

■ ELISA/ACT Biotechnologies LLC ■

# LRA by ELISA/ACT<sup>®</sup>

## CLINICAL PEARLS UPDATE#7

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### *Migraines*

October 20, 2003

Dear Colleague:

**Migraine headaches affect 5-25 million Americans according to the American Academy of Neurology and Headache Society. Successful comprehensive management using LRA by ELISA/ACT<sup>®</sup> tests and treatment plans are illustrated in the attached case report and literature abstracts below.**

Functional, *ex vivo* lymphocyte response assays (LRA by ELISA/ACT) offer the most advanced tests available for determination of the individual's responses to the widest available range of substances tested by any lab in the world.

We are grateful for the opportunities to be of service to you and your patients.

Sincerely,

***Russ Jaffe, MD, Ph.D., CCN, NACB***  
***Lab Director***

**Egger J, Carter CM, Wilson J, Turner MW, Soothill JF. Is migraine a food allergy? A double-blind controlled trial of oligoantigenic diet treatment. *Lancet* 1983;2(8355):865-869.**

**93% of 88 children with severe frequent migraine recovered on oligoantigenic diets;** the causative foods were identified by sequential reintroduction, and the role of the foods provoking migraine was established by a double-blind controlled trial in 40 of the children. Most patients responded to several foods. Many foods were involved, suggesting an allergic rather than an idiosyncratic (metabolic) pathogenesis. Associated symptoms, which improved in addition to headache, included abdominal pain, behaviour disorder, fits, asthma, and eczema. In most of the patients in whom migraine was provoked by non-specific factors, such as blows to the head, exercise, and flashing lights, this provocation no longer occurred while they were on the diet.

**While proper avoidance-provocation tests are useful, they typically take 6-12 months to complete. LRA by ELISA/ACT is able to provide the same information in one week with less inconvenience to the patient.**

**Monro J, Carini C, Brostoff J. Migraine is a food-allergic disease. *Lancet* 1984;2(8405):719-721.**

Foods that provoked migraine in 9 patients with severe migraine refractory to drug therapy were identified. The patients were then given either sodium cromogalate or placebo orally in a double-blind manner, with foods previously identified as provocants. Sodium cromogalate exerted a protective effect, thus confirming that it can prevent a hypersensitivity mechanism as well as the symptoms of migraine. Immune complexes were not produced in those patients who were protected by sodium cromogalate. These observations confirm that a food-allergic reaction is the cause of migraine in this group of patients.

**While cromogalate (cromalyn sodium) can block some antigen uptake, systematic substitution and restoration of immune tolerance is even more effective in sustainable remissions in migraine headache sufferers.**

**Note: We believe the comprehensive repair program included with LRA by ELISA/ACT tests, if requested, provides the best current therapy for sustained remissions and intestinal repair.**

