



LRA by ELISA/ACT® Case Study Report #18: Update on a 65-Year-Old Female with Irritable Bowel Syndrome & Fatigue

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BACKGROUND: Pam had been suffering from numerous digestive problems from the age of 35. It started with excessive bloating and gas especially after consuming greasy foods and vegetables like onions and cabbage. She then developed a chronic situation of constipation, which often alternated with periods of constant diarrhea. Indigestion would commonly occur right after eating. She would often wake up in the middle of the night feeling hungry.

More recently Pam started experiencing extreme stiffness and pain in her muscles, especially while waking up in the morning. Insomnia, losing memory, and poor concentration were the other symptoms that were bothering her day-to-day life. She needed more sleep and felt constantly drowsy. A mild form of glossitis had also developed with mouth and tongue sores. Occasional bouts of bronchitis became more the norm.

MEDICAL HISTORY: Excessive digestive problems, extreme fatigue, and muscle aches

PRIMARY THERAPEUTIC INTERVENTIONS: Her doctor prescribed her Prilosec for excess acid, Celexa for pain, and Allegra for her allergies.

Pam knew that a lot of her problems were associated with food and that various environmental elements were aggravating her condition. However, neither she nor the doctor she was regularly seeing could identify the offenders. No allergy test they used could help them. It was then that her

physician was introduced to the LRA by ELISA/ACT® testing.

The ELISA/ACT LRA test was taken in February 2002.

There were a total of 4 strong reactions and 17 moderate reactions with 1 moderate food group.

STRONG REACTIONS: Gliadin, Amaranth, Buckwheat/Kasha, Baker's Yeast

MODERATE REACTIONS: Lead, Hexachlorocyclohexane, Benzyl Acetate, Whole Butter, Parmesan Cheese (Cow), Milk/Cheese (Goat), Chicken, Barley, Millet, Wheat, Cola, Pepper (White), Black-eyed Peas, Broccoli, Cauliflower, Lentils (Red and Green)

MODERATE FOOD GROUP: Cow Dairy

LRA BY ELISA/ACT IMPLEMENTATION: Pam had a consultation with EAB's Certified Clinical Nutritionist. She was informed about the basis of the testing, what relevance it would have to her condition, and how to substitute for the strong and moderate reactions. To support the desensitization program, she was also advised about adding valuable nutrient supplements that were recommended to her. An alkaline diet was also emphasized.

INITIAL CLINICAL OUTCOME: Barely a couple of weeks after starting the program, Pam noticed a distinct improvement in her overall health. Her constipation dramatically decreased. Diarrhea and bloating were also

minimal. In addition, there was a marked increase in her energy level.

SEVEN MONTHS AFTER INITIAL TESTING:

Pam felt much better. She had no complaints about her digestion. In her words: "I have not felt this good in 5 years." Her sleep and concentration improved. Her painful mouth and tongue sores completely disappeared. Fatigue, aches and pains became minimal. She religiously avoided her reactions because she felt healthier and could do her daily chores with ease.

Pam had a repeat set of LRA by ELISA/ACT tests in January 2003. She had 3 strong reactions, 1 strong food group, and 13 moderate reactions.

STRONG REACTIONS: Polyvinylpyrrolidone (PVP), Pasteurized Milk (Cow), Lemon

STRONG FOOD GROUP: Cow Dairy

MODERATE REACTIONS: Lead, PCP, DEET, BHA, Lactalbumin, Trout, Millet, Caffeine, Cola, Tofu, Lima Bean, Trichophyton, Sweet Potato/Yam

Pam had a reduction in the number of items she reacted to this time, which was encouraging. She continued to make the necessary dietary modifications, especially with regard to the Cow Dairy group and started feeling a further improvement in her digestive ability and energy level.

FOUR YEARS AFTER INITIAL TESTING:

The LRA by ELISA/ACT treatment plans have guided Pam into a way of life that has helped her health situation considerably. She has learned to widen her horizon and choose healthier foods and has not needed to rely on medications to maintain her health.

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

Anyone with *Irritable Bowel Syndrome and Fatigue* 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.**