

**Lifestyle
Eating
And
Performance**



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 you feel like 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, here are some important facts to consider:



- Medical Research has shown that foods and food additives can be involved in a wide array of painful symptoms and chronic health problems.
- If your diet *is* causing your illness, whatever medications you take will ultimately fail because they only mask the symptoms. They don't affect 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 diet is causing your illness and you don't address it, you could easily end up suffering for many years, spending thousands of dollars for treatments that will never work the way you want them to.

Why we feel sick...frequently

Food sensitivities are a common cause of many chronic conditions and affect an estimated 15-20% of the population. Symptoms provoked by food sensitivities occur when our immune system begins perceiving foods in the same way it perceives things which are truly harmful – bacteria, viruses, parasites, etc. There are many reasons why this can happen, but this mistaken identity leads to the release of toxic chemicals called “mediators” (such as histamine, cytokines, and prostaglandins) from our immune cells. It's the inflammatory and pain-inducing effects of the mediators that give rise to symptoms, which ends up making us feel sick.

Research has shown that patients with irritable bowel syndrome (IBS), migraine headaches, fibromyalgia, chronic depression, and many other conditions have higher than normal levels of these mediators circulating throughout their bodies. For many, the “trigger” that causes the mediators to be released can be linked to foods or chemicals in their diet.

Food sensitivity symptoms are often chronic because the mediators that make us feel sick are released every time you eat your reactive foods. And it doesn't matter what drugs we take to try and get better; if we have food sensitivities and don't figure out which foods we *SHOULD* be eating (and of course, which foods we should stay away from), getting better and staying better becomes a long-term losing struggle.

Conditions & Symptoms Linked To Food Sensitivity

- Irritable bowel syndrome, inflammatory bowel disease, functional dyspepsia (heartburn), diarrhea, abdominal pain, cramping, bloating
- Migraine and other chronic headaches, fibromyalgia, joint pain, muscle pain, muscle weakness
- Autism, ADD/ADHD, fatigue, tiredness, insomnia, general malaise, restlessness, “brain fog”
- Hives, eczema
- Excess mucous production, chronic post nasal drip, chronic congestion



Identify a healthy diet and feel better

Your healthcare provider has a new program called LEAP[®] that will help you overcome any food sensitivity problems you might have. LEAP will allow you to quickly identify what foods, additives, and chemicals are provoking your symptoms, and, more importantly, which foods have the highest probability of being safe.

LEAP uses a patented blood test named MRT[®] (Mediator Release Test[®]) to isolate a safe foods diet for each patient. MRT eliminates the guesswork to give you definitive answers. Once the test is performed, an eating plan is developed and tailored to the needs of each individual patient. Then your healthcare provider or a trained LEAP Dietitian will assist you in implementing your new, healthy eating plan.

Your improved health is in your hands

The LEAP Program has helped thousands of IBS, migraine, fibromyalgia and other food sensitive patients quickly overcome their food sensitivities and find lasting relief, even to the point of feeling completely healthy again after years of suffering. In fact, most patients see noticeable improvement within 5-10 days on the program. And all without the ongoing costs and potential side effects of prescription medications that will never fix the underlying cause of the illness. If your healthcare provider thinks that LEAP can help you, the next step is up to you. Commit to improving your health and follow through. If you do have food sensitivities and you want to feel better, your improved health *is* in your hands.

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 pain relief.

Finding the LEAP Program has been like finding a miracle. Since starting the LEAP Disease Management Program two months ago I haven't had a full blown Migraine, and the chronic headache has been completely eliminated. The headaches I do get are treated successfully with buffered aspirin and the occasional Butalbital (Fiorinal). I've been able to eliminate all of my other pain and prophylactic meds.

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
Alexandria, Virginia

I have treated well over 100 patients with the LEAP Program and have been extremely impressed. Patients report that not only do their Diarrhea-IBS symptoms get better, but they also have improvements in their heartburn, headaches, and allergy symptoms, as well as an improvement in their overall feeling of well being. LEAP has become an important part of my practice. For the first time I am able to treat D-IBS patients by not just masking their symptoms with medications, but by actually getting to the root of the problem. LEAP has made the treatment of D-IBS much more rewarding for my patients and me.

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