

Many of my patients who've gone on the LEAP Program have had remarkable improvement in disease conditions which, by conventional methods, were considered untreatable. I have found that many common conditions respond to the LEAP approach. It has been very helpful for inflammatory and irritable bowel disorders, eczema, fatigue, arthritic conditions, and other autoimmune problems. I frequently recommend LEAP to my patients as I have seen and know the benefits that can be obtained by changing their diet without putting the patient at any risk.

Arlene Martone, MD
Preventive Medicine, OBGYN

I see patients every day with irritable bowel syndrome, GERD and other functional digestive problems where diet can play a role in provoking symptoms. I have found MRT & LEAP to be very useful tools. MRT reliably identifies reactive foods, and I consistently see remarkable clinical improvement in my patients by implementing a diet based on MRT results. I highly recommend MRT to any physician or patient who deals with any of these problems.

Fred Williams, MD
Gastroenterology

For 40 years I've had migraines, the last 20+/- with a headache every day. I've tried all the "new" drugs, acupuncture, chiropractic adjustments, massage, etc. Nothing seemed to help other than to give minor and temporary relief.

Finding the LEAP Program has been like finding a miracle. Since starting the LEAP Program two months ago I haven't had a full blown migraine, and the chronic headache has been completely eliminated.

With the LEAP Program and without the constant pain, I have more energy and quite a few of my other aches and pains have gone away. Thank you from me and all of my family!

Anita Peine
LEAP Patient

Is Your Food Making You Sick?

Migraine & Other Headaches
Irritable Bowel Syndrome
Chronic Diarrhea
Heartburn/GERD
Fibromyalgia
Arthritis
Joint Pain
Muscle Pain
Weight Imbalances
Chronic Fatigue
Chronic Sinusitis
Insomnia
Skin Eruptions
Autism/ADD





Is your food making you sick?

Are you suffering from a stubborn health problem that won't go away no matter what you try? Or perhaps the medications and treatments you're taking aren't actually getting at the root cause of your illness - but you want something that will? If you feel this way, or know someone that does, consider some important facts:

- Medical Research has shown that sensitivities to foods and food-chemicals can be involved in a wide array of painful symptoms and chronic health problems.
- If foods and additives in your diet are causing your illness, whatever medications you take will ultimately fail because they only mask the symptoms. They don't treat the underlying *cause* of the symptoms. And as is too often the case, many medications have side effects that can lead to other health problems.
- If food sensitivities are causing your illness and you don't properly address them, you could easily end up suffering for many years, spending thousands of dollars for treatments that will never work the way you want.

An all-too-common problem

Millions of Americans suffer from food sensitivities. Conditions such as irritable bowel syndrome, acid reflux, migraine and other headaches, weight imbalances, fibromyalgia, chronic fatigue, skin eruptions, brain fog and many other uncomfortable lingering health problems are often directly related to specific immune reactions to the foods we eat. Even so-called "healthy" foods such as salmon, chicken, apples, or garlic can provoke symptoms in sensitive individuals.



Introducing LEAP: The solution for food sensitivities

The first thing a food sensitivity sufferer needs to do is identify their trigger foods and food-chemicals. In the past, this has been easier said than done for many reasons: Food sensitivity reactions may be delayed by hours or even days after ingestion. Even if you suspect food sensitivities, would you consider that the headache you have right now was caused by something you ate yesterday? And often, food sensitivities are dose-related. This means a small or moderate amount of a reactive food may not cause any noticeable symptoms, but a larger amount does. Or perhaps when you eat 2-3 moderately reactive foods at the same time, you get symptoms. But if you ate only 1 of those foods you wouldn't. If that wasn't enough of a challenge, reactive foods vary widely from person to person, even if they have the same symptoms, and there are usually many reactive foods and food-chemicals, not just one or two.

In addition, the most common blood test used to help identify sensitive foods (ELISA IgG) can only detect one lesser kind of sensitivity reaction (Type 3, which covers only about 25% of food sensitivity reactions). Plus, IgG testing can't identify reactions to food-chemicals.

Fortunately there's a program called LEAP[®] that can help you quickly overcome even the most troublesome food sensitivity related problems. LEAP includes a *patented* blood test called MRT[®] (Mediator Release Test[®]) that accounts for both Type 3 and the more common Type 4 pathways. MRT also identifies reactions to food chemicals. This translates into faster and more complete relief for those who test with MRT. In fact, independent studies confirm MRT is the most accurate and most comprehensive blood test available for food and food-chemical reactions.

For people who desire additional support beyond the testing alone, dietary counseling from Certified LEAP Therapists is available. LEAP dietary care provides you the opportunity to get the maximum benefit from your testing. If you want the best, you can have it with LEAP.



LEAP has helped thousands of patients across the country turn years of suffering into a bright, happy, healthy future, free of the symptoms that once seemed an inescapable part of life. Even world class athletes have used LEAP to help them be their absolute best.

Find out today if your health problems stem from food sensitivities. Talk with your healthcare provider **TODAY**. You'll be glad you did.