



ELISA/ACT™ LRA Case Study of 60-Year-Old Female with Irritable Bowel Syndrome (IBS)

Prepared by Jayashree Mani, MS, CCN

HISTORY: Pam had been suffering from numerous digestive problems from the age of 35. Her problems started with excessive bloating and gas, especially after consuming greasy foods and vegetables like onions and cabbage. She then developed chronic constipation, which often alternated with periods of constant diarrhea. Indigestion would commonly occur right after eating. She would often wake up in the middle of the night feeling hungry.

More recently, Pam started experiencing extreme stiffness and pain in her muscles, especially when waking up in the morning. Insomnia, losing memory, and poor concentration were the other symptoms that were interfering with her day-to-day life. She needed more sleep and felt constantly drowsy. A mild form of glossitis had also developed with mouth and tongue sores. Occasional bouts of bronchitis became more the norm.

PRIMARY PROBLEMS: Excessive digestive problems, extreme fatigue, and muscle aches.

PRIMARY THERAPEUTIC INTERVENTIONS:

Her doctor prescribed Prilosec for excess acid, Celexa for pain, and Allegra for her allergies.

Pam knew that a lot of her problems were associated with food and that various environmental elements were aggravating her condition. However, neither she nor the doctor she was regularly seeing could identify the offenders. No allergy test they used could help them. It was then that her physician was introduced to the **ELISA/ACT LRA™** testing and treatment programs, which help to repair the immune system and reset the healing mechanisms.

Pam took the **ELISA/ACT LRA** test in February 2002. There were a total of four strong reactions and 17 moderate reactions with one food group.

STRONG REACTIONS: Gliadin, amaranth, buckwheat/kasha, and baker's yeast.

MODERATE REACTIONS: Lead, hexachlorocyclohexane, benzyl acetate, whole butter; parmesan cheese (cow), goat milk/cheese, chicken, barley, millet, wheat, cola, pepper (white), black-eyed peas, broccoli, cauliflower; lentils (red and green), parsley, and the cow dairy food group.

ELISA/ACT LRA IMPLEMENTATION: Pam had a consultation with one of ELISA/ACT Biotechnologies' Certified Clinical Nutritionists (CCNs). She was informed about the basis of the testing, what relevance it would have to her condition, and how to substitute for the strong and moderate reactions. To support the desensitization program, she was also advised about adding the valuable nutritional supplements that were recommended to her. An alkaline diet was also emphasized.

INITIAL CLINICAL OUTCOME: Barely a couple of weeks after starting the program, Pam noticed a distinct improvement in her overall health. Her constipation dramatically decreased. Diarrhea and bloating were also minimal. In addition, there was a marked increase in her energy level.

SEVEN MONTHS LATER: Pam is feeling much better. She has no complaints about her digestion. In her words: "I have not felt this good in five years." She sleeps well and is able to concentrate better. Her painful mouth and tongue sores have completely disappeared. Fatigue, aches, and pains are very minimal. This improvement has even prompted her to move to a new home, which she had been contemplating for a while but never had the energy to do.

Interestingly, when Pam had a cookie at a friend's house a few weeks ago, the butter in it caused her to be sick to her stomach, and she had a severe headache. The reaction made her realize the importance of the **ELISA/ACT LRA** program, and she plans to continue avoiding her reactive items. Pam is extremely pleased with the significant improvements in her quality of life and only wished she found out about the **ELISA/ACT LRA** program sooner.