

LEAP – MRT[®] as a tool in the treatment of a child with epilepsy¹

Children with epilepsy, especially those with difficult to control cases like MAE (myoclonic astatic epilepsy) also known as Doose Syndrome, need to reduce proinflammatory stressors as much as possible. The LEAP Test[®] (Lifestyle Eating And Performance) from Signet Diagnostics, available through Carbon Based Corporation can be an important tool for to help reduce the effects of foods and food additives on many health issues and in particular seizure disorders.²

The sample LEAP Report included with this article is that that of my daughter Anastasya Schauss who suffers from an idiopathic form of epilepsy, with no definitive diagnosis but exhibiting all the features of MAE. These symptoms include absence, atonic and myoclonic seizures. Other behavioral problems including temper tantrums, attention deficit, and learning delays are also seen with many epileptic children as well.

With Tasya, as we like to call her, she goes through periods of remission, with little or no seizure or behavioral problems then suddenly she begins having temper tantrums as well as atonic and absence seizures for no apparent reason. For years we suspected foods and used an elimination diet with no success. An IgG/IgE test revealed only a minor allergy to egg, a food Tasya has refused to eat for years.

When I found out about the LEAP Test[®] I was impressed by the breadth of research done on the efficacy of the test with both Migraine and Irritable Bowel Syndrome. Immediately I began to look into the value for epilepsy.

The results of the test were both surprising and illuminating. They explained a lot about the triggers that preceded her increased seizure activity and may help to explain some of her behavioral problems.

As you can see on the report, the foods are ranked for their test reaction levels with green being non-reactive, yellow being moderately reactive and red being reactive. The list of foods being tested includes 127 foods and 24 food additives (chemicals). Some of the reactive foods were expected, some not. Many of the foods that showed high reactivity matched with Tasya's cravings, a classic sign of food sensitivity and allergy.

Here is a brief synopsis of the reactive and moderately reactive foods and additives.

Group	Reactive – Red	Moderately Reactive - Yellow
<i>Vegetables</i>	None	Spinach, Zucchini, String Bean,
		Eggplant, Pumpkin,
<i>Grains</i>	None	Corn, Wheat
<i>Chemicals</i>	Phenylethylamine	Aspartame, Tyramine,
		FD&C Red, Potassium Nitrate,
		Sodium Sulfite, Solanine,
		Saccharine
<i>Fruits</i>	Olive, Orange	Strawberry, Apricot
<i>Meats & Poultry</i>	Pork	None
<i>Seafood</i>	None	Crab
<i>Flavor Enhancers</i>	Lemon	Mint, Cayenne Pepper
<i>Beans & Legumes</i>	Lentil	Sunflower Seed, Lima Bean,
		Pinto Bean, Green Pea,
		Soybean
<i>Dairy</i>	None	Cow’s Milk, Blue Cheese,
		American Cheese
<i>Miscellaneous</i>	None	Tea

Not surprisingly, before a recent increase in defiant behavior, Tasya had consumed crab, string bean, hard cheeses and chocolate (both high in phenylethylamine), olives and olive oil, as well as oranges and lemon juice, all of which are either reactive foods or moderately reactive. They were not eaten in one day, but over a few days before her behavior changed.

We then began to carefully monitor her diet and eliminated all reactive and moderately reactive foods and she seemed to calm down dramatically and became the happy child we always knew her to be. In addition, her seizure activity was non-existent. Then her younger sister had an ice cream social at her new school and before we could get to her, she had a bowl of lemon sherbet along with a number of red dyed gummy bears and some cow’s milk ice cream and soy ice cream. Our expectation was that her seizure activity, especially the nocturnal variety would crop back up. We were not surprised when that came true that night.

Tasya also began to become “twitchy” with a few absence seizures the following morning and two atonic “drop” seizures. She had dark circles under her eyes and looked “drab” for lack of a better word. We immediately began to add anti-inflammatory nutrients (Acai, glutathione precursors, and omega 3 fatty acids). In a few hours, she was back to normal feeling relaxed and happy. The next day she looked fine and was completely normal.

Of course this is a very short term response and reaction but there is greater hope for a longer term improvement in Tasya’s life following the ImmunoCalm[®] program that comes with her LEAP Report. The first step is to eliminate completely all the foods with high reactivity. Here is a listing of the common and hidden sources for the foods and additives that were in the Red group in Tasya’s test results.

Food	Common and Hidden Sources
Phenylethylamine	Chocolate, red wine, aged cheeses
Olive	Black olives, green olives, olive oil, ethnic foods (Greek, Italian, Middle Eastern)
Orange	Anything orange, orange juice, fruit juice blends, soft drinks, candies
Pork	Anything pork, bacon, hot dogs, sausages, canned baked beans, soups, Chinese soups
Lemon	Baked dessert goods, candies, soft drinks, ice creams, ices, condiments
Lentil	Indian foods, canned soups and stews, veggie burgers.

But it's not enough to eliminate just the most reactive foods; you need to reduce the moderately reactive foods as well. Each LEAP Report[®] includes a complete guide to help find all of the sources of these foods. By eliminating as many of proinflammatory reactive foods as possible, healing is more likely and easier to accomplish.

As Tasya continues her recovery we will be posting update regularly to this web site and to www.markschauss.com. Also, if you are interested in this remarkable test, call Carbon Based Corporation at 775-851-3337 or email us at LEAPinfo@carbonbased.com.

¹ MRT, LEAP and ImmunoCalm are all Registered Trademarks of Signet Diagnostic Corporation.

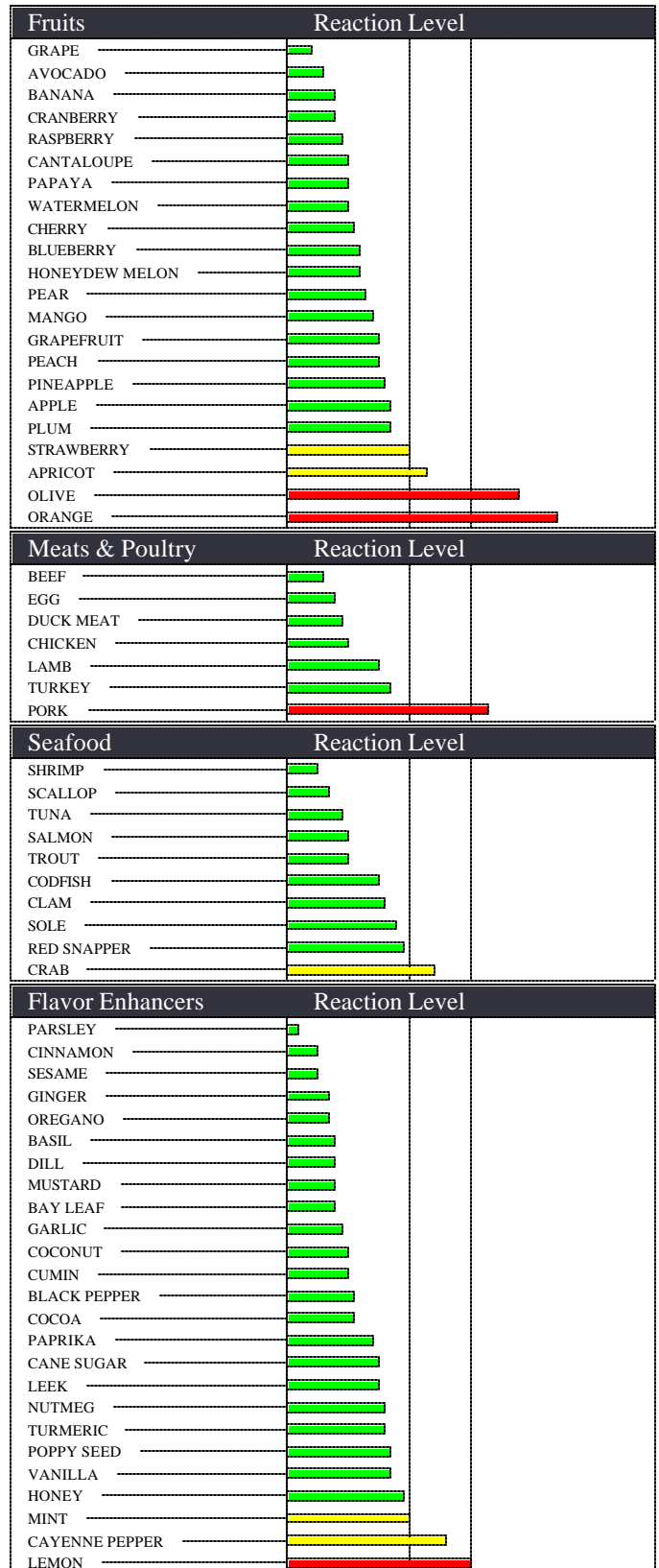
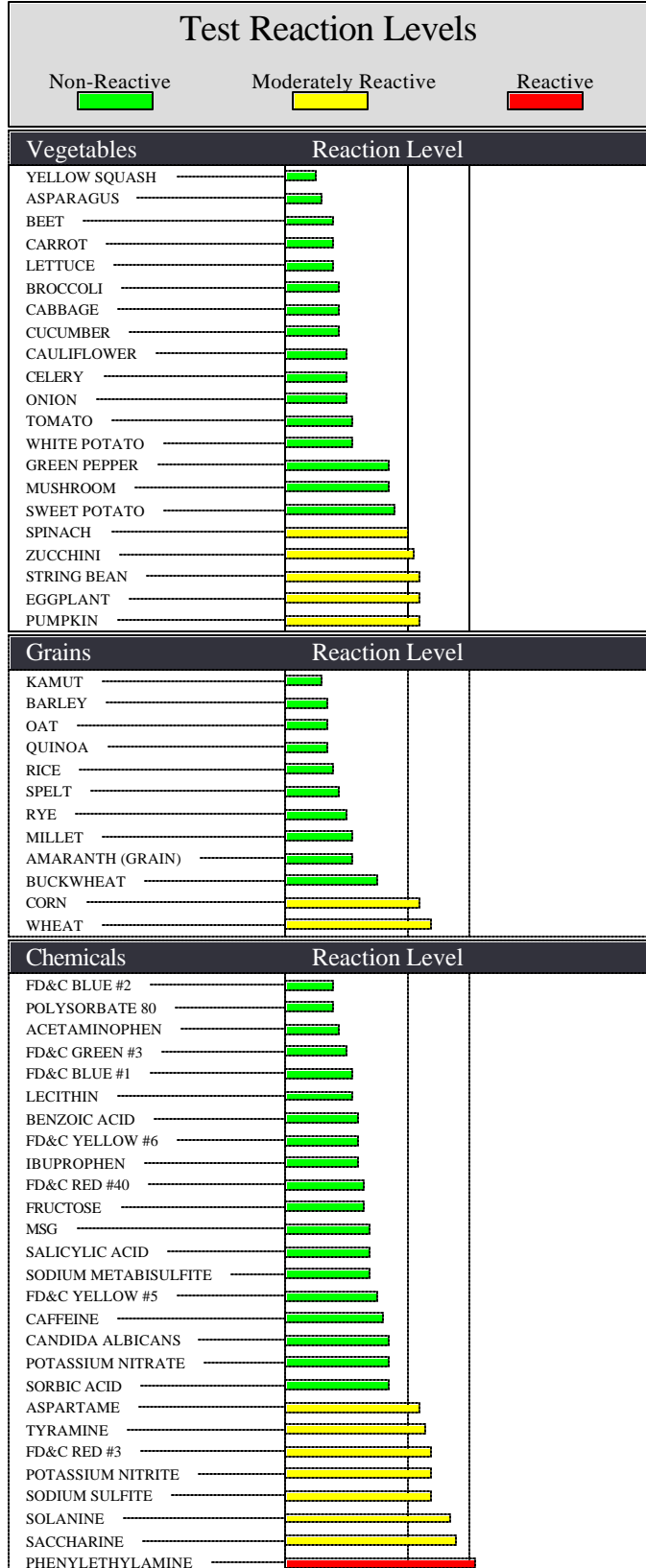
² These statements have not been evaluated by the Food and Drug Administration. They are only the opinion of the author and not that of Signet Diagnostics. This test is not meant to treat, diagnose, cure or prevent any disease.

MRT Results for A. SCHAUSS, page 1 of 2

Physician: **Dr. Joel Grimwood**
 Patient: **ANASTASYA SCHAUSS**
 Identifier: **51637**
 Profile: **MRT Test ML150**
 Test Date: **08/24/2005**
 Technician: **MM**



Signet Diagnostic Corp.
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 U.S. Patents: 6,114,174 6,200,815

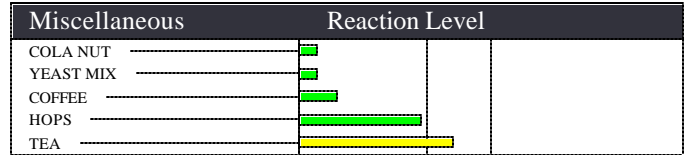
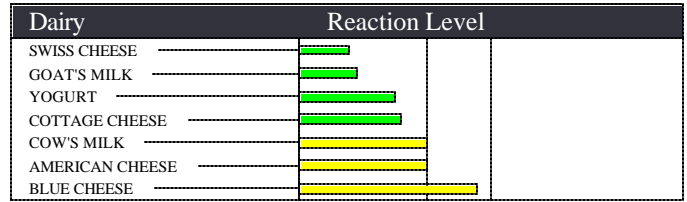
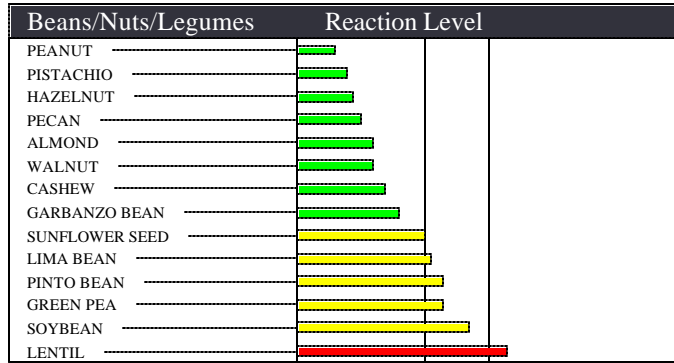


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Degrees of reactivity may not in all cases correlate with presence or level of clinical sensitivity to the food. Strongly positive results have been found to correlate with food reactivity. It is appropriate to eliminate foods with Reactive Scores. Moderately reactive scores should be evaluated by the physician or dietitian based upon patient history and frequency of consumption. After an appropriate period of elimination, reintroduce them one at the time under physician and/or dietitian supervision. If negative foods have been consumed regularly before drawing the blood for the test, there is high probability that they are 'safe' and are not likely to provoke symptoms. If test positive foods are eliminated from the diet, these non-reactive foods reasonably could remain in the permitted diet during the elimination phase. The clinician or dietitian should remain alert to the possibility that any of these foods might provoke symptoms.



LEAP ImmunoCalm Diet Program

Patient name:
ANASTASYA SCHAUSS

Physician:
Dr. Joel Grimwood

Identifier:
51637-0

Test date:
08/24/2005

Phase 1
DAYS 1 - 7

Phase 2
DAYS 8 - 12

Phase 3
DAYS 13 - 17

Phase 4
DAYS 18 - 22

Phase 5
DAYS 23 - 27

Proteins



SHRIMP
BEEF
SCALLOP
EGG

DUCK MEAT
TUNA
CHICKEN
SALMON

TROUT
CODFISH
LAMB
CLAM

GARBANZO BEAN
TURKEY
SOLE
RED SNAPPER

Starches



KAMUT
BARLEY
OAT

QUINOA
RICE
SPELT

RYE
AMARANTH (GRAIN)
MILLET

WHITE POTATO
BUCKWHEAT
SWEET POTATO

Vegetables



YELLOW SQUASH
ASPARAGUS
BEET

CARROT
LETTUCE
BROCCOLI

CABBAGE
CUCUMBER
CAULIFLOWER

CELERY
ONION
TOMATO

GREEN PEPPER
MUSHROOM

Fruits



GRAPE
AVOCADO
BANANA
CRANBERRY

RASPBERRY
CANTALOUPE
PAPAYA
WATERMELON

CHERRY
BLUEBERRY
HONEYDEW MELON
PEAR

MANGO
GRAPEFRUIT
PEACH
PINEAPPLE

APPLE
PLUM

Dairy / Miscellaneous



COFFEE
SWISS CHEESE

GOAT'S MILK
COCOA

YOGURT
COTTAGE CHEESE

Nuts / Seeds / Oils



SESAME
PEANUT

PISTACHIO
HAZELNUT

PECAN
ALMOND

WALNUT
CASHEW

POPPY SEED

Flavor Enhancers



PARSLEY
CINNAMON
SESAME
GINGER
OREGANO

BASIL
BAY LEAF
DILL
MUSTARD
GARLIC

COCONUT
CUMIN
BLACK PEPPER
PAPRIKA
CANE SUGAR

LEEK
NUTMEG
TURMERIC
POPPY SEED
VANILLA

HONEY



LEAP ImmunoCalm Diet Program, Phase 6 - 3 Day Rotation Diet

Patient name:
ANASTASYA SCHAUSS

Physician:
Dr. Joel Grimwood

Identifier:
51637-0

Test date:
08/24/2005

Day 1

Day 2

Day 3

Proteins



BEEF
CLAM
GARBANZO BEAN
SCALLOP
SHRIMP
TURKEY

CHICKEN
CODFISH
EGG
LAMB
SOLE

DUCK MEAT
RED SNAPPER
SALMON
TROUT
TUNA

Starches



MILLET
QUINOA
RICE
WHITE POTATO

BARLEY
KAMUT
RYE
SPELT

AMARANTH (GRAIN)
BUCKWHEAT
OAT
SWEET POTATO

Vegetables



BEET
GREEN PEPPER
LETTUCE
MUSHROOM
TOMATO

CARROT
CELERY
CUCUMBER
YELLOW SQUASH

ASPARAGUS
BROCCOLI
CABBAGE
CAULIFLOWER
ONION

Fruits



APPLE
BANANA
CRANBERRY
MANGO
PAPAYA
PEAR

AVOCADO
CANTALOUPE
GRAPE
HONEYDEW MELON
PINEAPPLE
WATERMELON

BLUEBERRY
CHERRY
GRAPEFRUIT
PEACH
PLUM
RASPBERRY

Dairy / Miscellaneous



COCOA
GOAT'S MILK

COFFEE

COTTAGE CHEESE
SWISS CHEESE
YOGURT

Nuts / Seeds / Oils



CASHEW
PISTACHIO
SESAME

HAZELNUT
PECAN
POPPY SEED

ALMOND
PEANUT
WALNUT

Flavor Enhancers



BAY LEAF
BLACK PEPPER
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HONEY
PAPRIKA
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TURMERIC

CANE SUGAR
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