



# LRA by ELISA/ACT® Case Study of a 56-Year-Old Female with Sjogren's Syndrome

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**HISTORY:** Sjogren's syndrome is an autoimmune disorder in which immune cells attack and destroy the glands that produce tears and saliva; therefore, the major symptoms of the disorder are dry mouth and dry eyes. Sjogren's syndrome is also associated with rheumatic disorders such as rheumatoid arthritis and affects 1-4 million people in the United States.\*

Last year, due to her elevated cholesterol levels, Rose's doctors started her on a couple of statin medications. Not being able to tolerate the statins, she started going downhill within a few months. After extensive examination and some tests, she was found to have rheumatoid arthritis. During this time, she had been suffering with very dry eyes and decreased salivation in the mouth. This led to more tests being done, and Rose was diagnosed with Sjogren's syndrome in early 2004. Ninety percent of the cases of Sjogren's syndrome occurs in women in the U.S.\*\*, and it affects everyone differently.

As is characteristic of Sjogren's syndrome, Rose's main complaints were uncomfortably dry eyes and mouth. In addition, she had dry skin and nails, extreme fatigue, and increased joint pain.

**PRIMARY PROBLEMS:** Sjogren's syndrome and rheumatoid arthritis

**PRIMARY THERAPEUTIC INTERVENTIONS:** Luckily for Rose, in the early part of the year she met with a very competent physician who recognized that her situation would have to be dealt with in an integrative and holistic manner. Lipitor and Crestor were discontinued immediately, and she was put on a detoxification regimen. Rose felt a difference in her health right away but there was still something missing.

Realizing the link between the LRA by ELISA/ACT® test and an autoimmune condition like Sjogren's syndrome, her physician had her take the test.

The LRA by ELISA/ACT test was first taken in March 2004. Rose had a total of 1 strong reaction, 12 moderate reactions, and 2 moderate food groups.

**STRONG REACTION:** Raspberry

**MODERATE REACTIONS:** Benzene, Ethyl Butyrate, Sulfite/Metabisulfite, Butter (Whole), Date, Tamarind, Kelp/Sea Weed, Trichophyton rubrum, Pepper (Green, Yellow, Red), Tomato, Radish, Plum (Umeboshi)

**MODERATE FOOD GROUPS:** Cow Dairy and Nightshades

As soon as she received her test results, Rose had a consultation with EAB's Certified Clinical Nutritionist, Jayashree

Mani, who provided an explanation and interpretation of the LRA by ELISA/ACT tests results. The Alkaline Way diet was also recommended along with a comprehensive nutrient protocol to correct deficits and enhance detoxification.

**INITIAL CLINICAL OUTCOME:** A couple of months after Rose was tested, her major symptoms of dryness, fatigue, and joint pain started decreasing. She was very careful to avoid all of her reactants as best as she could and to take the nutrient supplements her physician had recommended.

Seven months later, Rose's physician asked her to get tested again to see how well her immune system had healed since she began following the program.

The second LRA by ELISA/ACT test was taken in November 2004. Rose had a total of 2 strong reactions and 12 moderate reactions.

**STRONG REACTIONS:** Peach, Sugar (Corn)

**MODERATE REACTIONS:** FD&C Blue #2, Bass, Blackberry, Orange, Safflower Oil, Coffee (Decaf and Regular), Thricothecium roseum, Watercress, Phenol, Dieldrin, Methylene Chloride, Gum (Acacia)

**EIGHT MONTHS AFTER INITIAL TESTING:** Rose says that she has really benefited from the complete LRA by ELISA/ACT program. Initially, she was a bit disappointed at not having a smaller list of reactants the second time she took the test. However, the results revealed more detail about her condition, and she has found that avoiding those items and monitoring the quality of food she eats has made a significant difference. Her doctor visits have reduced, she is happy with how she feels, and she hopes to strengthen her immune system further by continuing with the program.

\* National Institute of Neurological Disorders and Stroke  
\*\*NIH, The National Women's Health Centre, 2004

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

Anyone with *Sjogren's syndrome* 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.**