



# LRA by ELISA/ACT® Case Study of a 25-Year-Old Female with Refractory Asthma

Prepared by Tori Trocki, MS, CCN

**HISTORY:** Debbie was diagnosed with asthma at age three. Not a single person in Debbie's family had ever suffered from asthma, so they were very unfamiliar with this condition. During her initial office visit, the doctor suggested that her recent bout of pneumonia could have stimulated her asthmatic condition. The doctor immediately gave Debbie medication to prevent future asthma attacks. Her mother had to give away their cat and take away all of her stuffed animals. She had to have a humidifier in her room and often had to sit in the bathroom with a hot shower running to inhale the steam to help control the attacks. Debbie frequently received shots and used liquid medication until her freshman year in high school when she was given three different inhalers to control her asthma. As a young adult, her asthma lessened slightly, but she was dependent on inhalers during the allergy season and when she played sports or exercised. Debbie was given no dietary counseling or delayed allergy testing prior to August 2001.

**PRIMARY PROBLEMS:** Asthma attacks of unknown cause. Immediate (IgE) allergies to dust, pollen, molds, cats, and dogs were identified by RAST tests.

**THERAPEUTIC INTERVENTIONS:** Debbie had undergone treatment for asthma, including shots, liquid antihistamine medication, and inhalers once her asthma was established.

Debbie took the LRA by ELISA/ACT® tests in August 2001 when she was twenty-five years old. Debbie's LRA by ELISA/ACT test results were as follows:

**STRONG REACTIONS:** Cola, tuna, molasses, and cumin

**MODERATE REACTIONS:** Broccoli, coffee, celery, hydrogenated oil, pistachio, tetrachloroethylene, aluminum, and mushroom

**IMPLEMENTATION:** Debbie was informed on how to substitute the items to which she had a strong reaction as well as those to which the reaction was moderate. While eliminating the reactive items, she also added nutritional supplementation to her diet, which was recommended with her LRA by ELISA/ACT test results.

**CLINICAL OUTCOME:** A few weeks after taking the LRA by ELISA/ACT tests, Debbie's immediate allergies to pollen, trees, and molds were cleared. She no longer had a runny nose, watery eyes, and wheezing during the night that she had experienced during the last 22 years. Further, Debbie's asthma attacks subsided. She was able to discontinue use of the inhaler during the day, but she still needed her inhaler occasionally during strenuous workouts.

Six months later, Debbie is not using her inhaler and is almost 100% free from asthma. She has rotated the foods that

she reacted to on the LRA by ELISA/ACT tests back into her diet and is on a maintenance nutritional supplement program. Debbie is now able to lead a normal life without the worries of her asthma.

**SIX-MONTH FOLLOW-UP:** After six months, Debbie retested and had strong reactions to aluminum, methoxychlor, cola, sucinat, garbanzo bean, and echinacea. She also had moderate reactions to locust bean gum, cherry, grapefruit, peach, poppy seed, and cabbage/brussels sprouts. The results show that she continues to have a delayed sensitivity to cola and aluminum. However, when asked, Debbie admitted to exposing herself to these items during the six-month avoidance phase. Her substitution of the other items was more systematic. This is an example of how precise LRA by ELISA/ACT tests can be. The items that were systematically substituted lost their immune reactivity. The two out of 12 reactive substances for which exposure persisted were the ones whose reactivity was retained.

The items to which Debbie currently shows a sensitivity signify improvement in her immune defense and repair systems. Identification of these items whose reactivity was acquired in the past six months affords her the ability to further reduce the burden on her digestive and immune systems. This systematic substitution allows an environment to develop in which she can repair and rebuild her digestive competences and her neuro-immuno-hormonal system. Once digestion has been fully repaired, homeostatic resilience and reserves can be rebuilt. This is accompanied by loss of reactive lymphocytes by clonal deletion or by apoptosis. This means that through this repair and resetting the system the body's healing capacities can be most actively engaged.

In summary, if Debbie and her family had known about the LRA by ELISA/ACT tests and treatment program earlier in her life, Debbie's many years of asthma medication and suffering might have been prevented.

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

Anyone with *refractory asthma* 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.**