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Why LRA by ELISA/ACT® testing is more reliable than IgG testing for patients with gluten reactivity

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When addressing what LRA by ELISA/ACT tests mean with regard to gluten reactivity, it helps to use a **Physiology First, the Alkaline Way** view. This principle addresses how adaptive immunity works, the meaning of antibody responses, and finally how to include the reports of “instant” therapies based on an evidence-based scientific approach.

First responder dendritic cells take in anything foreign. When homeostatic mechanisms are exceeded or distressed, processed antigens are presented to lymphocytes, which are memory-carrying, long-lived white cells that boost immune responses along the GI tract and throughout the body. These Peyer's patches or MALT or GALT include about half of the body's whole immune response capabilities. This means 25 of the 50 billion dendritic cells in the body are in the gut. With each healthy dendritic cell able to consume 50 viral or bacterial or foreign particles, a healthy person can take in 1.25 trillion invaders at any moment and have them successfully recycled by first responder cells. This translates to people being resilient and resistant in states of good health when exposed to pathogens.

Too many people lack the wholeness and nutritional density in their diet to maintain healthy first responder cells. We suggest self tests or predictive tests to determine need. The same tests can help determine individual needs for nutrients. Examples of self tests include first morning urine pH measurement, digestive transit time measurement, and **Ascorbate Calibration** to determine antioxidant needs. We also recommend measuring such predictive tests as CRP with a healthy goal of <0.5 mg/dl. In addition, we recommend measuring oxidative stress and antioxidant adequacy through oxidized LDL/HDL and 8-oxo-guanine each of which is absent from healthy people. Healthy values for these markers of oxidative stress are 0 or not detectable.

The lymphocyte response assay (**LRA**) that ELISA/ACT Biotechnologies (EAB) performs is *ex vivo*. This means the reactions occur just as they do in the body. The

whole blood is sent overnight to our lab cold enough to be metabolically in suspended animation during transit. We then gently spin away the red cells and use the cell rich plasma as the incubation medium. We measure all three delayed hypersensitivity (DTH) or delayed allergy pathways, which means we avoid the many false positives from beneficial, neutralizing IgG antibodies. All reactive (and not the neutralizing) antibodies are measured as also are immune complexes and T cell responses. **Only an *ex vivo* LRA such as LRA by ELISA/ACT delivers all of this information.** LRA tests interpretation gains from a smart system based on over 50,000 cases and over 20 years of clinical successes.

EAB offers an *optional* treatment guide that includes a healthy, delicious *Alkaline Way* diet, targeted supplementation along with attitudinal and activity practices that evoke human healing responses.

In terms of the meaning of antibody responses, as indicated above, they can be helpful or harmful. The helpful antibody responses neutralize and protect the body. Only the complement fixing, harmful antibodies are a problem. For example, when you measure anti-gluten or anti-gliadin or anti-TTG antibodies, you find the physical presence or absence. No information is given about function.

Much less than 1% of the American population has *true* Celiac syndrome. Many people have neutralizing beneficial antibodies that are sometimes misinterpreted as all antibodies being harmful.

In terms of laser or other therapies to “reset” the system and “instantly” remove allergic responses, there are many reports of short-term remissions and a few reports of sustained remissions. This is what you would expect from a typical placebo response, and it is something we prefer to consider as an aspect of the human healing response system.

NAET in particular represents an example of this type of response. The developer of the NAET technique may well be a healer. I have had the privilege of studying a few documented healers. Sometimes the therapeutic moment is right and “miracles” occur. In the meantime, we find an evidence-based and systematic approach to be most helpful.

Reference:

Terwee CB. Successful treatment of food allergy with Nambudripad's Allergy Elimination Techniques (NAET) in a 3-year old: A case report. *Cases Journal* 2008 Sept, 1:166.