



## **LRA by ELISA/ACT® LRA Case Study of a 44-Year-Old Female with Fibromyalgia (FM)**

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**ELISA/ACT Biotechnologies LLC (EAB) has created this case study on a patient with fibromyalgia (FM) to provide you and your staff with more definitive insight into how the Lymphocyte Response Assay (LRA) by ELISA/ACT® tests and treatment plan can be used effectively on treatment-resistant patients with autoimmune or immune-related conditions.**

**The patient is a 44-year-old female who was diagnosed with FM by a rheumatologist at the age of 39. At that time, her doctor recommended that she use Elavil, which helped slightly with the pain and improved her sleep, but made her excessively drowsy. The patient also used massage therapy, which provided temporary relief from the pain, and exercise therapy in the form of walking when she felt well enough.**

**Upon initial examination, the patient noted constant and often unbearable pain in her upper back and lesser pain in her foot, along with chronic stiffness throughout her body. The chronic pain also caused her to become more emotional and somewhat depressed. She described herself as “totally fatigued and weak” and reported she was pushing herself all the time. Her sleep was restless and consisted mostly of dozing on and off during the night.**

**In addition to the symptoms mentioned above, which are commonly associated with FM, she also had several other health concerns, including chronic**

**constipation (since childhood, she regularly used fibers, stool softener, and laxatives); constant itch on her knees and elbows and often on her scalp; chemical sensitivities to smoke and perfume, which heightened her wide ranging symptoms; and poor memory and difficulty concentrating. The patient also recognized allergies or hypersensitivity to dust, metal from jewelry, chemicals, and scents such as flowers, exhaust, smoke, mowed grass, and perfumes. In addition, she experienced premature menopause at the age of 36 and was on HRT for seven years to date. Her first morning urine pH was acidic at 5.5.**

**An ENT exam was ordered, which showed signs and symptoms of moderate allergic rhinitis, and an IgE allergy work-up (RAST test) from which she tested positive to five of the 18 items tested. These items included dust mites, house dust, dust, milk, and egg whites. Immuno-therapy for inhalants was started. The patient was then referred to Dr. Susan Brown for a nutritional evaluation and the LRA by ELISA/ACT tests. The evaluation revealed food cravings, probable delayed food and chemical sensitivities (in addition to the immediate reactions identified by the RAST test), as well as signs and symptoms of nutrient inadequacy including vitamin C, vitamin A, vitamin B, zinc, chromium, calcium magnesium, and essential fatty acids and fiber. The patient took the LRA by ELISA/ACT tests, and she immediately began**

implementing the LRA by ELISA/ACT treatment plan.

Alternative food choices were made for all items to which the patient was shown to be sensitive (either on a delayed or immediate basis). Chemicals to which lymphocytes were reactive, including DBCP, potassium bromate, selenium sulfide, and halogenated biocide, were also avoided as much as possible. The patient implemented a whole food diet high in vegetables and other alkalizing foods and incorporated nutritional supplementation based on the LRA by ELISA/ACT test report recommendations, such as vitamins, minerals, flavonoids, amino acids, and essential fats. In addition, the patient did breathing exercises approximately once a month and used the salt bath three times a week for the first month and once a week throughout the fourth month. She practiced food combining about half the time.

**A report on the patient five and a half months later reveals:**

- Her constant back pain was 75% better. She now crawls out of bed largely without stiffness.

- She self-rated at 90% better in overall health.
- She has ups and downs, but now has the “wind at her back, not in her face.”
- She enjoys regular, deep sleep without Elavil, but occasionally uses an anti-histamine if exposed to excessive chemicals, problem foods, dust, or auto exhaust.
- She feels more optimistic and not as emotional.
- Her chronic constipation has been totally corrected. She now has daily, regular bowel movements.
- The constant itch on knees and elbows and at times scalp is totally corrected if she avoids wheat.
- She is less sensitive to chemicals and can tolerate more smells more often, especially in public places.
- She has recognized improvement in her memory and ability to concentrate.

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

Anyone with *fibromyalgia* 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.**