



LRA by ELISA/ACT® Case Study of a 30-Year-Old Female with Hashimoto's Thyroiditis

Prepared by Jayashree Mani, MS, CCN

HISTORY: Leslie is a 30 yo C, F, P0 G0 diagnosed two years ago with Hashimoto's thyroiditis after many years of seeking solutions to relapsing and remitting symptoms.

Hashimoto's thyroiditis is an autoimmune disease that affects approximately five percent of the adult population. Diagnosis is eight times more frequent in women than in men*. When a repair deficit accumulates, the blood thyroid barrier (if it is concurrently under distress), erodes. This results in a more permeable blood-thyroid barrier. As part of the blocked repair process, B and T lymphocytes are active within the patient's thyroid gland.

Leslie's symptoms of hypothyroidism date from at least 1995. Her diagnosis was not confirmed until 2002. As a child, she would frequently have bouts of pneumonia and ended up taking multiple, concurrent rounds of antibiotics.

PRIMARY PROBLEMS: Fatigue (CFIDS), muscle weakness (rhabdomyolysis), joint pain, weight gain associated with water retention and bloating, digestive distress, and Bechet's Disease

THERAPEUTIC INTERVENTIONS: Leslie was initially treated with Synthroid. On her move to Europe, the medication was changed to Euthyrox. When she returned to the United States, one of her physicians recommended the LRA by ELISA/ACT® tests and

clinical treatment guide. The goal is to find the causes of delayed allergic hypersensitivities that burden her immune system.

The LRA by ELISA/ACT test was performed in October 2003.

Leslie had a total of 2 strong reactions, 7 moderate reactions, and 1 moderate food group.

STRONG REACTIONS: Red grape / raisin, pecan / pine

MODERATE REACTIONS: Benzaldehyde, methylene chloride (dichloromethane), xylene, xanthan gum, egg white (chicken), raspberry, date, nectarine, barley, brown rice, aspirin / coal tar, chestnut, carob, trichophyton mentagrophytes goetzii, paprika, tobacco, carbamates, brown miso

MODERATE FOOD GROUP: Nightshades

IMPLEMENTATION: Leslie promptly consulted EAB's Certified Clinical Nutritionist, Jayashree Mani, who provided her with an explanation and interpretation of the LRA by ELISA/ACT tests results. In addition, *The Alkaline Way* diet was also recommended along with a comprehensive nutrient protocol to correct deficits and enhance detoxification.

INITIAL CLINICAL OUTCOME: Within a few weeks, Leslie started feeling much better as she substituted for the reactive items and started implementing

her full health recovery plan along with the adequate nutrients that were advised. She slowly felt her energy level come back and was not in as much pain.

STAYING WITH THE LRA BY ELISA/ACT TESTS: Leslie says “these past few months have been the best I have felt” in years. Her thyroid medication levels are also being evaluated. She plans to get herself retested after six months so that she can continue improving and restore healthy tolerance to her immune defense and repair system.

***UNIVERSITY OF MARYLAND MEDICINE**
22 South Greene Street, Baltimore, MD 21201
ph: 1-800-492-5538 • TDD: 410-328-9600
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