



# Cytotoxic Testing: Finding Your Ideal Diet For Maximum Health And Longevity

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Cytotoxic testing is a method for determining the change in the morphology [health and life] of white blood cells following exposure to a specific food. The scientific basis of this method of testing is based on the individual's reaction to specific antigenic substances through his or her immunological defense system. Under microscopic examination one can observe changes in cellular morphology as white blood cells attempt to engulf the incriminating antigen.

In the cytotoxic test, live white blood cells are mixed with a particular food extract, such as yeast, corn, egg, wheat, milk and other highly allergenic substances. The white blood cells react if the extract is from an offending food, but remain normal if the food is well tolerated. Cytotoxic testing is based on the premise that living white blood cells can be damaged or destroyed following contact with sensitizing foods.

## Antigen-Antibody Reaction

When an antigen (foreign substance) enters the bloodstream, specific antibodies are formed to neutralize the antigen and thus prevent it from harming the body. This antigen-antibody reaction is the basis of modern immunology and led to the discovery of the polio vaccine and other great medical contributions. Once the body is initially exposed to an antigen, it can produce specific antibodies to neutralize the virus and protect the body from cellular damage following successive exposure.

The usual skin tests for food allergies have only a 20 percent accuracy. Provocative tests are helpful when it is necessary to treat the patient's food sensitivity by intracutaneous "turnoff" doses, but these tests rely too much on the subjective responses of the patient. The cytotoxic test, however, offers a

viable alternative and does not leave a line of wheals [areas of red inflammation] on the arms of the patient.

The cytotoxic food test was introduced by Dr. Arthur P. Black in 1956 and later modified by Dr. William Bryan in 1958. The reliability of the test depends on the laboratory personnel's ability to interpret it, and for the physician to apply the results successfully in his clinical practice.

Once the incriminating foods are identified, the patient is placed on a diet free of these allergens. In most cases, the [delayed] food allergies will clear up and the individual will remain symptom-free.

Before one undergoes the cytotoxic test, the individual must avoid eating at least 12 hours before evaluation. Small amounts of water should be ingested.

One should remember that food substances are present in many different food products and are not easily detected without a thorough dietary evaluation. In some cases, nutritional supplements should also be tested. However, these supplements are usually highly beneficial in preserving the immunological integrity of the individual. Vitamin C, in particular, as well as selenium, is integrally involved in the host's immunological defenses and may protect the cells from toxic antigens.

*"... the overwhelming number of allergies are concealed or masked ..."*

After the white blood cells are separated from the plasma, a drop is placed on glass slides containing dried extracts of the selected foods. At this point, the slides are examined under a microscope to show damage to blood cells. If the individual is not sensitive to a particular food, the blood sample remains unchanged. The incriminating

foods, however, will elicit a variety of reactions, the most indicative of which will be deterioration of the cellular integrity of the white blood cells. In most cases, damage to the blood is measured on a scale of one through four, depending on the degree of sensitivity to a particular food.

## Developing Food Intolerance

Once these food sensitivities are determined it is extremely important to avoid all foods which have caused reactions in the cytotoxic test for a minimal period of two months. At the end of this two-month period of avoidance, one can reintroduce the incriminating foods on an individual basis, for the purpose of testing whether one has developed the desired goal of food tolerance. It is advisable to test these foods at breakfast time, one by one, so that the results are not confused.

Although there is a wide variation in the way each individual clears his or her food reactions, the majority of patients will clear after a period of a few months. Individual food challenges and follow-up cytotoxic testing are helpful in evaluating progress as far as one's personal reactivity is concerned.

## Food Diary

One should remember to keep an accurate and complete diary of all foods eaten and to follow a rotation diet to insure that these sensitivities will not be exacerbated following successive exposures in the future. It is not good enough to rely merely on one's memory of what is eaten from day to day.

Although approximately five percent of all allergies fall under the category of fixed allergies (*i.e.*, sensitivities which will stay with us no matter what we do), the overwhelming number of allergies are [delayed]

concealed or masked food allergies. These concealed allergies require special diagnostic testing and follow-up dietary counselling. The masked allergies are frequently associated with incriminating foods which are eaten every day.

Children are especially susceptible to these allergies when they consume an un-varied diet which is high in candy, soft drinks and other malnourishing foods. Since one of the cardinal signs of food allergies is a craving for the very foods which cause the reaction, parents are advised to restrict these foods from the child's diet.

If you are allergic to wheat products, it is advisable to visit the health-food store and ask for a bread which is not made from wheat. Other cereal grains should be watched closely so that they are not eaten on successive days. Cereal grains are the more common offending foods.

Gluten is a protein substance which is found in cereal grains such as wheat, [spelt, kamut] rye and barley. Gluten sensitivity is commonly associated with a variety of symptoms and can be extremely toxic to the intestinal lining of patients with intestinal disorders such as celiac disease or adult nontropical sprue.

## Common Symptoms

In keeping the daily record of foods eaten, one should remember to write down everything that enters the stomach, including the water you drink, snacks, meals, etc. Remember to list the combination of foods and all ingredients which are on the label of these foods. Symptoms should be listed, indicating the exact time when they started, as well as their duration and severity.

Some of the common symptoms of [delayed] food allergies include headaches, faintness, dizziness, excessive drowsiness after eating, mucous formation, watery eyes, canker sores, heart palpitations, nausea, diarrhea, flatulence, hives, eczema and general aches and pains.

We know today that food allergies are responsible for a variety of ailments which commonly go undetected in the doctor's office. Today we have developed new diagnostic techniques for determining individual sensitivities so people can lead a normal life. Cytotoxic testing, in particular, demands a minimal investment of time

and effort on the part of the patient and is also remarkably efficient.

Since the observations are objective, the patient does not have to guess which foods are causing the reactions. The cytotoxic test is also perfectly safe, since these potentially toxic foods are never injected into the patient, but are examined under a microscope.

One should be aware, however, that there are certain disadvantages to cytotoxic testing. False negative readings may occur occasionally for foods to which a patient is clearly sensitive but has not eaten for several months. This problem, however, occurs rarely and does not outweigh the immeasurable advantages of cytotoxic testing as a diagnostic method of determining food sensitivities. A 70 percent success rate,\* as opposed to 20 percent with the usual intradermal skin tests, warrants continued use of the cytotoxic test.

## Common Complaints Caused By Delayed Food and Chemical Allergies

We know today that food allergies are implicated as the source of a number of common ailments. The allergy-addiction syndrome is often responsible for weight gain. Once eating a particular offending food becomes habitual, the symptoms may no longer become noticeable. People may have allergic edema (fluid retention throughout the body) and not understand why they are becoming obese. This adaptation to the antigen contained in the food enables the individual to tolerate the poison and eventually the person becomes addicted in the process, in the same way a heroin addict becomes hooked.

The answer to this problem is to detect these allergies before they create havoc with all of the body's physiological processes. The cytotoxic test offers unique advantages in this regard. Once food sensitivities [delayed food allergies] are determined and the patient uses a rotation diet and avoidance of these offending foods, the symptoms will disappear dramatically. The headaches will be gone and nasal symptoms will be improved considerably.

Bariatricians [medical specialists in weight loss] are beginning to realize that one of the most beneficial

approaches to the treatment of obesity is through food-sensitivity testing and avoidance of incriminating foods.

## Vitamins and Minerals

Nutritional supplementation is also extremely helpful for people who are attempting to overcome functional food allergies. Vitamins and minerals should be included in any dietary regimen since they are involved in many intricate physiological processes. Since food allergies contribute to the environmental stress load, a high-potency B-complex supplement will assist in combatting stress due to contact with harmful antigens [unless the person is allergic to the chemical the vitamin is made from]. Similarly, the antioxidants vitamin C, vitamin E and selenium all contribute to maintaining the structural integrity of the cell membrane.

*"... the cytotoxic test represents a breakthrough ...."*

However, one should remember that all the supplements in the world are not going to help the person whose allergies have gone undetected. Remember to consult your physician about obtaining a cytotoxic test. This nearly-foolproof test can determine the items in your diet which are causing masked allergies and depriving your body of peak performance.

Most important, the cytotoxic test represents a breakthrough in food-allergy detection and will help you design your ideal diet for maximum health and longevity.

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Highlights edited from *Let's Live* magazine  
Bracketed [ ] additions by Mark Lovendale

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\* The cytotoxic test was the original white-blood-cell test for revealing delayed food and chemical allergies. The test now used to obtain the most accurate results is the Prime Test®. This improved approach along with accurate counseling has increased the success rate from 70 percent to more than 90 percent. See the follow-up study on page 31.

For more information or the name of a doctor performing the Prime Test® in your area, contact Preventive Care Center, Inc., 34146 Selva Road, Suite 200, Monarch Beach, California, 92629. Phone: 949-661-4001 or 888-TestWel Fax: 949-661-1666 Website: PreventiveCare.com ML

## Shared Experiences

For more than two decades I have been researching different approaches for achieving the healthiest, life-building diet. I have tried almost every approach, including vegetarian, macrobiotics, fruitarian, food combining and fasting. None of them produced any lasting improvement in my health. My allergies, especially to dust, mold and pollen, kept getting worse.

I took supplements and allergy medications, but found only temporary relief. I knew I didn't want to live like this, having symptoms all the time and taking medications all my life.

In 1994, I met Mark Lovendale and we got into an in-depth conversation about health. It became apparent that he had much new information that could help me.

I decided to take the Prime Test and try the Quality Longevity Program. I experienced the most profound improvement in my health. Within a few days I felt significantly better, and within a few weeks most of my allergy symptoms were gone, including most of my problems with dust, mold and pollen.

It didn't take too much discipline to stick with the program because the results were so rewarding. Today, it has become a way of life, it is second nature to me to eat my compatible foods and avoid the others. It's not that I can't eat the others, I choose not to eat them because I feel better when I don't. I am liberated, not restricted.

I teach classes in yoga and other health-building approaches and have recommended the Prime Test and the Quality Longevity Program to many of my clients. I am enjoying a secondary benefit of seeing their health improve.

**Gerhard Gessner**, *entrepreneur, masters in psychology and education, La Jolla, CA, 1998*

I have had weekly headaches most of my life. They started when I was a child. I am now in my fifties and have gone to several types of doctors through the years trying to find relief. I was told to try hormones and medications for my migraines. I followed their advice, but still had headaches and hated the way the drugs made me feel.

I then saw a nutritionist and tried extensive regimes of vitamins, minerals and dietary changes. I did get quite a bit of improvement, but I still had a couple of headaches a week.

I felt I was allergic to something I was eating, but could not discover more than one or two foods that were causing symptoms. I had heard of delayed food and chemical allergies but was not able to locate anyone who knew how to test for them. After I read about the Quality Longevity Program, I decided to try the Prime Test.

My test results and the follow-up program were very different from any other approach I had tried. I have been using my test results for the past four months. For the first time in years I have been free from headaches. The significant exceptions have been when I ate a food my Prime Test indicated was a problem.

I am very excited about my progress. I have not been hungry and have lost unwanted weight – 23 pounds. My energy levels are great.

I enjoy enrolling my friends in the Quality Longevity Program and watching their progress.

**Carol W. Bailard**, *Santa Ana, CA, 1994*

Your analysis, evaluation and recommendations have achieved remarkable results for Michele and me in healthful living.

During the first two days there was discomfort, withdrawal and tiredness. It then disappeared. In the short period of eight days, we have lost weight, sleep better, have energy and look good.

Based on the results, we recommend the public be made aware of the facts underlying the Quality Longevity Program.

**Sidney Goldman**, *attorney, retired United States Superior Court Judge, La Jolla, CA, 1997*

I started smoking cigarettes 26 years ago. I attempted to quit but did not make it through the first 24 hours without a cigarette. I took your advice and quit smoking the day I started the Quality Longevity Program.

I was so surprised when I made it through the first day without smoking. I did not suffer from any of the withdrawal symptoms normally associated with giving up cigarettes even though I did not use the patches or gum to assist me. It has now been two weeks without a cigarette and I feel great. Thanks for your advice and the Prime Test and the Quality Longevity Program.

**Carol Lynn Heatherly**  
*Rancho Santa Margarita, CA, 1996*

## Shared Experiences

For years I suffered from irregular heart beats. I went to several medical specialists, but none could discover the cause of my problem. The doctors informed me that many people develop this problem sometime in their lives. I was 32, into health foods, running and biking everyday, had good endurance; but I came to a stop whenever my heart missed beats.

I went to a one-day seminar called Quality Longevity. I saw the three major breakthroughs in preventive care come together for the first time and realized everyone could be helped.

I had my white blood cells tested, avoided my damaging foods and my heart problems went away, along with my hay fever and other allergy symptoms. My need for sleep went down and my overall health went up dramatically.

I have followed the progress of more than 60 people I have enrolled in the Quality Longevity Program. All are enjoying improved health.

**Gordon Brown**, *entrepreneur, Glendale, CA, 1995*

After taking the Prime Test, reading *Quality Longevity* and making improvements in my life style, I have experienced improved energy, stamina, and recuperative ability. And, I have been using only about half of the information.

I referred one of my longtime patients who, despite following what most people would consider a good diet and having excellent compliance with the exercises I recommended, was in poor health, had significant problems with healing times, had some excess weight, and did not hold her adjustments.

After one month on the Quality Longevity Program, she has significantly improved her health and lost most of her excess weight because of becoming free of her chronic low-grade edema. And, for the first time, she holds her adjustments.

I am very impressed with these results.

**Gordon H. Grannis, DC**, *Aliso Viejo, CA, 1999*

*Quality Longevity* has giving me a new understanding of health. For eight years, I have seen numerous ways the new awareness of food allergies has improved my life and the lives of my friends.

I had no major health problems. However, I was delighted to discover that my health, energy and joy of life could get even higher. It feels good to watch others improve their health after sharing with them about this health breakthrough.

**Majlis Andersson-Puig**, *Sidney, Australia, 1995*

Delayed allergic reactions to the foods we eat are an enormously important – and all-too-frequently-overlooked – cause of discomfort, illness and diminished life-span. *Quality Longevity* takes a giant step toward revealing the cause of a multitude of health problems and the simple steps required to solve them.

I look forward to the day when delayed-food-allergy testing is readily available to those with health problems, including autism, and funding is available to increase public awareness.

**Bernard Rimland, PhD**, *Director, Autism Research Institute, San Diego, CA, 1999*

For a year and a half I had been suffering from a chronic cough. I went to a well-respected traditional doctor to discover the cause. He had me get numerous x-rays and blood tests, but could not find the cause. The doctor said I was allergic to something, but there was no test to find out what it was.

He prescribed one of the new, powerful antihistamine medications to treat my symptoms. Even though the cause of my cough was not removed, the cough went away. However, the side effects of the antihistamine were uncomfortable. I was so light-headed and dizzy I could not drive.

Another problem was cost. The antihistamine cost \$100 a month. The costs for the doctor, blood tests and x-rays were \$445. I stopped the medication and went back to struggling with my cough.

I told a dear friend of mine the problem and she told me about her recent health improvements after taking the Prime Test for delayed allergies.

I decided to try the program. Within six weeks my cough was gone. One side effect was losing 18 pounds, which was not only bearable, but delightful.

I have tested myself a couple of times to see what happens if I eat some of the foods which showed up on my Prime Test. Within an hour my cough comes back and it lasts for three hours.

My husband heard that my cough went away and saw my new figure. He did not have any symptoms which he thought were caused by food allergies and felt fine most of the time. However, he decided to try the Quality Longevity Program.

I was surprised to see how well he improved his eating habits. He is feeling and looking better than ever and lost almost 20 pounds. This program causes no harm and may well help people to gain great health.

**Davis Morrow**, *Newport Beach, CA, 1993*