

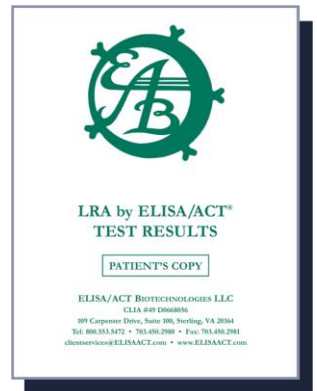
LRA by ELISA/ACT®

Steps to Health

Congratulations! You have your test results. Many people ask, “What do I do now?” or, “How do I begin?” These “Steps to Health”, along with your practitioner’s guidance, are simple steps to help achieve your health goals and *evoke your healing responses*.

Step One – The First Two Weeks “Ready, Set, Go!!!”

1. Read over the test results carefully. Each reactive item includes a detailed description, including sources of exposure and substitution suggestions. Your healthcare practitioner can answer questions about your result and may suggest that you speak with our nutritional support staff.
2. Look for hidden or unexpected sources of exposure in your foods, medications, and personal care products; read labels carefully.
3. The wallet card is particularly useful when shopping or eating out. When eating out, ask if any foods are prepared with the items you are reactive to.



Step Two – Weeks Three and Four “Moving Right Along”

1. Consider the nutritional recommendations suggested in your results to provide essential “building blocks” for rebuilding and repair. The recommendations and doses are based on the test results and the **Health Assessment Questionnaire** you filled out prior to the test.
2. During this period of repair, it is important to continue avoiding the substances to which you reacted.

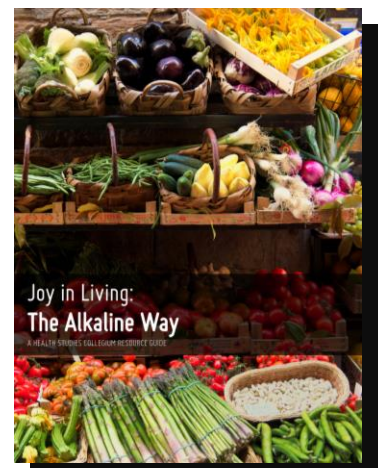
Step Three – Weeks Five and Six “On the Road to Success”

1. Read the “Joy of Food – The Alkaline Way Guide”.

Download your free copy of the book at:

www.PERQUE.com/alkalinewaybook

Password: thealkalineway



2. Develop an **Alkaline Way to Health** diet using the information from the guide, including the handy chart of food effects on body chemistry.
3. Continue to avoid your reactive substances and incorporate the nutritional supplementation recommended specifically for you.

Step Four – Weeks Seven and Eight “Almost There”

1. Your test results include behavioral recommendations to help rebalance immune, hormone and nerve functions. The mind/body connection is part of the healing response. Refer to the specific suggestions of salt and soda baths, meditation, breathing exercise, etc., for your condition.
2. “The Alkaline Way Guide” offers easy to follow tips on incorporating healthful practices into your life to help stimulate your healing response.

Step Five – Weeks Nine through Twelve “Keep Going”

1. *Continue* avoiding your reactive items.
 - **Moderate** reactions need at least **3 months** of avoidance.
 - **Strong** reactions need at least **6 months** of avoidance.
2. Re-introduction of moderately reactive items can be started after 3 months of avoidance.
 - **Re-introduce items one at a time.**
 - **Eat them 2-3 times over one week with a one to two week period in between each item.**
 - If any symptoms reappear, discontinue the item and continue avoidance until tolerance is restored.
3. Retesting in 6 months is the best option to find out if you are still reactive to items, or if you have gained any new reactions due to **partially resolved impaired digestion.**

Exposure to items that are harmful to the body puts an increasing burden on the immune defense and repair system. With appropriate **substitutions to your diet, essential supplementation, and adequate mind and body relaxation techniques, you can evoke the healing response.**

For questions about any of the steps in the LRA by ELISA/ACT program, contact your healthcare practitioner or ELISA/ACT Biotechnologies Client Services at 1-800-553-5472.



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