

# Cyrex Array 10 Case Assignments

## (Answers)

### CASE #1:

#### **Answer:**

Review food intolerances with the patient. Recommend an elimination diet removing all foods in the equivocal and out-of-range columns. Work on treating underlying causes of intestinal permeability and immune dysregulation, then begin gradual food reintroduction. Start with foods in the equivocal column, then move on to foods in the out-of-range column.

Since pea lectin is equivocal, recommend removal of all lectins and consider Cyrex Array 5.

Since soybean oleosin and aquaporin antibodies are out of range, recommend removing all aquaporins and consider Cyrex Array 7, Neurologic Autoimmune Reactivity Screen, and Cyrex Array 20, Blood Brain Barrier Permeability.

Pineapple bromelain out of range, recommend avoiding digestive enzymes that contain bromelain.

Note that you may consider repeating the test prior to food reintroduction, but given that the gold standard is really an elimination diet and this is not an inexpensive test (about \$500), the value in repeating may be limited. Consider repeating if the patient is struggling with reintroduction of foods.

## **CASE #2:**

### **Answer:**

Beta-glucan is out of range, and this may be associated with cross-reactivity with normal human tissues. Recommend avoiding beta-glucans (most common sources include cereal grains, certain types of mushrooms, yeast, seaweed, and algae). Also recommend testing for potential pathogenic bacterial and/or fungal infections. If indicated, also consider Cyrex Array 8, Joint Autoimmune Reactivity Screen (given the association between beta-glucan antibodies and a variety of arthritides).

Imitation crab out of range may indicate intolerance to the meat glue used in processing. Therefore, recommend caution with other products commonly containing meat glue, including chicken nuggets and some milks and yogurts.

Corn and aquaporin out of range, consider removing all aquaporins and consider Cyrex Array 7, Neurologic Autoimmune Reactivity Screen, and Cyrex Array 20, Blood Brain Barrier Permeability.

Pineapple bromelain out of range, recommend avoiding digestive enzymes with bromelain.