



Natural Solutions That Work

DR. BRIAN MCGUCKIN

ALLERGY TESTING

FOODS, CHEMICALS, PRESERVATIVES, MOLDS & TOXIC METALS

Dr. Brian McGuckin
Chiropractic Internist
219 - 531 - 1234
www.DrMcGuckin.com

DELAYED ONSET ALLERGY TESTING

The two types of allergy responses are immediate and delayed. The immediate reaction response (RAST Test) is when we eat something and break out in a rash in less than an hour. The delayed reaction response (**LRA - Lymphocyte Response Assay Test**) begins two hours to four days after exposure and the inflammation will last up to three weeks.

When we come in contact, breath, or digest an allergen 10's of millions of white blood cells are made very rapidly, within minutes. It is the rate of explosion of the white blood cells that determines if the symptoms will happen immediately or are delayed resulting in an immune response.

The delayed reaction response is often referred to as **hidden allergies** as we simply cannot figure out why we have these ongoing symptoms with no identifiable cause.

ELISA/ACT Biotechnologies pioneered the most accurate and thorough delayed onset allergy test named the LRA. The lab can measure over 400 items including foods, additives, preservatives, environmental chemicals, molds, food colorings, and toxic minerals/metals.

The test requires a 12 hour fast followed by a one ounce blood draw using ELISA's specific blood draw methods. There is a **test preparation** that is extremely important to follow to ensure the accuracy of the results.



The allergic reaction and the toxic build up prevents your immune system from repairing and balancing. Once the immune reactive items are identified we can focus on diet and detoxification to restore your immune system to function properly.