



Optimum Health is at the tip of your finger!



Zachary's Story: Revolutionary Test Offers Family HOPE!

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Zachary, or Zach as his family calls him, displayed delayed speech development during his first few years. According to his family and neurologist, he had no receptive vocabulary and only communicated with 2 or 3 words. Any other audible noises he would make were few and far between, appearing once or twice and then disappearing entirely. Zach would also attempt to communicate by pointing and grunting. This delayed speech development was in distinct contrast to his older brother and sister, whose speech, cognitive skills and behavior all developed normally.

There was no direct eye contact between Zach and his family. Instead, he would look out of the corner of his eyes when someone attempted to interact with him.

Zach was considered "unreasonable" by his teachers due to the fact he was unable to respond to anything said to him as he did not understand.

Zach Displayed Other Unusual Traits

- He would often disappear or hide when upset.
- He would often sit alone.
- He rarely acknowledged or played with his siblings.

- He often has fits; at times banging his head against a wall.
- He would become so hyperactive that he could not sit in the same spot for more than a few seconds.
- He would spin his whole body around very fast until he would crash to the floor.
- He was hypersensitive to sounds and to light.

Zach's diagnosis was upsetting to his family and angered his parents. After seeing various specialists, it was determined Zach was autistic as a direct result of an adverse reaction to his immunizations.

He was pulled out of school and placed in a special education school for children with autism. His family was told there wasn't anything they could do to reverse Zach's condition and that "they would need to be patient" while they "learned to live with it".

The Prize of a Lifetime

Zach's parents began to investigate alternative approaches to help him as the mainstream medical community had not offered much hope in Zach's recovery. While at a health fair, Zach's father entered a drawing for a free laboratory analysis, known as an IgG ELISA Food Intolerance Test.

As someone who claims he never won anything in his life, Zach's father was surprised when he learned he won the multi-food screening assay.

Zach's neurosurgeon scoffed at the idea that a food allergy test would be of any help to Zach, and did not believe IgG had a role in food allergy either. Against the doctor's counsel, Zach's parents went ahead with the test - even paying a little extra to upgrade from the free smaller food panel to a larger food panel test.

A Finger-Stick Test Without a Visit to a Doctor's Office

Zach's mother reports she knew right from the beginning the food intolerance test was the start of a new and positive direction for her son. According to his mother, "After years of taking Zachary kicking and screaming to the doctor's office and having 3 or 4 people hold him down so the nurse could draw blood out of his arm, we were able to perform the simple finger-stick blood collection in our own home. Zach didn't even notice and we were able to get the needed amount of blood without any fuss or stress. I was so happy I called Better Control of Health crying and thanked them."

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HOT TIPS FOR AUTISM!

- Seek support from a medical professional with nutritional expertise.
- Eliminate foods from the diet identified as allergic by an IgG ELISA finger-stick test.
- Eliminate Casein & Gluten from the diet.
- Investigate supplement protocols: Magnesium, Vitamin B6 & Vitamin C.
- Learn more about the treatments and support for autism & other childhood illnesses by contacting BCH at USAallergy@bellsouth.net.



Research, such as that of the Feingold Association, reports foods containing natural salicylates, such as grapes, apples and pears, can have a negative affect on those with ADHD and autism.

Research indicates those with ADHD and autism may need to avoid consuming foods containing the chemical salicylate, which is an aspirin-like toxin in plants designed to act like a natural pesticide.

Different people tolerate salicylate-containing foods differently. Some studies indicate salicylate has an effect on Phenol SulfoTransferase (PST), which is an enzyme required by the brain and is needed in the gut to metabolize

high-phenolic compounds - such as artificial colors and flavors.

Those with ADHD and autism show to be low in PST, and salicylate suppresses PST even more (up to 50% according to some research).¹

With this in mind, and when one considers the research of organizations such as The Feingold Association of American, it is plausible that the avoidance of salicylate-

containing foods by those with ADHD and autism can be of benefit.

For more information on the chemical salicylate or to obtain a list of salicylate-containing foods and products, please feel free to contact Better Control of Health (BCH) at USAallergy@bellsouth.net.

1). Inhibition of phenolsulphotransferase by salicylic acid: a possible mechanism by which aspirin may reduce carcinogenesis, Harris RM, Hawker RJ, Langman MJ, Singh S, Waring RH, Gut 1998 Feb;42(2):272-5

Zachary's Story: Revolutionary Test Offers Family HOPE!

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An Amazing Change

About three months after eliminating foods from Zach's diet, that the IgG ELISA Food Intolerance Test reported he was allergic to, Zach's family began seeing amazing improvements in his speech, cognitive skills and behavior.

- Zach's concentration was significantly much better.
- His teachers reported he was paying attention in class and was involving himself in activities.
- He was playing with his brother and sister.
- His receptive vocabulary had exceeded a couple hundred words and he was looking directly at people when they talked to him.
- Zach was speaking for the first time and connecting words to form small sentences.

- He no longer banged his head against walls when he was upset.
- Zach no longer attends the special education school for children with autism, but rather is excelling in a local public school.

Optimum Health Could Be Just A Pin-Prick Away!

You can experience the same miraculous benefits as Zachary and his family by means of an IgG ELISA Food Intolerance Test. This simple and convenient finger-stick process will allow you, or someone you care about, to be screened against 96 foods (including gluten) for IgG-mediated (delayed-onset food allergy).*

Visit BCH on-line at www.bettercontrolofhealth.com to obtain your at-home kit.

** As recommended in the Defeat Autism Now (DAN!).*

"Dr. Sid Baker et al. has found IgG Enzyme Linked Immunosorbent Assay (ELISA) to be a very useful tool for screening for safe foods, evaluating the overall state of immune activation against foods as reflected in the total number of reactive foods in the panel, and spotting reactive foods."

Excerpt from the Defeat Autism Now (DAN!) Consensus Report

"... we were able to perform the simple finger-stick blood collection in our own home. Zach didn't even notice and we were able to get the needed amount of blood without any fuss or stress. I was so happy I called Better Control of Health crying and thanked them."

Food Antibody Test Provides Insight In The Treatment of Irritable Bowel Syndrome (IBS)

As reported by the *Natural Products Industry Advisor*...

A clinically significant improvement in Irritable Bowel Syndrome (IBS) can be achieved using a food elimination diet based on IgG food antibodies, according to researchers from the University Hospital of South Manchester, England, who presented their research at Digestive Disease Week 2003.

In their double blind, randomized, placebo-controlled trial*, researchers assigned patients to either a

diet based on the results of an IgG ELISA food antibody test or a placebo diet. The antibody-based diet was significantly superior to the placebo diet in reducing the severity of symptoms, and those who adhered to a custom diet also had a greater improvement in symptomatic relief.

According to a representative of Better Control of Health (BCH), "This simply validates what we have known through personal experience for almost 20 years."

The BCH representative went on to say, "In the controlled trial, patients eliminating foods to which they had IgG antibodies experienced a significant improvement in their symptoms, providing evidence that this approach is very valuable in treating this condition."

Note: The abstract of the study referenced in this article is available by contacting info@bettercontrolofhealth.com

Obtain your very own at-home IgG ELISA Food Intolerance Screening Kit on-line at www.bettercontrolofhealth.com



Quick Tip for Mothers: "Healthy" foods, such as vegetables, can actually be bad for you and your nursing baby if you are IgG-reactive to them.

The Difference Between Immediate (IgE) and Delayed (IgG) Food Allergy

IgE Food Allergy

The most commonly recognized, but least occurring, of food allergies is known as a classic or immediate allergic reaction (aka - immediate-onset, IgE-mediated, atopic food allergy). Immediate food allergy occurs in approximately only 2-5% of the population and is more common in children than in adults. Usually occurring in the genetically predisposed individual, the immune system begins creating a specific type of antibody called Immunoglobulin E (IgE) to certain foods. One side of the IgE antibody will recognize and bind to the allergic food, while the other side of the IgE antibody attaches to a specialized immune cell packed with histamine, called a Mast cell. Primed for action, the IgE antibodies now only have to patiently wait for re-exposure to food allergens.

The next time you eat the allergic food, IgE antibodies hungrily latch onto the food. Instantaneously histamine and other allergy-related chemicals (chemical mediators) are released from the Mast cell, quickly bringing on the unwelcome appearance of stomach cramping, diarrhea, skin rashes, hives, swelling, wheezing or the most dreaded of all IgE reactions, anaphylaxis.

IgG Food Allergy

The most common food allergy is known as a delayed food allergy (aka - IgG-mediated, food sensitivity, food intolerance). In fact, 45-60% of the population has been reported as having delayed food allergy.

A delayed food allergy also involves the immune system.

They occur when your immune system creates an over-abundance of the antibody Immunoglobulin G (IgG) to a specific food. The IgG antibodies, instead of attaching to Mast cells, like IgE antibodies in immediate food allergy, bind directly to the food as it enters the bloodstream, forming different sizes of so-called circulating immune complexes (food allergens bound to antibodies circulating in the bloodstream).

The allergic symptoms in IgG-mediated food allergy are delayed in onset - appearing anywhere from a couple of hours to several days after consuming allergic foods. Delayed food reactions may occur in any organ or tissue in the body and have been linked to causing and provoking over 118 ill-health conditions.

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Contact BCH at info@bettercontrolofhealth.com

According to allergy expert James Braly, M.D., "70%-80% of Americans currently suffering from chronic medical conditions of unknown cause, who have proven poorly responsive to conventional medical interventions, are suffering from IgG-mediated delayed-onset food allergies."

Better Control of Health presents...
Optimum health is at the tip of your finger!

For Your Consideration...

For more information, please contact:

Better Control of Health, Ltd.
(786) 953-4945
www.bettercontrolofhealth.com
info@bettercontrolofhealth.com

Visit Better Control of Health on the Web!

www.bettercontrolofhealth.com

At-Home Screening Kits Available On-Line At
www.bettercontrolofhealth.com

- 96-Food IgG ELISA Food Intolerance Screening Kit
- 4-Food IgA Food Intolerance Screening Kit
- 10-Antigen IgE Test Kit
- Celiac Disease Rapid Test Kit
- H.pylori Rapid Test Kit
- Metabolic Analysis Kit

* Better Control of Health has been a leading pioneer in the arena of food allergy testing and carries out thousands of tests a year for patients throughout the world.

* Better Control of Health's at-home IgG ELISA food intolerance screening kit provides a convenient method to test for IgG-mediated food allergy (food intolerance). A tiny 'pin-prick' sample of blood is taken by using this unique kit, which is then sent through the mail for analysis. The established Enzyme Linked Immunosorbent Assay (ELISA) technique is used to identify an individual's IgG antibody reactions against 96 individual, and commonly eaten, foods.

* Better Control of Health also provides additional at-home finger-stick and saliva kits for IgA-Mediated Food Intolerance, Celiac Disease, H.pylori and IgE-Mediated (Immediate-Onset) Airborne & Food Allergy. You can request any of these kits on-line at www.bettercontrolofhealth.com/10073.html.

* Over 118 ill-health conditions have been associated to food intolerance. These include: ADHD, asthma, autism, chronic fatigue, depression, migraine headaches, irritable bowel syndrome (IBS), celiac disease, diabetes, sinusitis, middle-ear infection, skin conditions such as eczema, and weight challenges (both weight gain and weight loss).

For further information about food intolerance and its relationship with chronic ill-health, contact Better Control of Health at (786) 953-4945, info@bettercontrolofhealth.com or

The Difference Between Immediate (IgE) and Delayed (IgG) Food Allergy

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An estimated 60 to 80 million Americans suffer from clinically significant food allergies and most all of whom suffer delayed symptoms.

Immediate Versus Delayed

1). Once thought to be the only "real" food allergy, immediate food allergy is common in children, but rare in adults. Once thought to be uncommon at best, delayed food allergy is now considered the most common form of food allergy in children and adults.

2). Allergic symptoms in immediate reactions occur within two hours of eating. Allergic symptoms in delayed reactions do not appear anywhere from at least 2 hours, and up to 2-3 days.

3). As a rule, immediate-onset food allergy involves one or two foods in the diet. Delayed reactions typically involve 3 to 10 foods - sometimes as many of 20 foods.

4). Immediate food allergy is usually self-diagnosed. Due to a combination of delayed symptoms, multiple foods, and food cravings, delayed-onset food allergies are extremely hard, if not impossible, to self-diagnose. One of the most accurate and reliable ways to detect delayed allergic foods is by means of an IgG ELISA Food Intolerance Screening.

5). Immediate food allergy involves foods that are rarely eaten. Delayed food allergy not only involves commonly eaten foods, but also involves foods you crave.

6). When people quit eating foods that cause immediate symptoms, they have no withdrawal or detoxification symptoms. Powerful addictive cravings and withdrawal symptoms are reported in over 30 percent of delayed food allergy patients when they stop eating an IgG-reactive food.

7). Immediate food allergens primarily affect the skin, airway and the digestive tract. Virtually any tissue, organ or system of the body can be affected by delayed food allergy. Delayed-onset food allergy is linked to over 118 ill-health conditions.

8). Immediate-onset food allergies are frequently permanent and fixed allergies. Delayed-onset food allergies are commonly reversible. If you completely eliminate the

allergic foods for 3 to 6 months, you can reintroduce most of them (approx. 86%) back into your diet and remain symptom-free.

9). Immediate-onset food allergy is skin "scratch" test positive. Delayed food allergies are skin "scratch" test negative. The traditional skin tests can not detect delayed food allergies. Delayed reactions food requires a state-of-the-art blood test, such as an IgG ELISA screening.

10). Delayed food allergies do not make themselves apparent immediately and can be caused by multiple foods, thus they are very difficult to detect without specialized laboratory testing.

The IgG ELISA Food Intolerance Screening has been shown to be one of the most accurate delayed food allergy tests available.