng (Siberian) - Ginseng (Korean) - Green Tea - Hemp - Hops - Rooibos (Red Bush Tea) - Sugar Cane - Sunflower Seed - Tea - Yeast (Brewers & Bakers)

LORISIAN 150 plus Ideal Weight Support (same as the Lorisian 150 Plus but also includes a low GI plan)

PRICE: £325

GRAINS	DAIRY	MEAT	FISH	VEGETABLES	FRUITS	NUTS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Corn (Maize) - Gliadin (Gluten) - Millet - Oat - Rice - Rye - Wheat 	<ul style="list-style-type: none"> - Cows' milk - Goats' milk - Sheep's milk 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Crustacean Mix (Crab, Lobster, Prawn/Shrimp) - Mollusc Mix (Mussel, Oyster & Scallop) - Oily Fish Mix (Herring & Mackerel) - Plaice & Sole - Salmon & Trout - Tuna - White Fish Mix (Cod & Haddock) 	<ul style="list-style-type: none"> - Asparagus - Aubergine - Avocado - Beetroot - Carrot - Celery - Cucumber - Haricot Bean - Kidney Bean - Lentils - Lettuce - Mushroom - Mustard Mix (Broccoli, Brussel Sprouts, Cabbage & Cauliflower) - Onion - Pea - Peppers (Capsicum) & Paprika - Potato - Soya Bean - Spinach - String Bean 	<ul style="list-style-type: none"> - Acai berry & Banana - Apple & Apricot - Bilberry & Blackberry - Blackcurrant & Blueberry - Boysenberry - Cherry & Cranberry - Elderberry & Elderflower - Grape (Cabernet Sauvignon) - Grape (Chardonnay) - Grape (Chenin Blanc) - Grape (Concord) - Grape (Malbec) - Grape (Merlot) - Grape (Pinot Grigio) - Grape (Pinot Noir) - Grape (Red & White Zinfandel) - Grape (Riesling) - Grape (Sauvignon Blanc) - Grape (Shiraz) - Grapefruit & Kiwi - Lemon & Lime - Lychee & Mango - Melon Mix (Watermelon, Honeydew & Cantaloupe) - Mulberry & Olive - Orange & Papaya - Peach & Pear - Pineapple & Plum - Pomegranate - Raspberry & Rhubarb - Strawberry & Tomato 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Buckwheat - Chamomile - Chilli Pepper - Cinnamon & Clove - Dandelion & Burdock - Garlic - Ginger - Guarana - Herb Mix (Coriander, Cumin & Dill) - Hibiscus - Juniper - Mint Mix (Mint, Sage, Basil & Thyme) - Mustard Seed - Nettle - Nutmeg & Peppercorn - Parsley - Rosehip - Sesame Seed - Vanilla 	<ul style="list-style-type: none"> - Agave - Carob - Cocoa Bean - Coffee - Cola Nut - Egg White - Egg Yolk - Ginseng (Siberian) - Ginseng (Korean) - Green Tea - Hemp - Hops - Rooibos (Red Bush Tea) - Sugar Cane - Sunflower Seed - Tea - Yeast (Brewers & Bakers)

GRAINS	DRINKS	MEAT/POULTRY	FISH	VEGETABLES/PU LSES	FRUITS	NUTS/SEEDS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Buckwheat - Corn (Maize) - Gliadin (Gluten) - Hops - Millet - Oat - Quinoa - Rice - Rye - Spelt - Wheat 	<ul style="list-style-type: none"> - Acai Berry - Dried Extract - Burdock Root - Chamomille - Coffee - Dandelion Root - Elderberry - Elderflower Mix - Ginseng (Korean) - Ginseng (Siberian) - Green Tea - Guarana - Nettle Leaves - Rooibos (Red Bush Tea) - Rosehip - Tea 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Cod - Crab - Haddock - Herring - Lobster - Mackerel - Mussel - Oyster - Plaice - Prawn - Salmon - Scallop - Shrimp - Sole - Trout - Tuna 	<ul style="list-style-type: none"> - Asparagus - Aubergine (Eggplant) - Avocado - Beetroot - Bok Choi (Pak Choi) - Broccoli - Brussel Sprouts - Cabbage - Carrot - Cauliflower - Celery - Cucumber - Haricot Bean - Kale - Kidney Bean - Lentils - Lettuce - Mushroom - Okra - Onion - Pea - Peppers (Capsicum) - Potato - Pumpkin - Rocket (Arugala) - Soyabean - Spinach - String Bean - Sweet Potato 	<ul style="list-style-type: none"> - Apple - Apricot - Banana - Bilberry - Blackberry - Blackcurrant - Blueberry - Boysenberry - Cantaloupe - Cherry - Cranberry - Goji Berry - Grape - Grapefruit - Honeydew Melon - Kiwi - Lemon - Lime - Lychee - Mango - Mulberry - Olive - Orange - Papaya - Peach - Pear - Pineapple - Plum - Pomegranate - Raspberry - Rhubarb - Strawberry - Tomato - Watermelon 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Chia seed - Coconut - Linseed - Hazelnut - Peanut - Rapeseed - Sesame Seed - Sunflower Seed - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Basil - Chilli Pepper - Cinnamon - Clove - Coriander - Cumin - Dill - Garlic - Ginger - Juniper - Mint - Mustard Seed - Nutmeg - Paprika - Parsley - Peppercorn - Sage - Thyme - Vanilla 	<ul style="list-style-type: none"> - Agave - Aloe Vera - Carob - Chickpea - Cocoa Bean - Cola Nut - Cow's Milk - Egg White - Egg Yolk - Goat's Milk - Hemp - Seaweed - Sheep's Milk - Spirulina - Sugar Cane - Wheatgrass - Yeast

LORISIAN Asian Diet

PRICE: £315

GRAINS	DRINKS	MEAT/POULTRY	FISH	VEGETABLES/PULSES	FRUITS	NUTS/SEEDS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Buckwheat - Corn (Maize) - Gliadin (Gluten) - Hops - Millet - Oat - Rice - Rye - Spelt - Wheat 	<ul style="list-style-type: none"> - Acai Berry – Dried Extract - Burdock Root - Coffee - Dandelion Root - Ginseng (Korean) - Ginseng (Siberian) - Green Tea - Rooibos (Red Bush Tea) - Tea 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Goat - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Abalone - Cod - Crab - Cuttlefish - Haddock - Herring - Lobster - Mackerel - Mussel - Oyster - Plaice - Prawn - Salmon - Scallop - Shrimp - Sole - Trout - Tuna 	<ul style="list-style-type: none"> - Asparagus - Aubergine (Eggplant) - Avocado - Bean Sprouts - Beetroot - Bok Choi (Pak Choi) - Broccoli - Brussel Sprouts - Cabbage - Carrot - Cauliflower - Celery - Cucumber - Haricot Bean - Kale - Kidney Bean - Lentils - Lettuce - Lotus Root - Mushroom - Okra - Onion - Pea - Peppers (Capsicum) - Potato - Pumpkin - Soyabean - Spinach - String Bean - Sweet Potato - Tumeric - Water Chestnut 	<ul style="list-style-type: none"> - Apple - Apricot - Banana - Bilberry - Blackberry - Blackcurrant - Cantaloupe - Cherry - Cranberry - Grape - Grapefruit - Honeydew Melon - Kiwi - Lemon - Lime - Lychee - Mango - Mulberry - Olive - Orange - Papaya - Peach - Pear - Pineapple - Plantain - Plum - Pomegranate - Raspberry - Rhubarb - Strawberry - Tomato - Watermelon 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Rapeseed - Sesame Seed - Sunflower Seed - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Basil - Bayleaf - Cardamom - Cassia - Chilli Pepper - Cinnamon - Clove - Coriander - Cumin - Curry Leaves - Curry Powder - Dill - Garlic - Ginger - Juniper - Mint - Mustard Seed - Nutmeg - Paprika - Parsley - Peppercorn - Saffron - Sage - Thyme - Vanilla 	<ul style="list-style-type: none"> - Agar Agar - Bamboo - Carob - Chickpea - Cocoa Bean - Cola Nut - Cow's Milk - Egg White - Egg Yolk - Goat's Milk - Hemp - Jasmine - Lemongrass - Seaweed - Sheep's Milk - Sugar Cane - Tamarind - Yeast

LORISIAN Nordic Diet

PRICE: £315

GRAINS	DRINKS	MEAT/POULTRY	FISH	VEGETABLES/PULSES	FRUITS	NUTS/SEEDS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Buckwheat - Corn (Maize) - Gliadin (Gluten) - Hops - Millet - Oat - Rice - Rye - Spelt - Wheat 	<ul style="list-style-type: none"> - Acai Berry - Dried - Extract - Burdock Root - Chamomille - Coffee - Dandelion Root - Elderberry - Elderflower Mix - Ginseng (Korean) - Ginseng (Siberian) - Green Tea - Guarana - Nettle Leaves - Rooibos (Red Bush Tea) - Rosehip - Tea 	<ul style="list-style-type: none"> - Beef - Chicken - Deer - Duck - Lamb - Pheasant - Pork - Turkey 	<ul style="list-style-type: none"> - Anchovy - Cod - Crab - Eel - Haddock - Herring - Lobster - Mackerel - Mussel - Oyster - Plaice - Prawn - Salmon - Sardines - Scallop - Shark - Shrimp - Sole - Trout - Tuna - Vendance 	<ul style="list-style-type: none"> - Asparagus - Aubergine (Eggplant) - Avocado - Beetroot - Broccoli - Brussel Sprouts - Cabbage - Carrot - Cauliflower - Celery - Cucumber - Haricot Bean - Kale - Kidney Bean - Lentils - Lettuce - Mushroom - Onion - Parsnip - Pea - Peppers (Capsicum) - Potato - Soyabean - Spinach - String Bean - Sweed - Tapioca - Turnip 	<ul style="list-style-type: none"> - Apple & Apricot - Banana - Bilberry - Blackberry - Blackcurrant - Blueberry - Boysenberry - Cantaloupe - Cherry - Cloudberry - Cranberry - Goji Berry - Grape - Grapefruit - Honeydew Melon - Kiwi - Lemon & Lime - Lychee & Mango - Mulberry & Olive - Orange & Papaya - Peach & Pear - Pineapple & Plum - Pomegranate - Pumpkin - Raspberry - Rhubarb - Strawberry - Tomato - Watermelon 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Chia seed - Coconut - Linseed - Hazelnut - Peanut - Rapeseed - Sesame Seed - Sunflower Seed - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Basil - Chillli Pepper - Cinnamon - Clove - Coriander - Cumin - Dill - Garlic - Ginger - Juniper - Mint - Mustard Seed - Nutmeg - Paprika - Parsley - Peppercorn - Sage - Thyme - Vanilla 	<ul style="list-style-type: none"> - Agave - Aloe Vera - Carob - Chickpea - Cocoa Bean - Cola Nut - Cow's Milk - Egg White - Egg Yolk - Goat's Milk - Hemp - Seaweed - Sheep's Milk - Spirulina - Sugar Cane - Wheatgrass - Yeast

LORISIAN 200 plus

PRICE: £349

GRAINS	DRINKS	MEAT	FISH	VEGETABLES/ PULSES	FRUITS	NUTS/SEEDS	SPICES & HERBS	OTHERS
<ul style="list-style-type: none"> - Barley - Buckwheat - Corn (Maize) - Gluten (Gliadin) - Hops - Malt - Millet - Oat - Rice - Rye - Wheat 	<ul style="list-style-type: none"> - Acai Berry - Chamomile - Coffee - Danedelion - Burdock - Elderberry - Elderflower - Ginseng (Korean) - Ginseng (Siberian) - Grape (Cabernet Sauvignon) - Grape (Chardonnay) - Grape (Chenin Blanc) - Grape (Concord) - Grape (Malbec) - Grape (Merlot) - Grape (Pinot Gris/Grigio) - Grape (Pinot Noir) - Grape (Red Zinfandel) - Grape (White Zinfandel) - Grape (Riesling) - Grape (Sauvignon Blanc) - Grape (Shiraz) - Green Tea - Guarana - Hibiscus - Nettle - Rooibos (Redblush tea) - Rosehip - Tea 	<ul style="list-style-type: none"> - Beef - Chicken - Duck - Lamb - Pork - Turkey 	<ul style="list-style-type: none"> - Crab - Cod - Haddock - Herring - Lobster - Oyster - Mackerel - Mussel - Prawn - Plaice - Salmon - Scallop - Shrimp - Sole - Trout - Tuna 	<ul style="list-style-type: none"> - Asparagus - Aubergine (eggplant) - Avocado - Beetroot - Broccoli - Brussels Sprouts - Cabbage - Carrot - Cauliflower - Celery - Cucumber - Haricot Bean - Kidney Bean - Lentils - Lettuce - Mushroom - Onion - Pea - Peppers (Capsicum) - Potato - Soya Bean - Spinach - String Bean 	<ul style="list-style-type: none"> - Apple & Apricot - Banana - Bilberry - Blackberry - Blackcurrant - Blueberry - Boysenberry - Cantaloupe - Cherry - Cranberry - Grapefruit - Honeydew - Kiwi - Lemon & Lime - Lychee - Mango - Mulberry - Olive - Orange - Papaya - Peach - Pear - Pineapple - Pomergranate - Plum - Prune - Raspberrry - Rhubarb - Strawberry - Tomato - Watermelon 	<ul style="list-style-type: none"> - Almond - Brazil Nut - Cashew Nut - Coconut - Hazelnut - Peanut - Sesame Seed - Sunflower Seed - Walnut 	<ul style="list-style-type: none"> - Anise Seed - Basil - Chilli Pepper - Cinnamon - Clove - Coriander - Cumin - Dill - Garlic - Ginger - Juniper - Mint - Mustard Seed - Nutmeg - Paprika - Parsley - Peppercorn - Sage - Thyme - Vanilla 	<ul style="list-style-type: none"> - Agave & Carob - Cocoa Bean & Cola Nut - Cow's Milk - Egg White & Egg Yolk - Hemp & Oak - Sugar Cane & Yeast - Abalone & Agar Agar - Aloe Vera & Anchovy - Bamboo & Bayleaf - Bean Sprouts - Bok Choy (Pak Choi) - Cardamom & Cassia - Chia seed & Chickpea - Cloudberry & Curry Leaves - Curry Powder & Cuttlefish - Deer & Eel - Goat & Goat's Milk - Goji Berry & Rapeseed - Jasmine & Kale - Lemongrass & Lingonberry - Linseed (Flax) - Lotus Root & Sheep's Milk - Okra & Parsnip - Pheasant & Plantain - Pumpkin & Quinoa - Rocket (Arugula) - Saffron & Sardines - Seaweed & Shark - Spelt (Dinkel Flour) - Spirulina & Swede - Sweet Potato & Tamarind - Tapioca & Turmeric - Turnip & Vendance - Water Chestnut - Wheatgrass