5 Key Strategies to Restoring Your Health

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Introduction

We are what we **eat, drink, think** and **do**

92% of our overall health comes from our choices – **NOT** chance.

Move closer to

- Restored immune tolerance
- Neurohormonal balance
- Digestive competence
- Improved detox functions
5 Key Interventions

• Establish a health baseline and identify health concerns.
• Identify and eliminate delayed food allergies (inflammatory triggers).
• Detoxify to remove excess and damaging toxins
• Personalized supplementation
• Facilitate healthful, supportive & sustainable lifestyle changes.
Strategy #1 - Start at the Beginning

H.A.Q. – Health Assessment Questionnaire

- Helps evaluate damage & nutrient deficiencies
- Gives supplement recommendations specific to your needs
Strategy #2 - Identify and Eliminate Hidden Inflammatory Triggers

Immune system defends *and* repairs.

If either overburdened, immune dysfunction and disease may result.

Delayed food reactions and chemical sensitivities further contribute to chronic low-grade systemic inflammation.
Greatest burdens to our immune system

- Remnants of incomplete digestion
- Diabetes
- Environmental antigens

By identifying and eliminating these exposures, immune burden can be reduced or eliminated
LRA by ELISA/ACT

- Functional
- Ex-vivo
- Comprehensive

Type I: Acute (IgE) RAST (IgE)

Type II: Reactive Antibody

Type III: Immune Complex

Type IV: Cell Mediated
## Comparison of Delayed Sensitivity Testing

<table>
<thead>
<tr>
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<th>Lymphocyte Cell Culture Functional Test</th>
<th>Memory Antibodies</th>
<th>Automated Cytotoxic Assay</th>
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<tbody>
<tr>
<td>ELISA/ACT Biotechnologies LRA by ELISA/ACT</td>
<td>• Immuno Lab • Metametrix • MRT • Meridian Valley</td>
<td>• ALCAT • Alletess</td>
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| Type II (Reactive Antibody) | ![Star](https://via.placeholder.com/15) | ![Star](https://via.placeholder.com/15) |
| Type III (Immune Complex)   | ![Star](https://via.placeholder.com/15)  |
| Type IV (T-Cell Mediated)   | ![Star](https://via.placeholder.com/15)  |
| Shape Change of granulocytes, RBCs, & Platelet Aggregates | ![Star](https://via.placeholder.com/15) |
Lymphocyte Response Assay by ELISA/ACT (Advanced Cell Test)

Unique, patented single step ELISA method

Specialized sample collection/shipping process

MOST accurate and clinically useful results of all delayed allergy tests. Average test results show:

- <.1% false positives
- <1% false negatives
- 3% day to day variance.
LIVE White Cells

Physical reactions of the live white cells are being observed.

Very specific preparation procedures insure accurate results.

An adequate number of LIVE, UNDAMAGED, NON-REACTIVE cells.
Patient Report

- Identifies reactive items
- Identifies immunotolerant items tested
- Rotation diet
- Wallet card
LRA by ELISA/ACT
Clinically Substantiated

After 6 months of implementing the nutritional recommendations following their LRA tests, diabetic participants showed:

- 46% improvement in Type 1 diabetes
- 18% reduction of insulin levels in Type 2 diabetes
- 13% reduction of HbA1C levels in Type 2 conditions
Significant improvement in just 6 months following the nutritional recommendations based on their LRA test results.

Participants reported:

- 70% less depression
- 50% less pain
- 50% more energy
- 30% less stiffness
Strategy #3: Bad Stuff Out... Good Stuff In

• 100,000+ chemicals have been introduced in last 50 years

• Detoxification is vital

• A multi-system program supporting detoxification should be considered for all patients.
Detox Program
Strategy #4: Targeted Supplementation

- Biologically preferred forms of nutrients
- Include co-factors and transporters to facilitate uptake
- Include only active ingredients
- Full disclose labels
- Do not mix oxidants with anti-oxidants
Valuable Self Tests

Determine Individualized Ascorbate Need – C-Cleanse/Calibration

Healthy Acid-Alkaline Balance – 1st AM Urine pH

Digestive Health – Transit Time
Strategy #5: Support Healthy Choices for the Mind and Body

Exercise –

- Lack of exercise promotes repair deficit (inflammation)
- Regular exercise reduces inflammation.

Stress Reduction - Our thoughts and attitudes cost us metabolically.

Your trusted healthcare guide can help you implement sustainable and healthful lifestyle choices.
Conclusion

Optimal health and happiness occur by choice, not chance.

By incorporating these five strategies into your treatment protocols, we are empowering you to make exceptionally healthy choices to restore your optimal health.