

Mediator Release Testing (MRT) and the ImmunoCalm (LEAP) Approach



Have you ever wondered if the foods you are eating are the right foods for your body?

Have you ever experienced the following situations?

- After eating bread or pasta do you feel bloated or feel the need to clear your throat?
- Making homemade, balanced meals with only the freshest organic ingredients and still noticing puffy hands and cheeks?
- Enjoying an alcoholic drink with friends but end up with either a migraine, hives, or hot flashes after one drink.
- Choosing to eat the Ceaser Chicken Salad over the Chicken Salad Sandwich because you feel it's the better option, only to have an instant stomachache and feel fatigued.

These scenarios can leave you wondering what is wrong with me. What can I eat? Why can't I enjoy my glass of wine? Is it the type of wine? Is it something I ate prior? If you feel you've done your fair share of trying to eliminate the root of the cause of these undesirable food symptoms, then it's time to try the MRT Food and Chemical Sensitivity Testing.

What Are Food Sensitivities?

Unlike food allergies, food sensitivities are a delayed reaction in the body that can affect any organ. These food reactions can occur within 45 minutes to 3 days after ingestion. Yes, three days! No wonder it's so difficult to determine what foods are causing symptoms such as headaches/migraines, joint pain, fatigue, irritable bowels, mood changes, and visible inflammation.



What Does MRT Test and How Can I Help?

Being the only patented blood test in the world, the MRT tests the body's inflammatory response to 176 foods, chemicals, and dyes. Dietitians are trained on how to interpret results and create a 3-phase plan to calm your immune system. Most clients feel at least a 50% improvement in the first 14 days of being on the ImmunoCalm diet. Although this is not a weight loss plan, clients do lose weight due to decreasing inflammation in their body. The picture to the right is a sample from the test results.

What is MRT Testing?

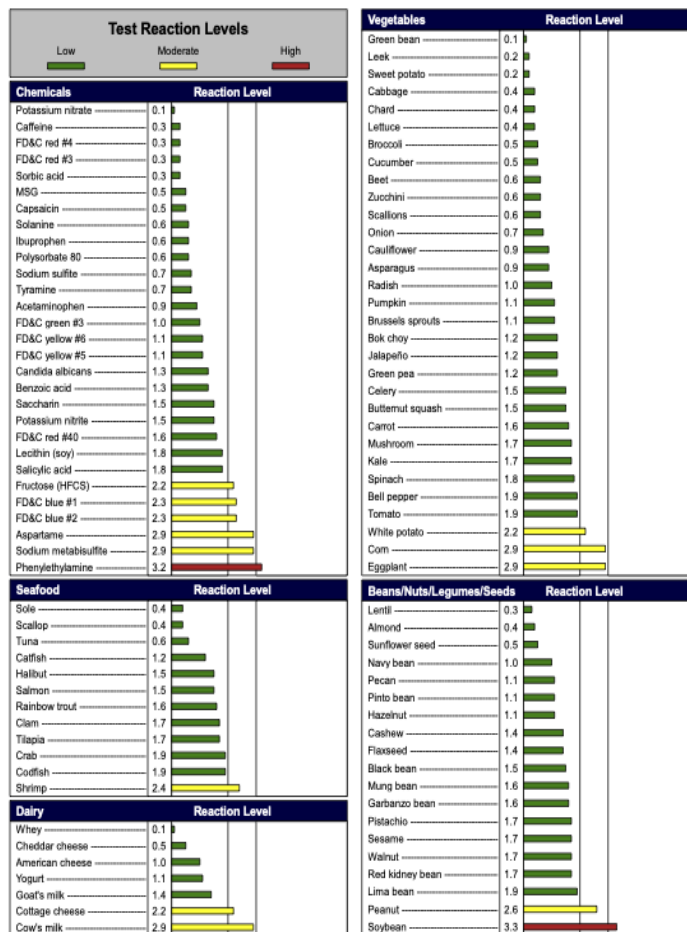
MRT stands for "Mediator Release Testing". Now that you have a better understanding of what food sensitivities are, the MRT test measures the level at which your white blood cells release chemical mediators (like cytokines), in response to certain foods or chemicals.

The degree to which your white blood cells shrink in density and volume shows the degree to which they are reacting to a particular food.

Physician: **Sample Practitioner, MD**
 Patient: **Sample Patient**
 Identifier: **SAMPLE176**
 Profile: **MRT 176**
 Test Date: **02/16/2023**
 Technologist: **GB**
 Page: **1 of 2**



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 U.S. Patents: 6,114,174 6,200,815

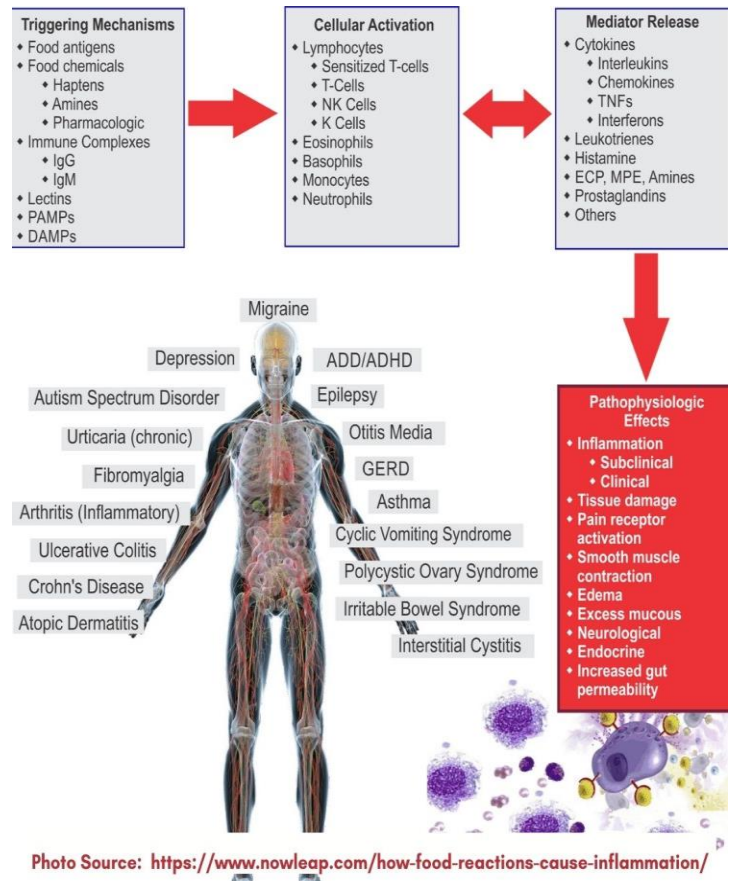


How Do You Know If MRT Testing and The ImmunoCalm Approach Is **RIGHT** for You?

- You've tired tracking foods and paying close attention to how you are feeling but you cannot pinpoint what foods cause you discomfort or issues.
- You continue to choose foods that you believe should make you feel good but end up having symptoms anyways.
- You've spent precious time and money on healthcare appointments and tests without answers.
- You've been told to make lifestyle changes due to certain health conditions such as:
 - Irritable Bowel Syndrome (IBS)
 - Atopic Dermatitis (acne, hives, eczema)
 - ADD/ADHD
 - Hashimoto's Thyroiditis
 - Fibromyalgia
 - Chronic Fatigue Syndrome
 - Chronic headaches/Migraines
 - Hormone Imbalance
 - Brain Fog
 - Congestion

How to know if MRT Testing is **NOT Right** for You.

- If you have or had an eating disorder.
- You are not willing to put in the time and energy needed to help your symptoms.
- Financially not willing to invest in testing and counseling to fully understand the nutrition plan provided with your MRT results.



What Does MRT Testing Look Like?

- Initial 45-minute telehealth session to go over health history, symptoms survey, and what the testing process looks like.
- After this session, I will get you registered with Oxford Laboratories and order your test kit.
- A Testing kit will be shipped right to your front door! When you receive the kit it's time to get your blood drawn. I will help you find the closest testing site for your convenience. Your blood samples will be sent to Oxford for processing.
- I will contact you to set up a 60-minute virtual appointment once your results are received. Then you get started!

MRT LEAP Program: What's Included

- Initial 45-minute health consultation
- Mediator Release (MRT) food sensitivity test (\$695 minimum fee)
- MRT results
- 1-hour virtual video appointment to review MRT result and plan phase 1 of elimination diet.
- 3 follow-up consultations
- Custom recipe suggestions and meal ideas to get you through the first phase of the elimination process.
- Custom shopping ideas to help you find products that work with your unique foods.
- Food sensitivity-specific informational guides, handouts, and visuals.

- Food and symptom journaling to identify food triggers.

Total Program Investment: \$1,295

Ongoing support is available based on your needs. The MRT process usually takes 2.5-3 months.



FAQ's

1. What does the MRT® measure?

The MRT® is the only patented blood test in the world that quantifies your body's inflammatory response to 176 foods, chemicals and dyes. (Most other tests only test foods). This is done by measuring how your body's white blood cells respond to commonly eaten substances. When you consume foods that don't agree with your body, the white blood cells release substances called "mediators." These mediators can trigger nagging symptoms and make you feel sick.

2. So then what does LEAP stand for?

Lifestyle Eating and Performance (LEAP) is the name of the eating and lifestyle diet program and systematic approach to helping you feel your best. Also referred to as the "ImmunoCalm" diet, LEAP helps you Identify and eliminate foods and substances which trigger non-allergic immune system responses so that your body's inflammation decreases.

3. How accurate is the MRT®?

The MRT® is able to produce fantastic results because it uses state-of-the-art technology and is shown to have the highest level of accuracy of any food sensitivity blood test (94.5% sensitivity).

4. What are the 3 Phases to this diet and why are they important?

PHASE 1: The first 10-14 days. During this time, I will work with you to identify the lowest reactive foods on your MRT test, providing you with approximately 30-45 foods. Meal prep ideas and recipe modifications are provided as needed. The goal during this period is to reduce diet-related inflammation which is a major cause of your symptoms.

PHASE 2: The next 4 weeks. Once you're feeling significantly better, we'll introduce one new food per day, working up from your safest foods to foods with a higher chance of being reactive. During this time, you'll keep a food-symptom diary and monitor how the new foods make you feel. Supplements might be added back at this time, as needed.

PHASE 3: The next several weeks are client specific. Generally, after the first 6 weeks, untested foods are intentionally added back into your diet. The focus during this stage is to add variety and balance to keep your gut healthy and immune system strong. Any moderately reactive foods are avoided for three months, and highly reactive foods are avoided for six months before eating them again.

5. What if I do not feel as though I can follow all 3 Phases of the LEAP or ImmunoCalm Diet? Can I still benefit from this?

Yes! There are circumstances where we may want to approach LEAP in a modified way, and this is typically based on other health factors you have

going on, certain lifestyle parameters, among other things.

6. How quickly can I expect to see results once I begin the LEAP or ImmunoCalm Diet?

How quickly you can move through the LEAP protocol diet depends on a variety of factors, including:

- How many and how complex your health conditions
- How many reactive foods present on your MRT® results
- The feedback you are able to provide
- How well you are able to adhere with the nutrition plan we create together

Most clients feel at least 50% improvement by the end of Phase 1, or in the first 10-14 days!

7. Is MRT® considered a food allergy test?

No. Food sensitivity and food allergy tests are different. While food allergies and sensitivities are both immune responses, they operate on different pathways. A true food allergy triggers a reaction to your mast cells, involving an IgE response. This reaction occurs every time, and shortly after eating a food you are allergic to. A food sensitivity, however, can affect any organ system in the body and impacts you from 45-minutes up to 3 days after consuming the food.

8. Why should I invest in MRT® and LEAP Protocol Over Other Food Sensitivity Tests?

While other food sensitivity tests advise you strictly on what NOT to eat, MRT and LEAP protocol focuses on embracing those foods that you CAN eat, enjoy and that your body is least reactive to!

9. Can I purchase ONLY the test without the coaching?

Providing you only with the test and not a solid plan is where other testing methods go wrong. One of the reasons why clients get such wonderful results is because we combine the information provided by the MRT® AND a way to apply it for your lifestyle and eating preferences through coaching. This is why I do not offer the test by itself.

11. Can any Registered Dietitian order the MRT and provide me with the LEAP or ImmunoCalm diet?

Only Certified LEAP Therapists (CLT's) are permitted to offer the MRT® and LEAP nutrition protocol. CLT's have gone through specific training and testing to learn how to properly interpret MRT® results and create a specific nutrition plan based on those results and your lifestyle needs.

12. Have you personally done the MRT and LEAP or ImmunoCalm Diet?

Yes! I have personally gone through the protocol twice!

