



LRA by ELISA/ACT® Case Study of a 27-year-old Female with Chronic Acne

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This report discusses Sarah, a 27-year-old woman with a more than five-year history of chronic acne.

BACKGROUND: Acne means an outbreak of bacterial growth and ‘clean up’ cell responses in the sebaceous glands of the skin. These glands are connected to hair follicles; they produce an oily substance called sebum. An acne lesion forms when a hair follicle becomes grossly apparent due to being plugged with sebum and dead cell debris.

The emergence of acne is often associated with changes or ‘fluxes’ in levels of androgenic hormones in the body. While this usually occurs between the ages of 12 and 21, it can emerge at any age when hormonally active chemicals of certain types circulate actively in the body. Common over-the-counter products contain somewhat harsh chemicals such as benzoyl peroxide, salicylic acid, alcohol and / or sulfur as ‘active’ ingredients. While they may suppress the acne for a short time, a rebound reaction is common with the reappearance of acne. Tetracycline and / or doxycycline antibiotics are prescribed commonly to ‘fight’ the skin infections.

Our body’s immune system is responsible for protection from diseases as well as repair from wear and tear of our skin. If our immune system weakens, our body

starts showing symptoms of disorder or disease. Acne can be one such indicator.

There are many factors that affect our immune system. These include antibiotic overuse and misuse in animal feed as well as in people, persisting organic pollutants (POPs) that are often hormone disruptors, food toxin contamination and nutrient depletion, toxic minerals, distress / emotional disturbance, genetic disposition, and, perhaps most important, while also being most accessible to our ability to influence, lifestyle choices.

Boosting our immune system by applying the first line comprehensive care (FLCC) treatment guide provided with the LRA by ELISA/ACT® tests was particularly effective in this case.

MEDICAL HISTORY: Sarah presented with chronic acne on the face, chapped lips, and dry eyes in October 2002 that she reported to have suffered from for the last 5 years. A lawyer by profession, she was used to a moderate stress level in daily life. She reports that she ‘slept well’.

PRIMARY THERAPEUTIC INTERVENTIONS: On presentation, she reports taking 20 mg. Accutane every other day (QOD). While it did not alleviate the symptoms, it was associated with the onset of dry eyes. A regimen of

Zinc and Omega 3 fish oils had also been tried.

The LRA by ELISA/ACT tests were taken in September 2002 with Sarah starting the program after being counseled on her return visit the following month. Out of a total of 378 items tested, Sarah had 7 strong reactions and 7 moderate reactions that included:

STRONG REACTIONS: Romaine lettuce, Raspberry, Flaxseed/linseed oil, 2-Methyl pentane, 3-Methyl pentane, Nickel metallic catalysts, and Ponceau 2R (red colorant)

MODERATE REACTIONS: Amaranth, Cottonseed oil, Rhubarb, Heptachlor, Dog dander, Cadmium, and Caffeine

INITIAL CLINICAL OUTCOME: After getting educated about her individualized program, Sarah carefully avoided all her reactants as best she

could and, within just a couple of months, found her acne clearing up. She was asked to come for a follow up visit in December 2003. By that time she was in sustained remission.

THREE YEARS LATER: Sarah is still free of acne. She maintains the dramatic improvements received by following her FLCC plan based on her individual LRA by ELISA/ACT tests results as well as the treatment plan that her doctor incorporated into her comprehensive and successful treatment care plan and case management.

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

Anyone with *chronic acne* 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.**