

Presented by:



Evidence-based Strategies to Evoke Human Healing Responses

Dr. Russell M. Jaffe

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Evidence-based Strategies to Evoke Human Healing Responses

Dr. Russell M. Jaffe

Introduction

92% of HEALTH is
CHOICE NOT CHANCE

For better or worse, we are what we eat, drink, think, and do. In fact, 92% of our overall health comes from our choices - NOT chance. The choices we make about consumption determine our functional age and health status. Even with this understanding that we are more a product of our choices than of our genes, over half of Americans still suffer with one or more of the following conditions: obesity, metabolic syndrome, chronic inflammation (repair deficit), and/or recurring or chronic infection (host hospitality).

As a healthcare practitioner who understands epigenetics, you can help patients make simple, yet profoundly powerful changes that will impact them for the rest of their lives. You have tools available that make it easier for you and your staff to guide patients in overcoming obstacles to recovery and, ultimately, achieving life changing health outcomes.

From this report, you will learn evidence-based approaches to achieving immune tolerance, identifying nutrient deficits, and improving detoxification competences.

Successful health improvement efforts are empowering. By offering your patients a structured approach to restorative healing, it does not take long for patients to realize they have much more control than they think over their health conditions, and everyone has the ability to change. What a patient requires to make changes is a realistic approach and support at each step of the process.

**EAT drink
thinkDO!**



Foundations of Restorative Healing

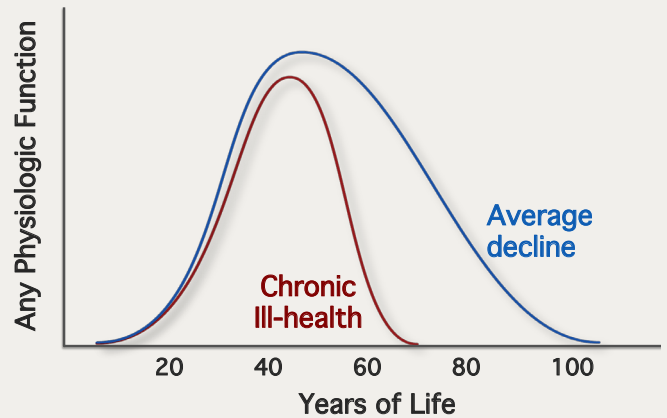
Before getting into specific health restoring strategies, it is important to consider a concept that, while well validated, most people require time to accept. This concept is that statistics can't be applied to individuals. When it comes to age, function, and overall health status, averages deceive; individuals choose.

The graph shown here represents an "average" increase, peak and decline of almost any physiological function of the human body - the highest tone someone's ear can hear, their ocular accommodation, how much air they can move in one second, the variability of their PR interval on a cardiogram, and many others. It is generally accepted that physiologic function peaks in early adulthood and begins an inevitable decline with advancing years. Chronic ill-health is represented by a lower peak and more rapid decline.

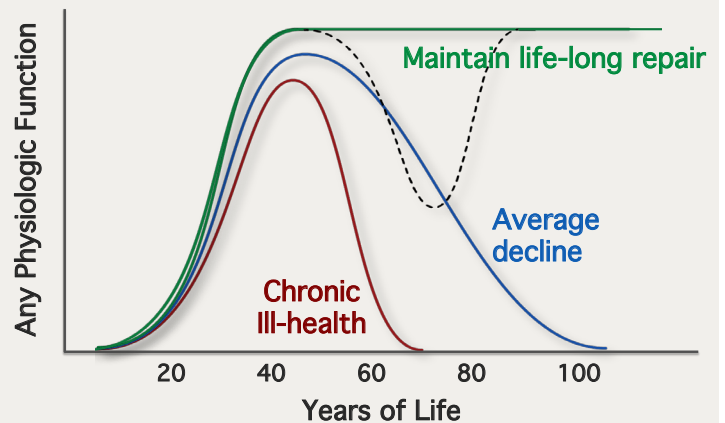
These representations of average declines, however, can be misleading. At the individual level, the declines are not as inevitable as they would appear. When looking at individuals, rather than statistics, one can appreciate the choices that lead to markedly different physiologic functioning – such as those of people who reach their peak physiological fitness and maintain lifelong health. These people stave off the decline in physiological fitness for decades. Another particularly interesting subgroup reaches their peak, gets quite sick, but then returns to that high level of lifelong health and functional vitality.

As integrative health practitioners seeking more effective ways to educate and support patients in the choices that will make lifelong health their reality, there are several key concepts that should be prioritized. The greatest opportunities to evoke human healing can be found in addressing homeostasis, meeting individual nutrient needs, and improving detoxification competences. These priorities should be the basis of any structured health restoration program.

Eat what you can DIGEST, ASSIMILATE, AND ELIMINATE *without* immune burden



This bell curve is a visualization of aging that shows, on average, physiological fitness peaks in midlife and gradually declines.



Averages deceive; Individuals choose

Restorative healing starts with the most basic choice:

What to eat. The guiding principle should be to eat what you can digest, assimilate, and eliminate without immune burden. Living by this health-restoring, health-maintaining rule yields a healthy and tolerant immune system capable of defining and repairing as it should.

Opportunities to Heal:

Restore Immune Tolerance

A healthy immune system serves two functions: defense and repair. It neutralizes infections and foreign antigens, and is tolerant rather than hypersensitive (allergies). However, when important defense elements such as lymphocytes are mobilized against foreign antigens, the immune system can become overwhelmed. As a result, vital repair processes are postponed and immune dysfunction and disease my result.

Identifying immune burdens can be complicated by the presence of delayed food and chemical sensitivities. These are immune responses that occur from 3 hours to 3 weeks after exposure to the antigen. Given this delay in symptoms, even the most thorough history or food log is unable to accurately identify the offending substances. These hidden immune burdens further contribute to chronic low-grade systemic inflammation and play a role in causing or amplifying autoimmune, chronic, and degenerative illnesses.

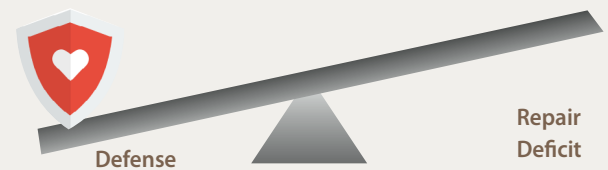
Repair Deficit

Inflammation is often presented as a fire to be fought or a symptom to be suppressed - heat, redness, swelling. A deeper look at inflammation, however, from a physiology first perspective reveals inflammation is more accurately characterized as repair deficit. Repair deficit increases the probability of metabolic imbalance, weight management issues, and insulin resistance. These conditions can result in prediabetes, diabetes, and myriad consequences to the heart and blood vessels. Delayed or late phase food reactions and other chemical sensitivities further contribute to chronic low-grade systemic inflammation and play a role in causing or amplifying autoimmune, chronic, and degenerative illnesses.

A Healthy Immune System
Defends and Repairs



Immune System
Overburdened by Defense



Types of Delayed Immune Responses

The delayed immune reactions, sometimes called delayed allergies, occur several hours to several weeks after exposure and can result in everything from migraine headaches to Crohn's disease.

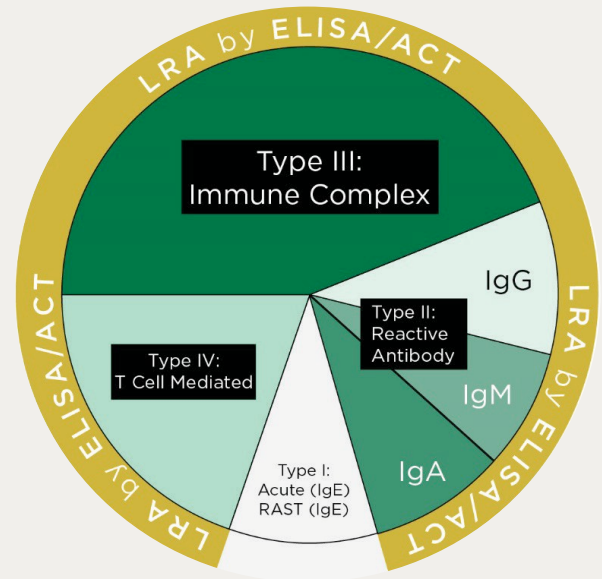
In delayed allergy, the delay between exposure and noticeable symptoms makes identification of the offending substance virtually impossible through history alone. Functional tests are needed to accurately identify immune response-provoking substances, but all tests of hypersensitivity are not equal.

A Window into the Immune System

The most common assaults that pose the greatest burden to our immune systems on a daily basis are remnants of incomplete digestion and environmental antigens that cause allergies or sensitivities. By identifying these antigens and eliminating these exposures, one can reduce or eliminate the burden on the immune system, allowing the defense and repair systems to return to optimal function.

Pioneering methods of collection, transport, and ex-vivo cell culture give LRA tests unmatched accuracy, reproducibility, and clinical value. The LRA tests, available exclusively through **ELISA/ACT Biotechnologies**, make it possible to examine your patient's general immune system health by monitoring delayed hypersensitivity responses to many common substances. In addition, an optional treatment plan provides patients with nutrient and lifestyle recommendations to reverse repair deficit by restoring key nutrient levels required to rebuild, rehabilitate, and thrive.

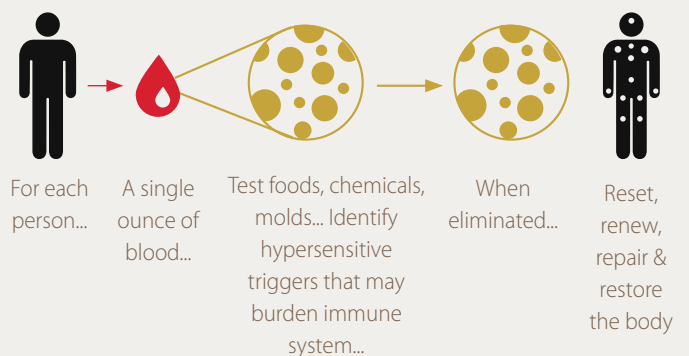
The high sensitivity Lymphocyte Response Assay (hsLRA) developed by Dr. Jaffe at **ELISA/ACT Biotechnologies** is an advanced category of delayed hypersensitivity testing that directly measures lymphocyte responses to the antigens being tested. By looking directly at the lymphocyte, rather than at some marker suggestive of an immune response, the LRA is uniquely able to identify the full range of delayed immune responses (reactive antibody, immune complex, and direct cell response).



There are three types of delayed hypersensitivity reactions:

- 1 Reactive antibodies
- 2 Immune complexes
- 3 T Cell direct responses

LRA tests



Opportunities to Heal:

Correct Nutritional Deficits

Individualize supplement & lifestyle programs

Resetting the immune system and restoring immune competence requires more than simply avoiding immunologically reactive items and supporting detoxification. In addition to an immune-tolerant diet, patients must supplement the nutrients needed to reverse repair deficit.

In the 21st century, supplements are not merely elective; they are essential. Today, all patients benefit from a high quality, multi-vitamin/mineral and Vitamin C supplementation. To that nutritional foundation, we recommend adding a suite of supplements targeted to specifically address the deficits uncovered for each patient.

When developing a patient's supplement program, consider how he/she will be evaluating the value of the treatment you provide. Supplements that deliver better results more quickly provide the best value to the patient, while instilling a confidence in you that only successful outcomes can generate.

The goal in developing a personalized supplementation program is to understand the unique nutrient needs of each patient and to support compliance through a highly targeted plan.

Self-Assessments Identify Nutrient Deficits

There are a few safe and inexpensive tests your patients can perform at home to provide additional information and help guide your overall treatment plan. You can have patients complete these self-tests and bring results in for review and discussion. Written test protocols help patients understand how to conduct these tests, what the tests reveal, and how specific supplements can help. A few of the most valuable are presented here.



Ensure that supplements in your protocol . . .

- 1 Use biologically preferred forms of nutrients, as found in nature and in food.
- 2 Include co-factors and transporters to facilitate uptake .
- 3 Include ONLY active ingredients with no fillers or binders to interfere with bioavailability.
- 4 Disclose all ingredients - no "proprietary blends" or "other ingredients" that could block uptake, cause immune reaction, or increase the amount of product that needs to be taken.
- 5 Do not mix oxidants with anti-oxidants in the same formulation, as doing so can destroy the active, delicate antioxidant ingredients.

The C Cleanse/Calibration

As the central antioxidant molecule responsible for regeneration, recycling, and cell detox, the amount of ascorbate needed by any given individual varies more widely than that of any other essential nutrient. The C calibration protocol developed by Dr. Jaffe makes it possible for patients to determine how much ascorbate they need, at any given point, in order to stimulate repair and respond to oxidative stress.

The amount of ascorbate required to cleanse is used to guide daily ascorbate intake, with the target daily amount being 75% of the amount needed to cleanse.

For a full copy of the C Cleanse protocol, please visit www.perque.com/lifestyle/self-tests/ascorbate-cleanse/

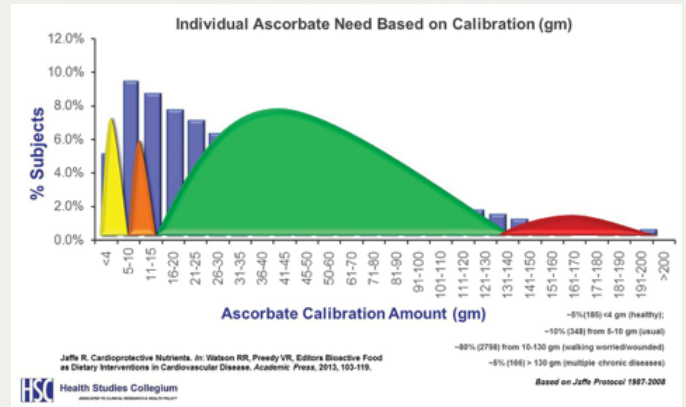


Ascorbate Calibration

Probiotics, Recycled Glutamine, Mg, Polyphenolics

Healthy	Moderate Ills	Chronic Ills
<ul style="list-style-type: none"> • 1.5 grams; ½ tsp • Every 15 min • 6 grams / hour 	<ul style="list-style-type: none"> • 3 grams; 1 tsp • Every 15 min • 12 grams / hour 	<ul style="list-style-type: none"> • 6 grams; 2 tsp • Every 15 min • 24 grams / hour

Individual Ascorbate Needs Vary Greatly



Healthy Acid-Alkaline Balance - 1st AM Urine pH

In the body, an alkaline state represents a healthy balance between acidic and alkaline forming properties, leaving the internal environment of the body at a pH between 6.5 – 7.5. Unfortunately, the standard American diet results in excess acid production. When we metabolize fats, proteins, and simple sugars, acid products remain.

Excess acid production also occurs when the body is constantly exposed to foreign elements by way of infection, pollution, or improper digestion. When the acidic burden exceeds the body's reserves, a continuous state of distress can emerge. As a consequence, the chemical messengers of distress (such as cortisol, adrenaline, and insulin) increase. The physiological response to these distress messengers is acid enhancing, further increasing the total acid load the body has to handle. To reduce this acidic burden, the body links the excess acids with alkaline minerals (such as potassium, calcium, magnesium, and other minerals) and excretes them. Over time, this can deplete the body of needed minerals and lead to a build-up of excess acids on a cellular level.

First morning urine pH, if measured after at least 6 hours of rest, is an indicator of cell acid/alkaline balance and mineral reserves. Routine 1st AM urine pH of less than 6.5 indicates a need for a more alkaline-forming diet and mineral supplementation.

Alkalinizing Minerals

If first AM urine is consistently less than 6.5, increased mineral intake is indicated. Magnesium is one of the most alkalinizing minerals, unfortunately, magnesium uptake is often blocked. Choline citrate, when taken with elemental magnesium, enhances the magnesium uptake and is always recommended in conjunction with magnesium supplementation. Choline is also beneficial in its own right as it goes on to form acetylcholine, a soothing neurotransmitter, and cholinergic bio salts. Choline and inositol themselves are important communication molecules for the cell at the membrane level.



Alkalinizing Diet

During recovery, a diet consisting of 80% alkaline forming foods (those from the right side of the food effects chart on [page 11](#)). As first AM urine measurements stabilize in the healthy 6.5 - 7.5 range, 60% alkaline-forming foods are recommended for health maintenance.

The pH Test Kit available through **PERQUE Integrative Health** includes a 15 day supply of pH strips, patient-friendly instructions, a log, and supplement recommendations based on results.

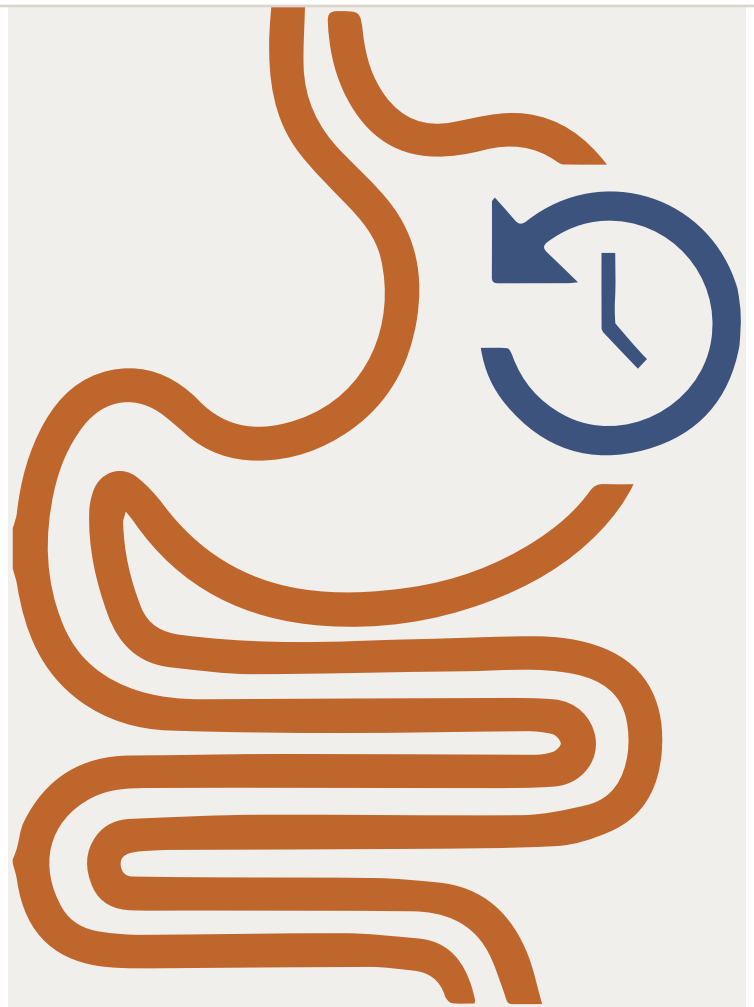
GI Transit Time

GI transit time is the interval between consumption and elimination; between food ingestion and excretion of digested waste. A healthy transit time is between 12 and 18 hours. Unfortunately, transit times of 72 - 96 hours are now all too common. Long transit times cause putrefaction in the gut; meaning that food breaks down in such a way as to produce unhealthy waste products that are reabsorbed and can interfere with proper metabolism.

Transit times of less than 10 hours are too short. A short a transit time means nutrients may not be getting digested and assimilated properly and can lead to malnutrition.

Transit time is easy to measure with activated charcoal. Simply consume the number of charcoal capsules indicated based on weight, and log the day/time the charcoal is seen in stool.

Transit times that are not at the healthy goal value reveal a need for key digestive support nutrients including probiotics, prebiotics, and symbiotics. The Digestive Transit Time Kit, available through **PERQUE Integrative Health** includes charcoal capsules, patient-friendly instructions, a log, and supplement recommendations based on results.



EVIDENCE-BASED STRATEGIES TO EVOKE HUMAN HEALING RESPONSES

Food and Chemical Effects on Acid/Alkaline Body Chemical Balance

MORE ACID
(Consume Less)

Food and Chemical Effects on Acid/Alkaline Body Chemical Balance

MORE ALKALINE
(Consume More)

Food Category	+++	++	+	-
Citrus Fruit Fruit		Cranberry Pomegranate	Plum Prune Tomato	Coconut Fig Guava Persimmon Juice Cherimoya Date Dry Fruit
Bean Vegetable Legume Pulse Root	Soybean Carob	Pea <small>Green Snow</small> Peanut Legumes (other) Carrot Chick Pea/Garbanzo	Bean <small>Pinto White Navy/Red Aduki Lima or Mung</small> Chard Split Pea	Bean <small>Fava Kidney Black-eyed String/Wax</small> Spinach Zucchini Chutney Rhubarb
Grain Cereal Grass	Barley <i>Processed Flour</i>	Corn Rye Oat Bran	Wheat <small>Semolina Spelt, teff Kamut</small> White Rice Buckwheat	Triticale Brown Rice Millet Kasha
Fowl	Pheasant	Chicken	Goose/Turkey	Wild Duck
Meat Game Fish/Shell Fish	Beef Shell Fish (Processed) Lobster	Pork/Veal Mussel/Squid	Lamb/Mutton Game Meat Shell Fish (Whole)	Gelatin/Organs Venison Fish
Egg				Egg, Chicken
Processed Dairy Cow/Human Soy Goat/Sheep	<i>Processed Cheese</i> Ice Cream	Casein Cottage Cheese Milk, Soy	Milk; Goat, Cow, Sheep	Cream/Butter Yogurt Cheese; Goat, Sheep
Oil Seed/Sprout Nut	<i>Cottonseed Oil/Meal</i> <i>Fried Food</i> Hazelnut Walnut Brazil Nut	Oil <small>Chestnut Palm Kernel</small> Lard Pistachio Seed Pecan	Oil <small>Almond Sesame Safflower</small> Tapioca Seitan or Tofu	Oil <small>Canola Pumpkin Seed Grape Seed Sunflower</small> Pine Nut
Beverage Preservative Sweetner Vinegar	<i>Beer</i> <i>"Soda"</i> <i>Table Salt</i> Yeast/Hops/Malt Sugar/Cocoa White/Acetic Vinegar	Coffee Aspartame Saccharin Red Wine Vinegar	<i>Alcohol</i> Black Tea Benzoate Balsamic Vinegar	<i>Kona Coffee</i> MSG Honey/Maple Syrup Rice Vinegar
Spice/Herb	Pudding/Jam/Jelly	Nutmeg	Vanilla Stevia	Curry
Therapeutic	<i>Antibiotics</i>	<i>Psychotropics</i>	<i>Antihistamines</i>	

Food Category	+	++	+++	++++
Citrus Fruit Fruit	Orange Banana Blueberry Raisin, Grapes Currant Strawberry	Lemon Pear Avocado Apple Blackberry Cherry Peach	Grapefruit Cantaloupe Honeydew Olive Mango Citrus Loganberry	Lime Nectarine Raspberry Watermelon Tangerine Pineapple
Bean Vegetable Legume Pulse Root	Brussel Sprout Beet Chive/Scallion Celery/Cilantro Squash Artichoke Lettuce Jicama Turnip Greens	Potato/Bell Pepper Mushroom/Fungi Cauliflower Cabbage Eggplant Pumpkin Collard Greens	Kohlrabi Parsnip/Taro Garlic Asparagus Kale/Parsley Endive/Arugula Jerusalem Artichoke Ginger Root Broccoli	Lentil Broccoli Seaweed <small>Noril/Kombu</small> Wakame/Hijiki Onion/Miso Daikon/Taro Root Sea Vegetables Burdock/Lotus Root Sweet Potato/Yam
Grain Cereal Grass	Quinoa Wild Rice Oat			
Fowl				
Meat Game Fish/Shell Fish				
Egg	Egg, Duck	Egg, Quail		
Processed Dairy Cow/Human Soy Goat/Sheep	Ghee Human Breast Milk			
Oil Seed/Sprout Nut	Oil <small>Avocado Coconut Olive/Macadamia Linseed/Flax</small> Seeds (most)	Oil <small>Cod Liver Primrose</small> Sesame Seed Almond Sprout	Poppy Seed Pepper Chestnut Cashew	Pumpkin Seed
Beverage Preservative Sweetner Vinegar	Ginger Tea <i>Sulfite</i> Sucanat Umeboshi vinegar	Green or Mu Tea Rice syrup Apple Cider Vinegar	Kombucha Molasses Soy Sauce	Mineral Water Sea Salt
Spice/Herb	White Willow Bark Slippery Elm Artemesia Annua	Herbs Aloe Vera Nettle	Spices/Cinnamon Valerian Licorice Agave	Baking Soda
Therapeutic	Algae, Blue Green	Sake	Umeboshi Plum	

Italicised items are NOT recommended

Opportunities to Heal:

Safer Toxin Removal

Get the bad stuff out & the good stuff in.

Over the past 50 years, more than 100,000 toxic chemicals, including heavy metals and pesticides, have been introduced into our environment – into the air that we breathe, the food we eat, and the water we drink. Toxins can accumulate and damage critical internal body systems. To remain healthy and vital in our increasingly toxic world, we must support our bodies' natural detoxification mechanisms. A comprehensive detoxification program, supporting all 3 phases of detoxification, should be considered for all patients to "jump start" their health restoration program.

Bio-Detox Superfoods: Garlic, Ginger, Onions, Broccoli Sprouts, Eggs (GGOBE)

Make these bio-detox super foods staples rather than condiments in the diet.

These super-foods provide the body with minerals, especially sulfur and sulforaphane, an organosulfur compound that supports healthy detoxification systems and has valuable anticancer, antidiabetic, and antimicrobial properties.

Periodic C Cleanses

Weekly ascorbate cleanses help purify and ease the toxic burden on the body. The C Cleanse, developed by Dr. Russell Jaffe and discussed ([Here](#)) on page 8, can be used to charge up the cellular electron pool, promote cellular healing and metabolism, and safely purge the body of toxins, while providing a foundation for sustainable health.

For comprehensive detox support, we recommend . . .

- A diet high in bio-detox super foods (GGOBE) Garlic, Ginger, Onions, Broccoli Sprouts, Eggs
- Resting the digestive system periodically & liquids-only days
- Purification modalities such as low temperature saunas and salt and soda baths
- Periodic C Cleanses
- A comprehensive supplementation program including:
 - Amino acids, minerals, and other nutrients that effectively clear toxins while neutralizing excess cellular acid and protecting cells against deterioration.
 - Liver protection through cell renewal, free radical removal, natural detoxifiers, and nutrients proven to support liver function.
 - High potency, pure, unoxidized Omega 3s to aid in removal of toxins from fat cells and replenish with healthy fats.

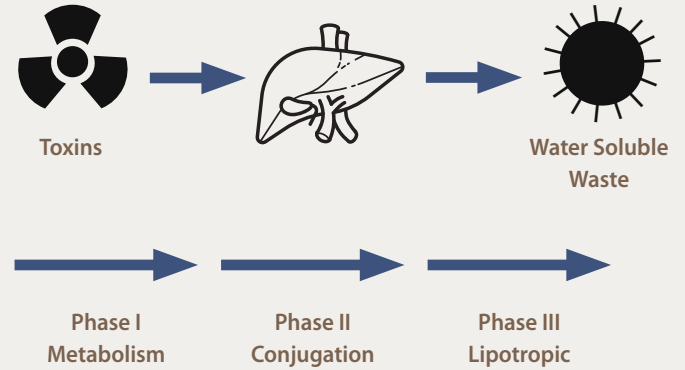


Supplementation

As part of a complete detox program, it's important to provide nutrients that support full multi-system detoxification:

- Sulfur amino acids to remove toxic metals like lead, mercury and cadmium; solvents like benzene; and hormone-disrupting biocides.
- Lipotropic factors to protect cell machinery and improve cell-to-cell communication
- Carotenoids, milk thistle, and other nutrients to reduce environmental burden and repair, restore, rehabilitate and protect the liver from harsh chemical exposures.
- Fully reduced and buffered l-ascorbate antioxidants to repair and support the immune system, restore hormonal balance, improve brain function, and mobilize and remove harmful toxins from the body.
- Omega-3 fatty acids to remove fat-soluble toxins, restore cell-membrane flexibility, and help essential nutrient uptake.

Detoxification of multiple systems and pathways



Opportunities to Heal:

Nature, Nurture & Wholeness

The Alkaline Way

Living the Alkaline Way is about nature, nurture and wholeness and incorporates healthy approaches for both mind and body.

Chronic stress is metabolically expensive yet can be relearned in ways that promote rather than impair health. Stress-reduction should be considered a crucial element of any health restoration program. The Alkaline Way teaches techniques such as meditation, abdominal breathing, salt and soda baths, and photobiology as simple for patients to implement greatly rewarding in terms of improved treatment outcomes and quality of life.

The mind and body are always connected, and interactive movement is essential for physical and mental peace. The ideal activities are those systems that combine breath and movement, with a priority given to core strength and musculoskeletal resilience.

Lack of regular exercise promotes repair deficit while regular exercise reduces inflammation. Exercise should be a pleasure, with a goal of adequate activity that is achievable rather than excessive activity that becomes a burden.

As a trusted healthcare practitioner, you are the best person to help your patients implement healthier lifestyle choices about what they eat, drink, think, and do. Use *Joy In Living: The Alkaline Way* as a resource to help you prescribe, inspire, and support your patients in their own personalized program.

Topics covered in the book include selecting alkalinizing foods and beverages; how to determine mineral needs by measuring first morning urine pH; and how to improve mineral reserves by enhancing magnesium uptake with the help of choline citrate. It includes information about abdominal breathing and green light and sunlight, and how to eat in harmony with your nature and lifestyle. That also means eating locally-grown, vine ripened, organic or biodynamically derived foods as much as possible.



Healing traditions of every ancient culture have included some form of breath practice. There is a profound effect from the simple act of learning to breathe consciously. Breathing deeply and consciously...

- Teaches us to be more mindful
- Supports energy levels
- Helps keep us relaxed and centered
- Is a refuge from stress and a tool for healing

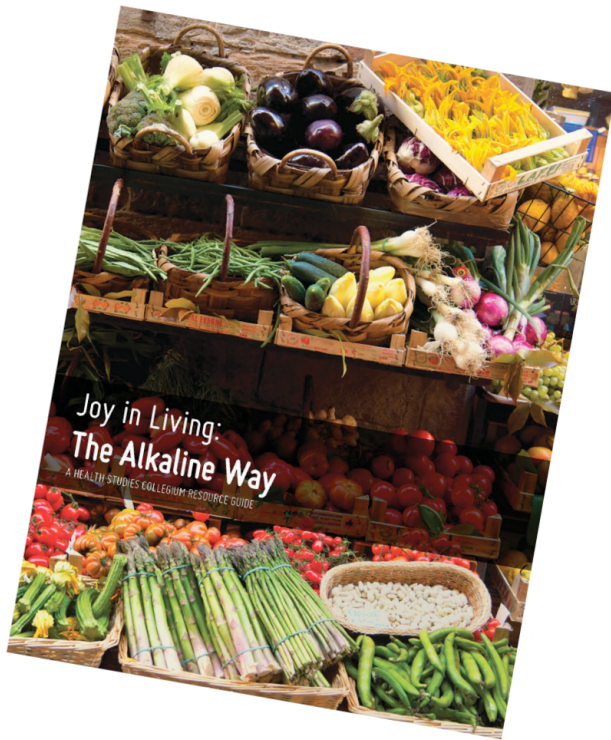


The following practices are all meaningful and restorative ways of combining breath and movement:

- Traditional free form hatha and prana yoga
- Tai Chi
- Pilates
- Trager system
- Feldenkrais method
- Alexander technique

EVIDENCE-BASED STRATEGIES TO EVOKE HUMAN HEALING RESPONSES

Learning how various foods—from fruits to legumes, eggs and oils—influence our body chemistry will support an individual's quest to find balance between acidic and alkaline foods. Because the body produces excess acids, we have to bring in more alkaline elements to balance the acids and maintain our health.



A structured Approach

The opportunities to heal presented here have been incorporated into a 5- step program developed by Russell Jaffe, MD, PhD, CCN, and made available through the health solutions company, **PERQUE Integrative Health**.

The Well Guard™ health restoration program combines advanced lymphocyte response assay (LRA) delayed hypersensitivity testing with highly targeted, individualized supplementation, multi-system detoxification, and the Alkaline Way diet and lifestyle. The clinical value of the program is documented in successful outcome studies, summarized below, and case studies spanning a variety of immune dysfunction and autoimmune conditions.



LRA tests identify immune-damaging food and chemical sensitivities



Health Assessment Questionnaire and self-tests



Remove excess/damaging toxins



Restore and Rebuild with targeted supplementation



Alkaline way diet and lifestyle

Successful Outcome Studies

In a study published in *Diabetic Medicine*, after 6 months of implementing the full program following their LRA tests, diabetic participants showed:

- 46% improvement in Type 1 diabetes
- 18% reduction of insulin levels in Type 2 diabetes
- 13% reduction of HbA1C levels in Type 2 conditions

In another study, published in the *Journal of Musculoskeletal Pain*, patients suffering from fibromyalgia showed significant improvement in just 6 months following the recommendations based on their LRA test results. Participants reported:

- 70% less depression
- 50% less pain
- 50% more energy
- 30% less stiffness

Over 75,000+ specimens and millions of individual cell cultures, LRA has produced an unmatched accuracy. With less than 3% day to day variability, you can have confidence in the clinical value of these tests.

Visit www.ELISAACT.com/clinical-successes for full studies and additional clinical evidence.



Conclusion

Optimal health and happiness occur by choice, not chance. By offering your patients a structured approach to healing you will be empowering them to make exceptionally healthy choices to evoke human healing and restore optimal health. **PERQUE Integrative Health** offers the tools and support to help your patients achieve their health goals. Contact us today to access these solutions for your patients and your practice.

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About

PERQUE Integrative Health

PERQUE Integrative Health (PIH) is dedicated to speeding the transition from sickness care to healthful caring. Combining the innovations of **PERQUE** and **ELISA/ACT Biotechnologies**, two leading companies with 30 years' experience in delivering novel, personalized health solutions, PIH gives you and your patients the tools to achieve sustained optimal wellness.

PERQUE offers a complete line of 100% bioavailable, active, novel supplements featuring full disclosure labels so you know EXACTLY what is in each product. You can feel the **PERQUE** difference.

ELISA/ACT Biotechnologies is the exclusive provider of the high sensitivity lymphocyte response assay (hsLRA), the gold standard in delayed hypersensitivity testing. By looking directly at lymphocytes, the hsLRA detects all 3 types of delayed food and chemical hypersensitivities to over 500 items.

Combining the best in functional, evidence-based testing with premium professional supplements and healthful lifestyle guides, PIH solutions deliver successful outcomes in even the toughest cases.



About

Dr. Russell M. Jaffe

Dr. Russell M. Jaffe, CEO and Chairman of PIH, is one of the pioneers of integrative and regenerative medicine. Since inventing the world's first single step amplified (ELISA) procedure in 1984, a process for measuring and monitoring all delayed allergies, Dr. Jaffe has continually sought new ways to help speed the transition from our current healthcare system's symptom-reactive model to a more functionally integrated, effective and compassionate system. PIH is the outcome of years of Dr. Jaffe's scientific research. It brings to market three decades of rethinking safer more effective, novel and proprietary dietary supplements, supplement delivery systems, diagnostic testing, and validation studies.

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COMMUNICATIONS