



# LRA by ELISA/ACT® Case Study Update on a 36-year-old Female with Chronic Fatigue (CFIDS) and Fibromyalgia (FM)

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**HISTORY:** Five years ago Janet came down with a series of colds that “completely wore her out” and left her with “extreme fatigue all over”. To add to the situation were traumatic family problems that drained her emotionally as well. She suffered through all of this and even went through a difficult pregnancy. Her fatigue and weakness never resolved. Dozens of doctors saw her. She had multiple MRIs and CAT scans that were all negative and “unremarkable”. Principal symptoms included: Overall weakness, pain in her arms and legs, neck and back pain, headache, associated asthma-like symptoms, problem sleeping, and stiff fingers.

Janet was then introduced to a practitioner who finally diagnosed her with Chronic Fatigue (CFIDS) and Fibromyalgia. From 5-15 million people in America suffer from CFIDS / Fibromyalgia syndromes. Of those diagnosed, 60-90% are women\*.

**PRIMARY PROBLEMS:** Chronic Fatigue (CFIDS), Fibromyalgia intractable muscle pain, Asthma, and Sinusitis.

**PRIMARY THERAPEUTIC INTERVENTIONS:** Initially, Janet was treated with various pain medications and some nutritional supplementation. None of that helped. Janet’s physician heard about the benefits of the LRA by ELISA/ACT tests especially with regard to autoimmune conditions. She recommended Janet find out if these tests and plan would help her.

The initial LRA by ELISA/ACT® test was taken in December 2002. Janet had a total

of 5 strong reactions and 7 moderate reactions.

**STRONG REACTIONS:** Cadmium, Nitrosamine Mix, Tangerine/Mandarin Orange, Pecan/Pine, FD&C Yellow #6

**MODERATE REACTIONS:** Titanium Dioxide, DDT, Hexachlorocyclohexane, MSG, Millet, Rapeseed/Canola Oil, Red Oil

As soon as she received her test results, Janet 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:** Janet started feeling much better as she substituted for the reactive items and started implementing her full health recovery plan. Her physician performed other tests. She had a hair analysis, thyroid assessment, and digestive stool analysis done with inconclusive results. She had Janet undergo a detoxification protocol and also started her on some homeopathic remedies. None of that helped. Janet’s physician advised her to adhere to the LRA by ELISA/ACT plan. Janet improved slowly and steadily, seeing cumulative improvement over time. She gained energy that had been chronically depleted. Pain abated. Her overall health “improved greatly”. Janet and

her physician wanted to see how well her immune system had responded.

In September 2003 Janet repeated her LRA by ELISA/ACT tests.

On follow-up tests, Janet had a total of only 1 strong reaction and 7 moderate reactions.

**STRONG REACTIONS:** Cadmium

**MODERATE REACTIONS:** Mercury, Nitrosamine mix, Egg White (Chicken), Fig, Ginger, Miso (Barley), Carmoisine

Janet had 2 repeat sessions with EAB's Certified Clinical Nutritionist. Diet modifications were made and nutrient supplementation doses adjusted. Janet was diligent, made the right food choices, and was careful about her supplements.

Having experienced such sustained improvement in her overall health, Janet and her husband decided to plan for a child. Janet had a very smooth and healthy pregnancy and delivered a healthy baby in March 2005. A couple of months after she delivered, Janet started feeling increasingly tired. Even though she was still taking her supplements, it had been almost 2 years since she had had the LRA by

ELISA/ACT tests done, and her physician considered it prudent to check her immune system status.

Janet had a repeat set of LRA by ELISA/ACT tests in August 2005. She had 1 strong reaction, 6 moderate reactions, and 1 moderate food group.

**STRONG REACTIONS:** Gum, Tragacanth

**MODERATE REACTIONS:** Beet, Honey, Sugar, Beet, Sulfite/ Metabisulfite, Ponceau 4R, Soap (SDS/SLS)

**MODERATE FOOD GROUP:** Sugars

Janet made the required dietary modifications and slowly regained the energy that she had lost.

**THREE YEARS LATER:** Janet maintains that the LRA by ELISA/ACT treatment plans definitely changed her life around and that she wouldn't be in the present positive health situation if it were not for this program. We couldn't have said better how valuable LRA by ELISA/ACT tests and plans are as part of First Line Comprehensive Care (FLCC).

\*Wolfe F, et al. Prevalence and Characteristics of FMS in the General Population. Arthritis Rheum, Jan 1995.

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

Anyone with *chronic fatigue (CFIDS) and fibromyalgia (FM)* 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.**