

Your immune system impacts your health

The **immune system** is your body's "defense system." Its main responsibility is to protect your body from various foreign invaders, such as environmental toxins, chemical residues from processed foods, viruses, germs, etc. Your immune system's "soldiers" are your body's white blood cells called **lymphocytes**. Their job is to keep the immune system strong and resilient, which means:

- Your body repairs quickly from daily wear and tear.
- Your body fights illness easily.
- You easily digest, assimilate, and eliminate food healthfully.
- You're energized, feel well, and sleep easily.

A poor diet and/or an accumulation of environmental toxins can weaken your immune system and impact your health.

Therefore, you may experience symptoms you just can't explain, such as inflammation / joint pain, fatigue, muscle aches, and migraine headaches. The LRA by ELISA/ACT tests may be your solution.



How do the LRA by ELISA/ACT tests work?

When your immune system is weakened, it reacts in two ways:

- **Immediate responses** are called acute allergies and usually occur within seconds to two hours after you are exposed to the allergen.
- **Delayed responses** to an item can take from two hours up to three weeks after exposure. This makes them hard to detect. The LRA by ELISA/ACT tests are able to measure these responses by identifying delayed allergic reactions to over 450 different items. This novel testing technique focuses on identifying the causes of your chronic conditions and repairing and strengthening your immune system.



LRA by ELISA/ACT test categories

The comprehensive LRA by ELISA/ACT tests measure your delayed reactions to an extensive list of items from the following general categories:

- **Foods**
- **Additives and preservatives**
- **Food colorings**
- **Molds**
- **Environmental chemicals and Toxic minerals**
- **Medications**
- **Therapeutic herbs**
- **Danders, hairs, and feathers**



LRA by ELISA/ACT tests are unique

- The LRA by ELISA/ACT tests the lymphocytes as though they are still in your bloodstream being exposed to foreign invaders, providing highly accurate information about your delayed allergies.
- Antibodies may be formed as a result of allergic reactions. They either **protect** the body or **provoke** symptoms. These unique LRA by ELISA/ACT tests are able to detect the **causes** of your **symptom-provoking** reactions to the substances tested. Compared to other types of tests, the LRA by ELISA/ACT is the most comprehensive and specific.
- Your blood sample is processed in 24 hours at our lab, and a comprehensive report is delivered to your doctor within 7-10 days. The LRA by ELISA/ACT program includes an individualized treatment plan to improve your health and achieve superior results.
- A dedicated client services team, including clinical nutritionists and technical representatives, is available to assist you with any questions you may have regarding the LRA by ELISA/ACT tests and treatment program.



What your personalized test results include

- A detailed report identifying nonreactive, moderately reactive, and/or strongly reactive items
- An easy-to-use guide explaining each reactive item, along with suggestions for substitutions
- Individualized nutritional supplement and behavioral recommendations based on your Health Assessment Questionnaire completed prior to the test
- A comprehensive *Alkaline Way* handbook explaining the LRA by ELISA/ACT program and how to easily incorporate the program into your lifestyle

After receiving your LRA by ELISA/ACT test results:

- Avoid the offending items for three to six months, depending on the severity of the reaction
- Slowly reintroduce these substances to your diet one at a time after avoidance
- Take a retest within a year to identify any new sensitivities and to evaluate your progress

When you work with your doctor to follow the LRA by ELISA/ACT program, you may notice improvements in your health as soon as a few days or weeks.

Defining good health

Good health means more than not being sick. When you're really healthy, your body is strong enough to resist attacks on your immune system that can lead to the development of chronic symptoms. The following Health Assessment is a good indicator of the state of your current health and can help you determine if you should speak to a doctor to find out if the LRA by ELISA/ACT tests are right for you.

Your Health Assessment

Please answer the questions below using the range suggested to determine your Total Health Score.

PART I: Health Risks

1. I feel like my age is _____ years
2. My actual age is _____ years
3. Subtract the 2nd from 1st item above _____
(Answer may be a negative number)
4. Cigarette packs I smoke per day x 10 _____
5. Average cups of coffee I drink per day _____
6. Average number of non-diet sodas I drink per day _____
7. Average number of diet sodas I drink per day _____
8. Average number of fried foods I eat per week _____
9. My weight excess is _____
(0 = none; 10 = 25+ lb overweight)
10. The amount of stress in my day is _____
(0 = none; 10 = high)
11. My diet is (0 = excellent; 10 = poor) _____
12. My typical pain level is _____
(0 = none; 10 = high)
13. If an illness is going around, my chance of catching it is (0 = none; 10 = very likely) _____
14. My parents died of heart, diabetes, or stroke problems before age 75 _____
(0 = none; 1 parent = 5; both = 10)

Total for PART I: _____

PART 2: Health Promotion

15. After sleep, I feel rested
(0 = not at all; 10 = well) _____
16. In a typical week, I walk or exercise
(0 = none; 10 = 10 or more hours) _____
17. My happiness in living is
(0 = none; 10 = very happy) _____
18. My diet is vegetarian or *Alkaline Way*
(0 = no; 10 = all organic / *Alkaline Way*) _____

Total for PART 2: _____

TOTAL SCORE:

PART I _____

PART 2 (minus) - _____

Total Health Score _____

About your score

- If your score is *less than 20*, you are highly healthy.
- If your score is *between 20-39*, you are in good health.
- If your score is *between 40-59*, a health restorative program like the LRA by ELISA/ACT is right for you.
- If your score is *between 60-79*, it is vital to speak to your doctor about a health saving program.
- If your score is *80 or higher*, a proper health program can be life saving!

If your Total Health Score is over 40, bring this completed questionnaire to your health practitioner to discuss the LRA by ELISA/ACT tests.

You're on your way to feeling your best!

Success stories

"I have not had any migraines since I started on the LRA by ELISA/ACT program after having them for 20 years. It's great to be free of them."

*A patient from Herndon, VA**

"LRA by ELISA/ACT has made a tremendous impact on my quality of life. I lost 35 pounds and feel stronger and more energetic each day."

*A patient from Washington, DC**

"I have worked with ELISA/ACT Biotechnologies for more than 10 years and have found the LRA by ELISA/ACT to be the most reliable and effective solution to solving my patients' chronic health conditions."

Norm Schwartz, MD - Milwaukee, WI

"I was amazed at my fast recovery from a four-year struggle with chronic fatigue syndrome and depression once I began the LRA by ELISA/ACT program. I have returned to work, and my energy level and health are stronger than before I got sick. I never thought I could be this healthy."

*A patient from Newton, MA**

"Just three days after starting the LRA by ELISA/ACT program, my chronic back and joint pain disappeared and have not come back. I am able to exercise regularly and have never felt stronger."

*A patient from Ghana**

**Names and reports on file with ELISA/ACT Biotechnologies*

Autoimmune conditions & symptoms for which LRA by ELISA/ACT tests can be helpful

Common Symptoms

Muscle Aches	Weight Management
Joint Pain	Skin Rashes
Fatigue	Sinusitis
Inflammation	Rhinitis
Dizziness	Respiratory Conditions
Bloating / Water Weight	Poor Concentration
Insomnia	Unexplainable Itching
Depression	Addison's Syndrome
Heart Palpitations	Anemia, Hemolytic
Migraine Headaches	Anemia, Pernicious

Diagnoses and Syndromes

Asthma	Irritable Bowel Syndrome (IBS)
Biliary Cirrhosis, Primary	Lupus Erythematosus (SLE)
Chronic Fatigue Immune Deficiency Syndrome (CFIDS)	Multiple Sclerosis (MS)
Crohn's Disease	Myasthenia Gravis
Dense Deposit Disease	Neutropenia (Autoimmune / Immune Complex)
Diabetes, Type 1	Pemphigus Vulgaris
Diabetes, Type 2	Pneumonitis / Bronchitis (Allergic)
Discoid Lupus	Polymyositis/Polymyalgia
Eczema	Psoriasis
Enteropathy	Rheumatoid Arthritis
Fibromyalgia	Rhinitis (Delayed Immune)
Glomerulonephritis	Sinusitis (Delayed Immune)
Hepatitis, Chronic Active	Thrombocytopenia
Hyperthyroidism (Grave's)	Thyroiditis (Hashimoto's)
Idiopathic Thrombocytopenia	Ulcerative Colitis
Purpura	Vitiligo
Infertility (Autoimmune)	

LRA by ELISA/ACT tests: The right choice for you.

Anyone with a chronic health condition knows the cost and frustration that comes with searching for causes and cures – and not finding them. With LRA by ELISA/ACT's proven testing and personalized treatment plans, you can **RESTORE YOUR HEALTH!**

Talk to your doctor today to find out which LRA by ELISA/ACT tests are right for you!

Scientific Support for LRA by ELISA/ACT

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Restore Your Health!

LRA by ELISA/ACT® Tests

Innovative and clinically proven to address the "hidden" causes of many common health concerns

Our tests may be your health solution!