



# LRA by ELISA/ACT® Case Study of a 41-Year-Old Male with Psoriasis

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**HISTORY:** Mark developed the first few symptoms of psoriasis in high school. It started with a mild, itchy sensation on his elbows. He was not too concerned about it, so he carried on with his normal daily life. As long as he avoided excessive sunlight and kept his skin moist, his symptoms were under control. Recently, especially in the past six to nine years, Mark experienced a heightened exacerbation of these annoying and painful symptoms. The itch in the areas around his elbows was the worst. His skin would turn red and become inflamed. Other areas of his body seemed to be affected as well, and soon the back of his ears, the base of his neck, and even his scalp developed sores. Mark felt it was time to seek a physician's help. At his first visit to a skin specialist, he was diagnosed as having psoriasis.

**PRIMARY PROBLEMS:** Excessive itchiness, redness, and inflammation of the skin in specific areas.

**THERAPEUTIC INTERVENTIONS:** Mark was prescribed steroid creams to soothe his skin. For his scalp, he used Neutrogena shampoo and more recently tried Psoriasin gel. However, after initially providing slight relief, this treatment also proved to be ineffective. Unfortunately, none of his previous physicians recommended allergy testing to determine the cause of his condition. Frustrated after many years of suffering, Mark was anxious to find a

physician who could treat his painful condition successfully. Finally, Mark found a physician who recommended that he have LRA by ELISA/ACT® testing done. The LRA by ELISA/ACT test was taken in December 2002.

There were a total of 5 strong reactions and 10 moderate reactions.

**STRONG REACTIONS:** Squash, gliadin, sage, benzopyrene, potassium bromate

**MODERATE REACTIONS:** Banana, chocolate/cocoa, wheat, bay leaf, anise seed, mung bean, halogenated biocide, selenium sulfide, aspartame/nutrasweet, brilliant black

**IMPLEMENTATION:** After receiving his LRA by ELISA/ACT test results, Mark scheduled a consultation with EAB's Certified Clinical Nutritionist, Jayashree Mani, who explained how to substitute for his strong and moderate reactive items. He was also advised about the importance and value of an alkaline diet and which nutritional supplements to incorporate into his treatment program.

**INITIAL CLINICAL OUTCOME:** Having never approached his condition in this manner, Mark was very enthusiastic about starting the LRA by ELISA/ACT's comprehensive treatment program. Within a week of avoiding the reactive items on his LRA by ELISA/ACT test results, Mark felt a tremendous reduction

in the itch and excessive dryness of his skin, which he had been living with for over 20 years.

**THREE AND A HALF MONTHS LATER:** Over three months later, Mark's psoriasis symptoms have been significantly reduced. At first, there was some lingering discoloration of his skin, but that is now clearing up. Mark does not need any external creams or gels, and his skin no longer feels scaly or dry.

With the help of LRA by ELISA/ACT testing and by following an alkaline diet, Mark has been able to achieve the successful results and symptom relief he had been striving for after many years of ineffective treatments. Mark intends to continue with the LRA by ELISA/ACT program and get re-tested in six months to find out how well his immune system has been repaired and revitalized.

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

Anyone with *psoriasis* 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.**