

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.

Cyrex Array 3X Case Assignments

CASE #1:

19-year-old female presenting with "stomach problems" since high school and recent diagnosis of a benign thyroid cyst measuring 4x1 cm. Additionally she reports having red and puffy eyes, difficulty losing weight, and acne. She attends college and finds it difficult to adhere to a Paleo diet.

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 3 – Wheat/Gluten Proteome Reactivity & Autoimmunity				
Wheat IgG	0.89			0.3-1.5
Wheat IgA	0.64			0.1-1.2
Wheat Germ Agglutinin IgG	0.81			0.4-1.3
Wheat Germ Agglutinin IgA		1.05		0.2-1.1
Native & Deamidated Gliadin 33 IgG	0.74			0.2-1.2
Native & Deamidated Gliadin 33 IgA	0.60			0.1-1.1
Alpha Gliadin 17-mer IgG	0.69			0.1-1.5
Alpha Gliadin 17-mer IgA		1.06		0.1-1.1
Gamma Gliadin 15-mer IgG	0.67			0.5-1.5
Gamma Gliadin 15-mer IgA	0.29			0.1-1.0
Omega Gliadin 17-mer IgG	0.55			0.3-1.2
Omega Gliadin 17-mer IgA	0.47			0.1-1.2
Glutenin 21-mer IgG			1.57	0.1-1.5
Glutenin 21-mer IgA	0.55			0.1-1.3
Gluteomorphin + Prodynorphin IgG			1.82	0.3-1.2
Gluteomorphin + Prodynorphin IgA		0.92		0.1-1.2
Gliadin-Transglutaminase Complex IgG		1.18		0.3-1.4
Gliadin-Transglutaminase Complex IgA	0.48			0.2-1.5
Transglutaminase-2 IgG	0.90			0.3-1.6
Transglutaminase-2 IgA	1.05			0.1-1.6
Transglutaminase-3 IgG	0.77			0.2-1.6
Transglutaminase-3 IgA	0.77			0.1-1.5
Transglutaminase-6 IgG	0.57			0.2-1.5
Transglutaminase-6 IgA	0.54			0.1-1.5

CASE #2:

63-year-old female presenting with weight loss resistance, fatigue, edema, and “full body inflammation,” diffuse pain, and feelings of hormonal imbalance. She also notes an increasing frequency of food reactions with unpredictable abdominal swelling.

She is familiar with a Paleo diet but commutes a total of four hours daily for work, does not exercise, and reports that she doesn’t know how or care to learn how to cook.

TEST	RESULT			
Array 3 – Wheat/Gluten Proteome Reactivity & Autoimmunity	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Wheat IgG			1.76	0.3-1.5
Wheat IgA			1.32	0.1-1.2
Wheat Germ Agglutinin IgG	0.70			0.4-1.3
Wheat Germ Agglutinin IgA		0.84		0.2-1.1
Native & Deamidated Gliadin 33 IgG	0.28			0.2-1.2
Native & Deamidated Gliadin 33 IgA	0.37			0.1-1.1
Alpha Gliadin 17-mer IgG	0.60			0.1-1.5
Alpha Gliadin 17-mer IgA	0.78			0.1-1.1
Gamma Gliadin 15-mer IgG	<0.50			0.5-1.5
Gamma Gliadin 15-mer IgA	0.61			0.1-1.0
Omega Gliadin 17-mer IgG	0.43			0.3-1.2
Omega Gliadin 17-mer IgA		0.92		0.1-1.2
Glutenin 21-mer IgG	0.73			0.1-1.5
Glutenin 21-mer IgA		1.10		0.1-1.3
Gluteomorphin + Prodynorphin IgG			1.62	0.3-1.2
Gluteomorphin + Prodynorphin IgA			1.41	0.1-1.2
Gliadin-Transglutaminase Complex IgG	0.41			0.3-1.4
Gliadin-Transglutaminase Complex IgA		1.34		0.2-1.5
Transglutaminase-2 IgG			3.63	0.3-1.6
Transglutaminase-2 IgA	0.86			0.1-1.6
Transglutaminase-3 IgG	0.36			0.2-1.6
Transglutaminase-3 IgA			1.76	0.1-1.5
Transglutaminase-6 IgG	0.47			0.2-1.5
Transglutaminase-6 IgA		1.30		0.1-1.5

CASE #3:

51-year-old female presents with depression, weight gain, fatigue, constipation, and hypothyroidism. She includes wheat and a variety of grains in her diet several times per week.

TEST	RESULT			
Array 3 – Wheat/Gluten Proteome Reactivity & Autoimmunity	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Wheat IgG	0.44			0.3-1.5
Wheat IgA		0.96		0.1-1.2
Wheat Germ Agglutinin IgG	0.95			0.4-1.3
Wheat Germ Agglutinin IgA	0.72			0.2-1.1
Native & Deamidated Gliadin 33 IgG	0.49			0.2-1.2
Native & Deamidated Gliadin 33 IgA	0.79			0.1-1.1
Alpha Gliadin 17-mer IgG		1.13		0.1-1.5
Alpha Gliadin 17-mer IgA		1.00		0.1-1.1
Gamma Gliadin 15-mer IgG		1.32		0.5-1.5
Gamma Gliadin 15-mer IgA	0.73			0.1-1.0
Omega Gliadin 17-mer IgG		1.03		0.3-1.2
Omega Gliadin 17-mer IgA		1.00		0.1-1.2
Glutenin 21-mer IgG			1.51	0.1-1.5
Glutenin 21-mer IgA	0.81			0.1-1.3
Gluteomorphin + Prodynorphin IgG			1.49	0.3-1.2
Gluteomorphin + Prodynorphin IgA	0.87			0.1-1.2
Gliadin-Transglutaminase Complex IgG	0.59			0.3-1.4
Gliadin-Transglutaminase Complex IgA	0.78			0.2-1.5
Transglutaminase-2 IgG			1.63	0.3-1.6
Transglutaminase-2 IgA	0.88			0.1-1.6
Transglutaminase-3 IgG	1.02			0.2-1.6
Transglutaminase-3 IgA	0.91			0.1-1.5
Transglutaminase-6 IgG		1.25		0.2-1.5
Transglutaminase-6 IgA		1.14		0.1-1.5

CASE #4:

68-year-old female presenting with Parkinson's disease and an associated mild tremor. Overall she is happy and healthy with very few complaints; she is only concerned about how best to prevent the progression of Parkinson's. She has no digestive complaints, but a SIBO breath test demonstrates moderate SIBO. She eats exclusively organic foods, grows many of her own vegetables, soaks and sprouts all grains, and essentially follows a Weston A. Price dietary template. She meditates 90 minutes daily and has great family and social supports.

TEST	RESULT			
Array 3 – Wheat/Gluten Proteome Reactivity & Autoimmunity	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Wheat IgG	0.35			0.3-1.5
Wheat IgA	0.42			0.1-1.2
Wheat Germ Agglutinin IgG	<0.40			0.4-1.3
Wheat Germ Agglutinin IgA	0.31			0.2-1.1
Native & Deamidated Gliadin 33 IgG	0.55			0.2-1.2
Native & Deamidated Gliadin 33 IgA	0.16			0.1-1.1
Alpha Gliadin 17-mer IgG	0.53			0.1-1.5
Alpha Gliadin 17-mer IgA	0.31			0.1-1.1
Gamma Gliadin 15-mer IgG	0.68			0.5-1.5
Gamma Gliadin 15-mer IgA	0.46			0.1-1.0
Omega Gliadin 17-mer IgG	0.55			0.3-1.2
Omega Gliadin 17-mer IgA	0.20			0.1-1.2
Glutenin 21-mer IgG	0.80			0.1-1.5
Glutenin 21-mer IgA	0.40			0.1-1.3
Gluteomorphin + Prodynorphin IgG	0.53			0.3-1.2
Gluteomorphin + Prodynorphin IgA	0.50			0.1-1.2
Gliadin-Transglutaminase Complex IgG	<0.30			0.3-1.4
Gliadin-Transglutaminase Complex IgA	0.47			0.2-1.5
Transglutaminase-2 IgG	<0.30			0.3-1.6
Transglutaminase-2 IgA	0.23			0.1-1.6
Transglutaminase-3 IgG	0.67			0.2-1.6
Transglutaminase-3 IgA	0.62			0.1-1.5
Transglutaminase-6 IgG	0.53			0.2-1.5
Transglutaminase-6 IgA	0.47			0.1-1.5