

Cyrex Array 10 Case Assignments

Please review the following case studies and evaluate them to the best of your ability. You should treat these case studies as if they were your own patients and determine what treatment protocol to recommend. Don't worry, you won't have to turn in your answers for a grade. These assignments should be treated as more of a self study tool to help you measure your progress throughout the course. We have also provided an answer key, detailing the treatment protocol recommended by Chris and his staff for your comparison.

You may also want to discuss the cases with others in the ADAPT Facebook group.

CASE #1:

36-year-old female who reports a history of "digestive issues" since her 20s. About three years prior, she started following a Paleo diet and initially lost about 30 pounds. More recently, after her first pregnancy, she has noted increased digestive issues and is struggling to get back to her pre-baby weight. Her primary digestive issues are constipation, abdominal distention, and hemorrhoids. She also notes acne and mild skin hyperpigmentation.

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 10 - Food Immune Reactivity Screen **				
DAIRY and EGGS, Modified				
Egg White, cooked		1.22		0.1-1.6
Egg Yolk, cooked	0.82			0.1-1.7
Goat's Milk	0.21			0.1-1.9
Soft Cheese + Hard Cheese	0.33			0.1-1.7
Yogurt	0.27			0.1-2.0
GRAINS, Raw and Modified				
Rice, white + brown, cooked	0.59			0.1-1.3
Rice Cake	0.90			0.2-1.8
Rice Protein	0.82			0.2-1.7
Rice Endochitinase	0.87			0.2-1.7
Wild Rice, cooked	0.53			0.1-1.3
Wheat + Alpha-Gliadins	1.14			0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	0.90			0.3-2.1
Bean Agglutinins	0.73			0.4-2.6
Dark Chocolate + Cocoa		1.11		0.2-1.2
Fava Bean, cooked		1.21		0.3-1.5
Garbanzo Bean, cooked		1.96		0.4-2.2
Kidney Bean, cooked		1.43		0.3-1.5
Lentil, cooked	0.73			0.3-2.0
Lentil Lectin	0.57			0.2-1.9
Lima Bean, cooked	0.44			0.3-2.2
Pinto Bean, cooked		2.14		0.4-2.4
Soybean Agglutinin	1.21			0.2-2.0
Soybean Oleosin + Aquaporin			1.89	0.2-1.8

Soy Sauce, gluten-free		1.66		0.2-1.9
Tofu	0.64			0.2-1.4
NUTS and SEEDS, Raw and Modified				
Almond	1.62			0.2-2.5
Almond, roasted			2.76	0.2-2.0
Brazil Nut, raw + roasted	0.56			0.1-1.8
Cashew	0.36			0.2-1.5
Cashew, roasted	1.02			0.2-2.3
Cashew Vicilin	0.67			0.3-1.7
Chia Seed	0.51			0.2-1.7
Flax Seed	0.61			0.1-1.3
Hazelnut, raw + roasted	0.58			0.1-1.7
Macadamia Nut, raw + roasted	0.85			0.3-2.3
Mustard Seed	0.41			0.4-1.5
Pecan, raw + roasted	0.46			0.3-1.5
Peanut, roasted		1.10		0.2-1.4
Peanut Butter	0.76			0.2-1.9
Peanut Agglutinin	1.07			0.3-1.9
Peanut Oleosin			1.82	0.3-1.8
Pistachio, raw + roasted	1.23			0.4-2.0
Pumpkin Seeds, roasted	0.86			0.2-1.6
Sesame Albumin			1.38	0.2-1.3
Sesame Oleosin	0.74			0.2-1.6
Sunflower Seeds, roasted	0.58			0.2-1.5
Walnut	0.51			0.3-2.0
VEGETABLES, Raw and Modified				
Artichoke, cooked	1.28			0.1-2.7
Asparagus	1.32			0.3-3.0
Asparagus, cooked			2.83	0.1-2.2
Beet, cooked	0.51			0.1-1.5

Bell Pepper		1.32		0.1-1.8
Broccoli	0.58			0.1-1.5
Broccoli, cooked	0.69			0.1-2.0
Brussels Sprouts, cooked	2.15			0.1-3.0
Cabbage, red + green		1.82		0.1-2.5
Cabbage, red + green, cooked	1.38			0.1-2.5
Canola Oleosin			2.66	0.1-2.2
Carrot		2.23		0.1-2.7
Carrot, cooked			2.91	0.1-2.2
Cauliflower, cooked	0.74			0.1-2.2
Celery	1.08			0.1-2.3
Chili Pepper	1.48			0.1-2.4
Corn + Aquaporin, cooked	0.65			0.1-1.8
Popped Corn	0.71			0.1-1.9
Corn Oleosin	0.47			0.1-1.4
Cucumber, pickled	1.72			0.1-2.6
Eggplant, cooked	0.88			0.1-2.1
Garlic	0.98			0.1-2.5
Garlic, cooked	0.46			0.1-1.9
Green Bean, cooked	0.74			0.1-1.5
Lettuce	1.12			0.1-1.5
Mushroom, raw + cooked	0.68			0.1-1.6
Okra, cooked			1.54	0.1-1.5
Olive, green + black, pickled	0.76			0.1-1.7
Onion + Scallion	0.84			0.1-1.7
Onion + Scallion, cooked	0.70			0.1-1.5
Pea, cooked	0.69			0.1-1.5
Pea Protein	1.28			0.1-2.3
Pea Lectin		1.67		0.1-1.7
Potato, white, cooked (baked)	0.46			0.1-1.8

Potato, white, cooked (fried)	0.62			0.1-1.6
Pumpkin + Squash, cooked	0.52			0.1-1.3
Radish	1.10			0.1-1.7
Safflower + Sunflower Oleosin	0.90			0.1-1.5
Seaweed	0.49			0.1-1.2
Spinach + Aquaporin	0.73			0.1-1.5
Tomato + Aquaporin	0.84			0.2-2.2
Tomato Paste	0.73			0.2-2.1
Yam + Sweet Potato, cooked	0.66			0.3-1.9
Zucchini, cooked	0.69			0.3-1.9
FRUIT, Raw and Modified				
Apple	0.92			0.2-1.5
Apple Cider	0.97			0.3-1.3
Apricot			2.86	0.2-2.8
Avocado		2.46		0.6-2.5
Banana			>3.40	0.1-2.3
Banana, cooked			>4.00	0.2-2.8
Latex Hevein	0.82			0.3-2.0
Blueberry	0.33			0.1-1.6
Cantaloupe + Honeydew Melon	0.61			0.1-1.2
Cherry	0.52			0.2-1.4
Coconut, meat + water	0.93			0.2-2.0
Cranberry	<0.30			0.3-2.4
Date	0.67			0.2-1.4
Fig	1.44			0.2-2.2
Grape, red + green	0.54			0.2-1.0
Red Wine	0.42			0.1-2.3
White Wine	0.30			0.1-2.6
Grapefruit	0.79			0.2-1.9
Kiwi	0.73			0.2-1.7
Lemon + Lime	0.56			0.2-1.3
Mango	0.70			0.2-1.5
Orange	0.53			0.2-2.3
Orange Juice		1.41		0.2-1.8
Papaya	0.70			0.2-1.7
Peach + Nectarine		1.55		0.2-2.0
Pear		1.90		0.2-2.6
Pineapple			>2.50	0.1-1.9
Pineapple Bromelain			3.93	0.2-2.6
Plum	0.59			0.3-2.2
Pomegranate	1.22			0.4-2.2
Strawberry	0.86			0.3-2.3
Watermelon	0.73			0.2-1.8
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	0.86			0.2-1.8
Halibut, cooked			2.12	0.1-1.6
Mackerel, cooked	1.03			0.2-2.0
Red Snapper, cooked	0.93			0.1-1.5
Salmon		1.99		0.2-2.3
Salmon, cooked	1.19			0.2-2.4
Sardine + Anchovy, cooked	2.19			0.3-2.9
Sea Bass, cooked	1.41			0.2-2.8
Tilapia, cooked	1.34			0.1-1.8
Trout, cooked	1.04			0.1-2.4
Tuna	1.19			0.1-2.7
Tuna, cooked	0.74			0.1-1.3
Whitefish, cooked		1.00		0.1-1.4
Crab + Lobster, cooked			2.35	0.2-2.1
Imitation Crab, cooked	1.19			0.1-1.7
Clam, cooked	0.36			0.1-1.9

Oyster, cooked			3.04	0.1-1.6
Scallops, cooked	1.61			0.1-2.4
Squid (Calamari), cooked		1.96		0.1-2.0
Shrimp, cooked		1.83		0.1-2.1
Shrimp Tropomyosin	1.02			0.1-1.6
Parvalbumin	0.82			0.1-1.7
MEAT, Modified				
Beef, cooked medium		1.85		0.3-1.9
Chicken, cooked	0.96			0.2-1.5
Lamb, cooked			1.53	0.1-1.3
Pork, cooked	0.33			0.1-2.2
Turkey, cooked	0.79			0.1-1.3
Gelatin		1.04		0.1-1.3
Meat Glue		1.00		0.1-1.3
HERBS, Raw				
Basil	0.55			0.2-1.8
Cilantro	0.77			0.1-1.5
Cumin	1.04			0.2-2.3
Dill	1.00			0.3-1.7
Mint	0.63			0.3-2.1
Oregano	0.88			0.4-2.6
Parsley	0.83			0.1-1.3
Rosemary	1.22			0.3-2.2
Thyme	0.69			0.4-1.8
SPICES, Raw				
Cinnamon	0.87			0.3-1.7
Clove	0.73			0.4-1.8
Ginger			>3.20	0.1-2.5
Nutmeg	0.43			0.2-1.9
Paprika	0.48			0.2-2.1

Turmeric (Curcumin)	0.93			0.1-1.7
Vanilla			3.45	0.1-2.4
GUMS				
Beta-Glucan	0.84			0.1-1.3
Carrageenan	0.48			0.2-2.6
Gum Guar	0.83			0.2-2.4
Gum Tragacanth	0.59			0.1-1.4
Locust Bean Gum		0.85		0.1-1.1
Mastic Gum + Gum Arabic	0.21			0.1-1.1
Xanthan Gum	0.61			0.1-1.7
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed	0.53			0.2-1.8
Black Tea, brewed	0.40			0.3-1.6
Green Tea, brewed	0.64			0.3-1.8
Honey, raw +processed	0.65			0.1-1.3
Food Coloring	0.70			0.2-1.8

CASE #2:

4-year-old girl with food intolerances, occasional muscle ache and weakness, intermittent abdominal pain and dark circles under her eyes.

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 10 - Food Immune Reactivity Screen **				
DAIRY and EGGS, Modified				
Egg White, cooked	0.86			0.1-1.6
Egg Yolk, cooked	0.87			0.1-1.7
Goat's Milk	0.98			0.1-1.9
Soft Cheese + Hard Cheese	0.26			0.1-1.7
Yogurt	0.23			0.1-2.0
GRAINS, Raw and Modified				
Rice, white + brown, cooked			2.27	0.1-1.3
Rice Cake	0.72			0.2-1.8
Rice Protein	0.90			0.2-1.7
Rice Endochitinase	0.58			0.2-1.7
Wild Rice, cooked			1.69	0.1-1.3
Wheat + Alpha-Gliadins	0.63			0.2-1.9
BEANS and LEGUMES, Modified				
Black Bean, cooked	1.29			0.3-2.1
Bean Agglutinins	0.88			0.4-2.6
Dark Chocolate + Cocoa	0.51			0.2-1.2
Fava Bean, cooked	0.34			0.3-1.5
Garbanzo Bean, cooked	0.52			0.4-2.2
Kidney Bean, cooked			1.95	0.3-1.5
Lentil, cooked	0.93			0.3-2.0
Lentil Lectin	0.94			0.2-1.9
Lima Bean, cooked	1.00			0.3-2.2
Pinto Bean, cooked	1.67			0.4-2.4
Soybean Agglutinin	0.53			0.2-2.0
Soybean Oleosin + Aquaporin	0.84			0.2-1.8

Soy Sauce, gluten-free	0.76			0.2-1.9
Tofu	0.89			0.2-1.4
NUTS and SEEDS, Raw and Modified				
Almond	0.45			0.2-2.5
Almond, roasted	0.48			0.2-2.0
Brazil Nut, raw + roasted	0.61			0.1-1.8
Cashew	0.52			0.2-1.5
Cashew, roasted	0.37			0.2-2.3
Cashew Vicilin	0.67			0.3-1.7
Chia Seed	0.38			0.2-1.7
Flax Seed	0.80			0.1-1.3
Hazelnut, raw + roasted	0.57			0.1-1.7
Macadamia Nut, raw + roasted	0.86			0.3-2.3
Mustard Seed	0.77			0.4-1.5
Pecan, raw + roasted	0.62			0.3-1.5
Peanut, roasted	0.26			0.2-1.4
Peanut Butter	0.54			0.2-1.9
Peanut Agglutinin	0.35			0.3-1.9
Peanut Oleosin	0.67			0.3-1.8
Pistachio, raw + roasted	0.46			0.4-2.0
Pumpkin Seeds, roasted	0.57			0.2-1.6
Sesame Albumin	0.39			0.2-1.3
Sesame Oleosin	0.95			0.2-1.6
Sunflower Seeds, roasted	0.83			0.2-1.5
Walnut	0.94			0.3-2.0
VEGETABLES, Raw and Modified				
Artichoke, cooked	1.13			0.1-2.7
Asparagus	0.97			0.3-3.0
Asparagus, cooked		2.01		0.1-2.2
Beet, cooked	0.99			0.1-1.5

Bell Pepper	0.62			0.1-1.8
Broccoli	0.86			0.1-1.5
Broccoli, cooked	1.27			0.1-2.0
Brussels Sprouts, cooked	2.02			0.1-3.0
Cabbage, red + green	0.77			0.1-2.5
Cabbage, red + green, cooked	0.69			0.1-2.5
Canola Oleosin	0.56			0.1-2.2
Carrot	0.57			0.1-2.7
Carrot, cooked	1.31			0.1-2.2
Cauliflower, cooked		2.04		0.1-2.2
Celery	1.09			0.1-2.3
Chili Pepper	1.07			0.1-2.4
Corn + Aquaporin, cooked			3.82	0.1-1.8
Popped Corn			3.33	0.1-1.9
Corn Oleosin			3.83	0.1-1.4
Cucumber, pickled	1.01			0.1-2.6
Eggplant, cooked	0.56			0.1-2.1
Garlic	0.69			0.1-2.5
Garlic, cooked	0.71			0.1-1.9
Green Bean, cooked	0.71			0.1-1.5
Lettuce	0.38			0.1-1.5
Mushroom, raw + cooked	0.47			0.1-1.6
Okra, cooked		1.30		0.1-1.5
Olive, green + black, pickled	0.86			0.1-1.7
Onion + Scallion	0.73			0.1-1.7
Onion + Scallion, cooked		1.11		0.1-1.5
Pea, cooked	0.80			0.1-1.5
Pea Protein	0.83			0.1-2.3
Pea Lectin	0.94			0.1-1.7
Potato, white, cooked (baked)		1.32		0.1-1.8

Potato, white, cooked (fried)	0.39			0.1-1.6
Pumpkin + Squash, cooked	0.85			0.1-1.3
Radish	1.15			0.1-1.7
Safflower + Sunflower Oleosin	0.68			0.1-1.5
Seaweed	0.34			0.1-1.2
Spinach + Aquaporin	0.83			0.1-1.5
Tomato + Aquaporin	1.45			0.2-2.2
Tomato Paste	1.10			0.2-2.1
Yam + Sweet Potato, cooked	0.94			0.3-1.9
Zucchini, cooked			1.93	0.3-1.9
FRUIT, Raw and Modified				
Apple	0.89			0.2-1.5
Apple Cider	0.66			0.3-1.3
Apricot	1.84			0.2-2.8
Avocado	1.05			0.6-2.5
Banana			>3.40	0.1-2.3
Banana, cooked			3.82	0.2-2.8
Latex Hevein	0.50			0.3-2.0
Blueberry	0.91			0.1-1.6
Cantaloupe + Honeydew Melon			1.29	0.1-1.2
Cherry	0.57			0.2-1.4
Coconut, meat + water	0.96			0.2-2.0
Cranberry			>5.90	0.3-2.4
Date	0.85			0.2-1.4
Fig	1.02			0.2-2.2
Grape, red + green	0.83			0.2-1.0
Red Wine	0.49			0.1-2.3
White Wine	0.30			0.1-2.6
Grapefruit		1.50		0.2-1.9
Kiwi	0.43			0.2-1.7

Lemon + Lime		1.00		0.2-1.3
Mango	0.97			0.2-1.5
Orange	0.86			0.2-2.3
Orange Juice	0.48			0.2-1.8
Papaya	0.74			0.2-1.7
Peach + Nectarine	1.25			0.2-2.0
Pear		2.49		0.2-2.6
Pineapple			>2.50	0.1-1.9
Pineapple Bromelain			3.72	0.2-2.6
Plum	0.63			0.3-2.2
Pomegranate	0.50			0.4-2.2
Strawberry	0.67			0.3-2.3
Watermelon	1.04			0.2-1.8
FISH and SEAFOOD, Raw and Modified				
Cod, cooked	0.49			0.2-1.8
Halibut, cooked	0.47			0.1-1.6
Mackerel, cooked	0.88			0.2-2.0
Red Snapper, cooked	0.56			0.1-1.5
Salmon	1.12			0.2-2.3
Salmon, cooked	0.49			0.2-2.4
Sardine + Anchovy, cooked	0.49			0.3-2.9
Sea Bass, cooked	0.81			0.2-2.8
Tilapia, cooked	0.59			0.1-1.8
Trout, cooked	0.47			0.1-2.4
Tuna	1.34			0.1-2.7
Tuna, cooked	0.90			0.1-1.3
Whitefish, cooked	0.62			0.1-1.4
Crab + Lobster, cooked	0.53			0.2-2.1
Imitation Crab, cooked			2.08	0.1-1.7
Clam, cooked	1.34			0.1-1.9

Oyster, cooked	0.40			0.1-1.6
Scallops, cooked	0.77			0.1-2.4
Squid (Calamari), cooked	1.12			0.1-2.0
Shrimp, cooked	1.24			0.1-2.1
Shrimp Tropomyosin	1.18			0.1-1.6
Parvalbumin	0.61			0.1-1.7
MEAT, Modified				
Beef, cooked medium	1.26			0.3-1.9
Chicken, cooked	0.56			0.2-1.5
Lamb, cooked	0.79			0.1-1.3
Pork, cooked	1.03			0.1-2.2
Turkey, cooked	0.62			0.1-1.3
Gelatin	0.92			0.1-1.3
Meat Glue	0.59			0.1-1.3
HERBS, Raw				
Basil	0.79			0.2-1.8
Cilantro	0.75			0.1-1.5
Cumin	1.20			0.2-2.3
Dill	0.69			0.3-1.7
Mint	0.70			0.3-2.1
Oregano	0.85			0.4-2.6
Parsley	0.90			0.1-1.3
Rosemary	0.63			0.3-2.2
Thyme	0.88			0.4-1.8
SPICES, Raw				
Cinnamon	0.71			0.3-1.7
Clove	1.19			0.4-1.8
Ginger			>3.20	0.1-2.5
Nutmeg	0.71			0.2-1.9
Paprika	0.99			0.2-2.1
GUMS				
Turmeric (Curcumin)	0.44			0.1-1.7
Vanilla			2.42	0.1-2.4
Beta-Glucan			3.81	0.1-1.3
Carrageenan	1.91			0.2-2.6
Gum Guar	1.02			0.2-2.4
Gum Tragacanth	0.55			0.1-1.4
Locust Bean Gum	0.77			0.1-1.1
Mastic Gum + Gum Arabic			1.54	0.1-1.1
Xanthan Gum	0.82			0.1-1.7
BREWED BEVERAGES and ADDITIVES				
Coffee Bean Protein, brewed	0.51			0.2-1.8
Black Tea, brewed	0.95			0.3-1.6
Green Tea, brewed	0.32			0.3-1.8
Honey, raw +processed	0.72			0.1-1.3
Food Coloring	0.55			0.2-1.8