



## LRA by ELISA/ACT® Case Study of a 36-Year-Old Female with Chronic Fatigue (CFIDS) and Fibromyalgia (FM)

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**HISTORY:** Five years ago Janet came down with a series of colds that completely wore her out and left her with extreme fatigue all over. To add to the situation were traumatic family problems that drained her emotionally as well. She suffered through all of this and even went through a pregnancy; her fatigue and weakness never went away. Dozens of doctors saw her, subjected her to MRIs and CAT scans but could find nothing wrong. Some of her symptoms included overall weakness, pain in the muscles of arms and legs, neck and back pain, headache, associated asthma-like symptoms, problem sleeping, and stiff fingers.

Janet was then introduced to a practitioner who finally diagnosed her with Chronic Fatigue (CFIDS) and Fibromyalgia (FM). From 5-15 million people in America suffer from CFIDS / FM syndromes. Of those diagnosed, 90% are women.\*

**PRIMARY PROBLEMS:** CFIDS, FM intractable muscle pain, asthma, and sinusitis

**THERAPEUTIC INTERVENTIONS:** Initially, Janet was treated with various pain medications and some nutritional supplementation. None of that helped. Janet's physician heard about the benefits of the LRA by ELISA/ACT® tests, especially with regard to autoimmune conditions. She recommended Janet find out if these tests and plan would help her.

The initial LRA by ELISA/ACT test was taken in December 2002. Janet had a total of 5 strong reactions and 7 moderate reactions.

**STRONG REACTIONS:** Cadmium, nitrosamine mix, tangerine / mandarin orange, pecan / pine, FD&C yellow #6

**MODERATE REACTIONS:** Titanium dioxide, DDT, hexachlorocyclohexane, MSG, millet, rapeseed / canola oil, red oil

**IMPLEMENTATION:** As soon as she received her test results, Janet had a consultation with EAB's Certified Clinical Nutritionist, Jayashree Mani, who provided an explanation and interpretation of the LRA by ELISA/ACT tests results. In addition, *The Alkaline Way* diet was recommended along with a comprehensive nutrient protocol to correct deficits and enhance detoxification.

**INITIAL CLINICAL OUTCOME:** Janet started feeling much better as she substituted for the reactive items and started implementing her full health recovery plan. Her physician performed other tests, including a hair analysis, thyroid assessment, and digestive stool analysis with inconclusive results. Janet's physician also started her on a detoxification protocol along with some homeopathic remedies. None of that helped. Janet's physician advised her to adhere to the LRA by ELISA/ACT plan. Janet improved slowly and steadily, seeing

cumulative improvement over time. She gained energy that had been chronically depleted. Pain abated. Her overall health “improved greatly.”

Janet and her physician wanted to see how well her immune system had responded.

In September, 2003 Janet took the LRA by ELISA/ACT tests again.

On follow-up tests, Janet had a total of only 1 strong reaction and 7 moderate reactions.

**STRONG REACTION:** Cadmium

**MODERATE REACTIONS:** Mercury, nitrosamine mix, egg white (chicken), fig, ginger, miso (barley), carmoisine.

Janet had two repeat sessions with Jayashree Mani. Diet modifications were made and nutrient supplementation doses adjusted. Janet was diligent, made the right food choices, and was careful about her supplements.

**ONE YEAR SINCE INITIAL TESTING:**

Janet now feels that her health has improved 90% since her initial testing and believes that the LRA by ELISA/ACT program changed her life for the better.

\*Wolfe F., et al, Prevalence and Characteristics of FMS in the General Population, *Arthritis Rheum*, Jan. 1995.

**LRA by ELISA/ACT tests and health plans: Ask your doctor now.**

Anyone with *chronic fatigue (CFIDS) and fibromyalgia (FM)* knows the costs and frustrations from searching for help – and not getting results. LRA by ELISA/ACT's proven tests and personalized treatment plans get to the causes of your problems. An optional treatment guide helps restore your health.

Ask your doctor today for LRA by ELISA/ACT tests. Comprehensive, functional, personal tests of your immune repair systems. **Tune up your immune system; RESTORE YOUR HEALTH TODAY.**