



LRA by ELISA/ACT® Case Study of a 48-Year-Old Female with Endometriosis

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HISTORY: Mary had painful and irregular menstrual periods from menarche as a teenager. She was diagnosed with endometriosis ('endo') when she was 36. She was often told by medical specialists to 'learn to cope with her problem'. After extensive yet unsuccessful therapies over the next five years, she sought consultation from a specialist in integrative and comprehensive care.

PRIMARY PROBLEMS: Symptoms related to endometriosis include:

1. Extreme pelvic or abdominal cramping and pain,
2. Heavy menstrual flow (often but not always), and
3. Lack of restorative sleep, particularly around menses.

PRIMARY THERAPEUTIC INTERVENTIONS: Mary took 'every pain killer imaginable', often in large enough doses that her physician was concerned about kidney or liver damage. A brief course of androgens was unhelpful. Her situation was steroid unresponsive. Neither traditional acupuncture nor homeopathy was helpful.

In 1992, her physician recommended our LRA by ELISA/ACT® tests and treatment guide. Mary followed the substitution and Alkaline Way diet with targeted supplementation and healing actions as best she could.

Mary had 'too many reactions to talk about' (about 22) as best she

remembers. Her improvement was so dramatic and sustained that she, now, as director of the Endometriosis Organization, began to share her good fortune in finding something 'that really works' with friends and family. Her daughter, also diagnosed with 'endo' has also had the LRA by ELISA/ACT tests and has been in remission for the last five years.

Repeating the LRA by ELISA/ACT tests on a once or twice a year basis, Mary has seen some reactions disappear only to be replaced by others due to continuing digestive, hormonal, neurochemical, and immune stresses and challenges. She has continued to be 'highly functional' while recognizing that she is still vulnerable 'if I cheat too much'.

For example, her tests results from August 2001 showed:

STRONG REACTIONS: Nickel, benzene, and cranberry

MODERATE REACTIONS: Latex, 2,4,5 T (dioxin), cantaloupe, cola, ginger, cucumber, and rutabaga

CLINICAL OUTCOME: Of note are her persisting reactions to 2,4,5 T and benzene, a solvent commonly used to bring insoluble 2,4,5 T into solution. Chemicals in the 2,4,5 T (Dioxin) class are known hormone disrupters. Researchers like Dr. Deborah Metzger find that the particular hormone

disruptions of chemicals in the dioxin group, especially when people have impaired detoxification mechanisms, predispose to 'endo'. While more research is needed, it seems prudent to avoid these substances and enhance their detoxification to the extent possible with intensive nutrition and lifestyle. Such an approach is included in the LRA by ELISA/ACT treatment plan that Mary says 'saved my life and my family'. Mary's conclusion: everyone with 'endo' should find out for themselves how much better they can feel by following the LRA by ELISA/ACT tests and treatment guides.

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

Anyone with *endometriosis* 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.**