

## ***The LEAP (Lifestyle, Eating and Performance) test***

**Finally! We have been looking for a reliable way to advise patients about their individual sensitivities to foods and chemicals without laborious and inaccurate skin testing. Dr. Mark Pasula with the Signet Diagnostic Corporation in Florida has patented a new method to recognize that foods and chemicals can damage the individuals' blood elements independent of traditional allergies.**

**There is mounting evidence that foods play a significant role in many cases of irritable bowel syndrome, vascular headaches and some tension headaches, asthma, nervous system disorders such as attention deficit disorder, muscular and arthritic condition, especially fibromyalgia. Eating the right diet for you instead of guessing can also help to reduce fatigue, concentration problems (brain fog) and obesity. Most insurance companies are now paying or reimbursing for this new test since increasing recognition of these relationships are being published in the scientific literature. Even the current edition of the MERCK MANUAL acknowledges these relationships. To see some of these references go to the patient education page of this website and under the first category (From your physician) you will find references for food intolerances and intestinal disease and migraine. The tests is comprehensive enough to also find allergies. Food allergies can cause these problems but account for approximately 7% of the food reactions.**

**This test is more reliable than the standard RAST or prick tests since many reactions in adults and children occur in the local microcirculation and involve mediator and cytokine releases independent of IgE. Our office generally tests for 150 foods and chemicals, mostly food additives. A variety of chemicals have been implicated now in headaches and other problems. For more information contact our office at 817-268-1757.**

**Stevan Cordas DO MPH**