



# LRA by ELISA/ACT® Case Study of a 54-Year-Old Female with Migraine Headaches

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**BACKGROUND AND HISTORY:** The current migraine headache population, based on U.S. Census Bureau statistics totals 32.5 million; of those diagnosed 75% are women and 25% are men.\*

Irene was diagnosed with migraine headaches and sinusitis when she was 40 years old. Her headaches were intense, recurring every week for two to three days, associated with nausea, vomiting, and severe back pain.

**PRIMARY PROBLEMS:** Migraine headaches and sinusitis

**THERAPEUTIC INTERVENTIONS:** Irene's physician initially treated her with therapies to balance her hormones and aggressive detoxification programs. Although the therapies temporarily relieved Irene of her headache and backache symptoms, the pain returned with greater intensity and frequency.

Irene's physician had previously attempted to treat her food sensitivities unsuccessfully. Having only had immediate allergic reaction testing, the physician decided to gain a more comprehensive assessment of Irene's food sensitivities through LRA by ELISA/ACT® testing.

The LRA by ELISA/ACT was performed in February 2003.

Irene had a total of 3 strong reactions and 7 moderate reactions.

**STRONG REACTIONS:** Cane sugar, benzene, petroleum by-products, solvents

Strong food group: Sugars

**MODERATE REACTIONS:** Chicken, orange, cottonseed oil, black pepper, beet sugar, boysenberry, gold

**IMPLEMENTATION:** Soon after receiving her test results, Irene scheduled a consultation with EAB's Certified Clinical Nutritionist, Jayashree Mani, for a thorough explanation and interpretation of the LRA by ELISA/ACT results. Recommendations were given to Irene for avoidance/substitution of the foods and chemicals to which Irene reacted. In addition, *The Alkaline Way* diet was recommended, including a comprehensive regimen of nutritional supplementation.

**INITIAL CLINICAL OUTCOME:** Irene did not have a major migraine headache event until after three weeks of following the treatment protocol. This may have been triggered by exposure to a reactive substance from her LRA by ELISA/ACT tests.

**SEVEN MONTHS LATER:** Before following this plan for substitution for her food and chemical sensitivities as the cause of her migraine headaches, it was common for Irene to experience up to three migraine headaches each week. While following the avoidance/substitution plan of her sensitivities and

**The Alkaline Way** diet, it has now been nearly four months since she has had a severe migraine episode.

However, Irene notices that whenever she strays away from the food she should eat, she gets a dull headache. This recurrence of symptoms suggests the accuracy of the LRA by ELISA/ACT tests results and makes her even more determined to carry out the treatment program associated with the LRA by ELISA/ACT tests. She has never been free of migraine attacks for this long of a period, and it has given Irene much confidence in the treatment program. Irene plans to retest as soon as possible to see how well her immune system has restored itself to healthy tolerance.

Based on Eggers data, proper and comprehensive identification and substitution for reactive substances brings sustained relief to 92+% of migraine sufferers. LRA by ELISA/ACT provides the most comprehensive and complete tests available.

**\*SOURCE: Migraine Update; NINDS**

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

Anyone with *migraine headaches* 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.**