









## **Breath Better**

## Relief From Mucus & Bronchial Inflammation

Immediate Allergic Reactions are often self evident. You would eat something and in less than an hour have a runny nose or mucus build occurring in the bronchial tubes. An allergist can test this with a skin scratch test. This is called IgE - Immediate testing.

There is a second pathway for **delayed onset reactions**, this pathway is often called **hidden sensitivities** as the inflammation **begins 2 hours to 4 days after exposure** and can last up to 3 weeks.

White blood cells, T Lymphocytes, react causing inflammation in the airways leading to your symptoms. You need to know what is causing the white cells to be activated.

The ELISA/ACT Biotechnologies Lymphocyte Response Assay Test® is 97% accurate. This is the Gold Standard of Sensitivity Testing with 406 items: Foods, Additives, Chemicals, Colorings, Molds, Preservatives, and Toxic Metals.

Once we have this information we can set up a **personalized diet and detoxification plan** specific to your test results.

Schedule Your Appointment to Breathe Better Listening + Laboratory = Solutions Brian McGuckin, D.C., DABCI Chiropractic Internist Dr. Brian McGuckin Laboratory Nutrition, PLLC 15 Oak St. Suite 2 A, Frankfort IL 60423

## www.DrMcGuckin-Frankfort.com

Office: 779 - 324 - 5741 Fax: 779 - 324 - 5607 Email: DrMcGuckin@proton.me

## References for Delayed Onset Sensitivity Testing for Airway Health

The Role of T lymphocytes in the pathogenesis of asthma Mark Larché PhD, Douglas S. Robinson MD, A. Barry Kay MD, PhD Journal of Allergy and Clinical Immunology Volume 111, Issue 3, March 2003, Pages 450-463

Immune Control of food intake: enteroendocrine cells are regulated by CD4 T Lymphocytes during small intestinal inflammation. JR McDermott, F C Leslie, M D'Amato, D G Thompson, R K Grencis, Jt McLaughlin Neurogastroenterology Volume 55, Issue 4 <a href="https://doi.org/10.1136/gut.2005.081752">https://doi.org/10.1136/gut.2005.081752</a>

https://medium.com/@amorylovins/dont-just-avoid-the-virus-defeat-it-by-strengthening-your-immunity-df850239132d

Karolina Nowak, Ewa Jabłońska, Wioletta Ratajczak-Wrona, Immunomodulatory effects of synthetic endocrine disrupting chemicals on the development and functions of human immune cells, Environment International, 2019, 125: 350-364.

Anne Riemann, Hanna Wußling etal., **Acidosis differently modulates the inflammatory program in monocytes and macrophages**, Biochimica et Biophysica Acta (BBA) – Molecular Basis of Disease, 2016, 1862(1): 72-81.

Seifter JL. Integration of acid-base and electrolyte disorders. N Engl J Med. 2015 Jan 22;372(4):391-2.

Kuo, C.-H., Yang, S.-N., Kuo, P.-L. and Hung, C.-H. **Immunomodulatory effects of environmental endocrine disrupting chemicals.** The Kaohsiung Journal of Medical Sciences, 2012. 28: S37-S42.

Alberts B, Johnson A, Lewis J, et al. **Molecular Biology of the Cell**. 4th edition. New York: Garland Science; 2002. Chapter 24.

Henry JB (ed.). Clinical Diagnosis and Management by Laboratory Methods. 20th Ed. Chapter 4. W B Saunders, Phil. PA. 2001.

Adaptive Immune System. https://www.ncbi.nlm.nih.gov/books/NBK21070/

https://www.drrusselljaffe.com/7-principles-eating-alkaline-way/

Miller S. IgG Food Allergy Testing. Townsend Letter, January 1998, pp. 62-65.

LRA by ELISA/ACT® Handbook. 13th Edition, Health Studies Collegium, 1998.

Saliva Testing and other lab work done at this office is considered nutritional testing by most, if not all insurance companies. There is typically no reimbursement for this type of testing. Anthem and Medicare specifically will not pay for laboratory testing done at this office.

Dr. McGuckin is a licensed chiropractic physician who uses diet and nutritional support to help your body repair. Dr. McGuckin works with your current doctor(s), and does not intend to be a replacement for your primary care physician. Dr. McGuckin requires all patients to have a primary care physician to cover emergencies and routine care.

Testing and nutritional supplement recommendations are not a substitute for, or in place of, any medications or recommendations made by your medical doctor(s) or other licensed healthcare professionals, and that no medications should be discontinued or initiated without the advice of your medical doctor or other healthcare provider(s) you are seeing.