Doctors On Leading Edge Use New Blood Test

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N
on-traditional doctors have a powerful advantage over regular doctors because they do much of their most useful learning after graduating from medical school. One of the most important discoveries many non-traditional doctors have made is that there are delayed allergic reactions to foods and chemicals which are the hidden, underlying cause of many different health problems.

Compatible Foods

Discovering which foods are compatible with your body can make the difference between being healthy or sick. To be healthy, we need to eat foods that are compatible with our immune system.

When we eat foods that are not compatible with our immune systems, a reaction occurs that kills our white blood cells. When this happens, very powerful enzymes from inside our white blood cells are released into the circulatory system, where they are pumped through our bodies, damaging different areas including the brain. Normally, these enzymes are used by our white blood cells to kill viruses, bacteria and cancer cells. These cell-killing reactions are often the hidden cause of symptoms, and are called delayed food and chemical allergies.

Where we get symptoms depends, in part, on heredity; whether we get them depends on what we eat. Numerous ailments have this delayed allergic reaction as their underlying cause. These ailments are the ones that most frequently plague people and confuse unaware doctors. A partial list includes: digestive problems, headaches, sinus congestion, fatigue, joint pain, mood swings, compulsive eating, food addictions, swelling, overweight, bowel irritation, skin disorders, yeast infections and premenstrual problems. In the past, doctors were able to only treat these symptoms with medications, rather than discovering and removing their underlying cause.

Testing for Delayed Food Allergies

Allergy-causing foods and chemicals can now be discovered by testing a person’s white blood cells. A small blood sample is given, and the white blood cells are removed and placed on slides with a microscopic amount of each food or chemical. After incubating for one hour, the white blood cells are studied with a microscope. If they remain healthy, the food is compatible with that person’s immune system. However, if the white blood cells crack, blister, break open and die, a food or chemical has been discovered which is damaging to that person.

This type of testing was discovered in 1956 by Arthur Black, MD. He named the first test procedure the Cytotoxic Test. It is pronounced “sigh’ toe toxic.” “Cyto” is derived from the Greek word for cell, and “toxic” means poison.

The test has undergone several improvements through the years, with the latest developments by Preventive Care Center, Inc. The new, improved test is the Prime Test®

The results from the Prime Test® are very different from those which come from skin or other blood tests. This is so because traditional allergists test for only one type of allergic reaction, called an IgE reaction. Because the white blood cells are not killed by IgE reactions, traditional allergists do not believe allergy symptoms are caused by the destruction of white blood cells.

The word “allergy” was coined by Dr. Clemens von Pirquet in 1906. He defined the word to mean “altered reaction.” An example is that most people can eat rice and feel fine; however, a few people who eat rice get symptoms. This is an allergic reaction regardless of whether it is an IgE, IgG, immune-complex or other type of reaction.

Traditional allergists are limited by their definition of allergy; for them, if it is not caused by an IgE reaction, it is not an allergy.

White-blood-cell reactions are delayed and caused by several other types of reactions, including immune complexes and IgG reactions.

More than 95 percent of the people who take the Prime Test and make the changes indicated have significant health improvements.

Traditional allergists continue to use skin prick tests – also known as scratch tests – to try to determine allergic reactions. This method has been shown to be only 25 percent accurate for airborne allergies, which are usually an IgE-type reaction. Less than three percent of the population has food and chemical allergies caused by IgE-type reactions.

Skin prick tests are of no value for discovering delayed food or chemical allergies because they only reveal IgE reactions, and, they are only 25 percent accurate for revealing IgE reactions. Also, skin tests damage the patient’s health. And, because more accurate blood tests are available, there is no valid reason to use skin tests.

Most allergists use IgE skin and IgE blood tests to justify having people come back every week for years of allergy shots. And most doctors still rely on traditional allergists for decisions on what is important in the allergy field. Thus, traditional allergists and most doctors are unaware that delayed allergies cause common health problems.

Traditional allergists recommend that their patients return for shots twice a week for months or years, rather than have them avoid the foods that are causing their problems.

Supporting Scientific Studies

There are now several hundred published medical studies, many of which are carefully controlled and double-blind, demonstrating that hidden food allergies are the cause of a broad range of common and not-so-common ailments.

There are 47 medical studies on white-blood-cell testing. In 42 of these studies, doctors reported positive results, and their patients became free of health problems. These doctors support the use of white-blood-cell testing.
The five negative studies were done by traditional allergists. They all acknowledged that the white-blood-cell reactions existed, yet they claimed the test was of no value because they did not know, at that time, how killing white blood cells could cause numerous symptoms. Also, the results were different from the IgE skin and blood tests they rely on. One important advantage of the white-blood-cell test is that it gives information missed by IgE-type allergy tests.

Although the awareness of delayed food and chemical allergies originally started in the United States during the 1930s, it is not yet understood by the traditional medical establishment. In England this awareness is appreciated by many renowned doctors. Several did a very large, double-blind crossover study which was reported in the leading medical journal, The Lancet.  

The study tested to see if migraine headaches were caused by delayed food allergies. Eighty-eight children with frequent migraines were tested with a less accurate, cumbersome, trial-and-error method to find the foods they were allergic to. When those causing delayed food allergies were removed, 93 percent of the children were free of their painful migraine headaches. When reactive foods were reintroduced into the children’s diets, the headaches returned.

This research demonstrated the most successful principle for stopping migraine headaches. Drug therapies, talk therapies, traditional allergy treatments and other approaches have been dismal failures because they do not remove the underlying cause of most migraine headaches – delayed food and chemical allergies.

This Lancet study, headed by Dr. J. Egger, also researched the cause of other symptoms, including abdominal pain, behavior disorders, epileptic fits, asthma and eczema. Almost all of the children with these additional symptoms were cured or dramatically improved.

There were 14 children in the study who had migraine headaches and were also epileptic. After testing and removing the damaging foods, 12 were free of their migraines and epileptic fits without having to continue their debilitating medicine.

This was also the most successful treatment ever tried for epilepsy because it removed the underlying cause – delayed food allergies. This study has been confirmed by several others. [See Lancet study on page 32.]

Many high quality studies have been done but most doctors have not done their homework. This Lancet study was published in 1983, but so far few know of it.

A follow-up study was done by Medical Service Center of people who were tested by using their white blood cells. The results showed more than 90 percent had improved their health with no negative side effects. Also, their medical expenses were reduced. [See study on page 31.]

Medical schools present little accurate information on how people should eat to prevent or cure disease. On average, less than one day out of four years of medical training is devoted to studying the effects of foods on the body – and much of the information presented is inaccurate.

Doctors are not taught in medical school that numerous common ailments are caused by eating incompatible foods. Thus, traditional doctors are unable to counsel patients accurately about how to eat. In fact, most doctors do not know how to eat properly themselves, and thus have numerous related health problems.

If we had the same level of awareness in the dental profession, no dentist would have ever told you to brush your teeth or avoid sugar-laden foods.

Key Medical Studies

Theron Randolph, MD, had more than 300 medical studies published between 1935 and 1968 revealing that numerous ailments, starting with migraines in 1935, are caused by delayed food and chemical allergies.

George A. Ulett, MD, PhD, had several studies published demonstrating that delayed food allergy reactions cause a broad range of ailments and can be revealed by white-blood-cell testing. This advanced understanding of allergy testing and treatment is being successfully used by many medical doctors in the United States and Europe.

An increasing number of doctors are using the Prime Test® to identify hidden food and chemical allergies. Most people do not need medications or allergy shots when they are eating their compatible foods because the stress load on their bodies is dramatically reduced. People who decide to take the Prime Test® learn how to improve their life style and discover the hidden and underlying cause of their symptoms. They enjoy higher levels of health and lower levels of medical costs.

For more information write Preventive Care Center, Inc., 34146 Selva Rd., Suite 200, Monarch Beach, CA 92629, or call 949-661-4001.

Bibliography

Shared Experiences

Thank you for your invaluable help concerning my health problems. Your test is great and very informative. Every day I feel better.

_Mike Cramer_, La Habra, CA, 1985

My family doctor decided that my chronic hives and swelling of my eyes, lips and hands were caused by nerves. He treated me with cortisone and benadryl. After approximately two months, I still needed help.

I decided to try your white-blood-cell test and in a week began the Quality Longevity Program. My hives cleared up, and I was surprised that other symptoms I had been suffering from for years went away, including headaches and being moody. My compatible foods helped me to lose 16 pounds. My skin is softer and smoother than it has ever been. My whole attitude changed when I changed my foods.

I tested myself by eating the wrong foods. In two days my eyes would swell and the headaches would start. My whole attitude would change. I felt miserable.

I can’t say enough for the program; it has helped me in many ways. I have learned so much about nutrition. I am much happier and healthier than I have ever been.

_Gayle Nejman_, Anaheim, CA, 1985

I am very grateful for the healing which resulted, and still continues. I hesitated at first because the Quality Longevity Program seemed so expensive, and when I did start, it was very rough going. It was such a change of life for me, but it has been well worth all of it. I am very thankful for what it has done for me. The benefits are multiple.

My hope was that I might be able to overcome the irritating rashes that constantly plagued me for years. Medical doctors had no satisfying answers, stating the rashes were caused by allergies. Under your nutritional counsel, the irritations were not immediately brought under control, but began to diminish. I learned a new way of diet and more than one and a half years later they rarely flare up. When they do, I know how to handle them and I live in comfort.

The other things that happened to my health are even more spectacular. I lost considerable weight (28 pounds), although I still have trouble keeping it down. My borderline high blood pressure is down – I am off medication which a doctor had said I would have to use for life. My painful arthritis, which I was medicating very heavily, rarely pains me, and I do not take the medication any more. My general health and stamina are so much improved that I am now able to live a much fuller life, even at age 68. Thank you so much.

_Reverend Herman T. Petersen_
_San Diego, CA, 1985_

I must admit I was initially a bit skeptical about how white-blood-cell testing and nutritional counseling could help solve the health problems I have had to tolerate for so many years. My doubts vanished, however, when a six year old, who attended the school I direct, went through the Quality Longevity Program.

The child’s learning ability increased dramatically. He no longer needed an afternoon nap or to be calmed down from hyperactivity. The puffiness in his face disappeared, and overall he became a happier, more productive child, all in a matter of weeks!

I immediately started the program myself and within three weeks my headaches ended, I lost the 15 pounds that even consistent, vigorous exercise never affected, and the excessive mucus in my sinuses and throat cleared; no more itchy eyes. I am less moody, I have abundant energy and am more clear and focused. My skin looks so good that people are remarking about it! My teaching staff even claims I am more enjoyable to work with!

I hope all the parents of my students will be as wise as the parent of that six year old. At the height of the running-nose season, you’ll often hear me say to a parent, “Ever had your child checked for delayed food allergies?” Why allow children, or anyone at any age, to go through life tied to medications for this or that ailment when all they would be doing is treating the symptoms of a delayed food allergy?

I will continue to recommend your program highly to the many people I have in my life.

_Shelly De Groot_, directress,
_Crown Hill Montessori School, Seattle, WA, 1985_
Shared Experiences

I feel the Quality Longevity Program is of unquestionable benefit to me. The money was well spent. This program has brought relief where drugs could not. I believe in what you are doing and have recommended you to others.

Carrie Lynch, Irvine, CA, 1985

It has been several months now since my white-blood-cell test, and I am so pleased and relieved. I want to thank you for the time you spent with me and for having the test available. The most important result of the program for me is the absence of the headaches that have plagued me most of my life. One of the unexpected benefits is that my weight has returned to normal for the first time in twenty-five years. Before, I had fallen short of achieving my normal weight even when strictly dieting.

I now have the energy and desire to exercise. My husband says he can’t keep up with me. This is all like a miracle to me because I have spent many years and dollars trying to gain better health.

Everywhere I go, people tell me how good I look. I know it’s because I feel so good.

Willa Blomgren, Friday Harbor, WA, 1984

I wish to put in writing that the white-blood-cell testing was very beneficial to my allergy conditions.

During the spring I lived on pills to keep from sneezing and itching to death. After the testing I lived through spring without any pills. I didn’t believe I could ever do that. I also needed less sleep and felt an increased motivation for physical exercise.

I’ve been to many doctors and have had skin tests and injections. Believe me, none of these helped half as much as the information I gained through white-blood-cell testing. You may send any government agency to me for further documentation. I was totally thrilled with this new insight to living!

Diane Hardison, teacher, Newport Beach, CA, 1985

My first encounter with psoriasis was in 1960. In 1970 it had spread over 80% of my body. I saw many doctors and tried many remedies, but nothing achieved any long-lasting positive results.

Last year my oncologist, after checking out the Quality Longevity Program, gave me the go-ahead to try white-blood-cell testing and the nutritional-counseling program. Being a professional home economist, I thought I already ate well, but I went ahead and approached this new system of eating with a positive attitude.

Within six weeks my skin had cleared by 90%! Amazing! A wonderful side benefit was the loss of 25 pounds. My doctor was as delighted as I was and totally approved of the food plan, no matter what the ailment.

Because my food plan omitted dairy products, I was concerned about my body’s calcium level. My doctor furnished me with the following encouraging blood test results. Before the program: Calcium 9.3, Triglycerides 152, Glucose 93, Cholesterol 195. After being on the program: Calcium 9.5, Triglycerides 119, Glucose 79, Cholesterol 169.

It has been 12 months since I changed my eating patterns, and I plan to stick with it. Even though 10% of the time I make “moderate exceptions,” I have kept my weight down, stayed healthy and feel good. My psoriasis is 95% clear, which is the longest and best clearing I’ve had in 10 years.

I advise anyone with psoriasis to try the program. You have nothing to lose (except a lot of scales, aggravation and excess weight) and everything to gain – good health!

Arlene Harrison, home economist, Bellevue, WA, 1984

Thank you for helping me and my family to improve our standard of health.

Before we arrived in California, we suffered for years from various health problems including continual colds, flus, overweight and fatigue. I never realized our frequent infections and illnesses were directly related to our eating habits and resulting weakened immune systems.

I learned a great deal from working with you and saw how much I was helping other people. The specialized nutritional counseling together with the testing is definitely a most useful and beneficial health aid. My conventional learning in nutrition was constructively and logically rebuilt. In doing this, I regained my good health.

Linda Rubin, laboratory supervisor, Tustin, CA, 1984