

Cyrex Array 4 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:

18-year-old male presenting with, "I just don't feel well," beginning approximately two years prior. Working with other practitioners, he decreased gluten and dairy intake to about once per week and noted some improvements in GI symptoms, including more regular bowel movements and decreased abdominal pain. Ongoing symptoms include fatigue, brain fog, decreased cognitive function, and occasional headaches.

TEST	RESULT			REFERENCE (ELISA Index)
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	
Array 4 – Gluten-Associated Cross-Reactive Foods and Foods Sensitivity **				
Rye, Barley, Spelt, Polish Wheat		1.30		0.4-1.4
Cow's Milk	0.36			0.1-1.3
Casein (Alpha & Beta)	0.47			0.1-1.7
Casomorphin	0.30			0.2-1.6
Milk Butyrophilin	0.67			0.2-1.8
Whey Protein	0.36			0.1-1.3
Chocolate (Milk)	0.38			0.1-1.4
Oats	0.36			0.2-1.0
Yeast		1.00		0.2-1.2
Coffee	0.81			0.3-1.9
Sesame	0.58			0.1-1.3
Buckwheat	0.85			0.4-1.3
Sorghum	0.48			0.3-1.2
Millet	0.70			0.3-1.5
Hemp	0.55			0.3-1.5
Amaranth	0.45			0.2-1.3
Quinoa	0.59			0.5-1.5
Tapioca			1.57	0.1-1.1
Teff	0.43			0.2-1.1
Soy			2.09	0.5-1.5
Egg			1.91	0.2-1.7
Corn	0.97			0.3-1.4
Rice			2.16	0.4-1.6
Potato	<0.60			0.6-1.4

CASE #2:

32-year-old female who presents with complaints of stomach pain, abdominal distention, and NCGS. She reports feeling that her stomach is flat upon waking, but by the end of the day she feels as though she looks several months pregnant.

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 4 – Gluten-Associated Cross-Reactive Foods and Foods Sensitivity **				
Rye, Barley, Spelt, Polish Wheat	0.49			0.4-1.4
Cow's Milk	0.86			0.1-1.3
Casein (Alpha & Beta)	0.51			0.1-1.7
Casomorphin	0.49			0.2-1.6
Milk Butyrophilin	0.60			0.2-1.8
Whey Protein			1.50	0.1-1.3
Chocolate (Milk)	0.51			0.1-1.4
Oats	0.39			0.2-1.0
Yeast	0.33			0.2-1.2
Coffee	0.35			0.3-1.9
Sesame	0.25			0.1-1.3
Buckwheat	<0.40			0.4-1.3
Sorghum	0.41			0.3-1.2
Millet	0.41			0.3-1.5
Hemp	0.48			0.3-1.5
Amaranth	0.23			0.2-1.3
Quinoa	<0.50			0.5-1.5
Tapioca	0.22			0.1-1.1
Teff	0.31			0.2-1.1
Soy	<0.50			0.5-1.5
Egg			>2.80	0.2-1.7
Corn	0.93			0.3-1.4
Rice	<0.40			0.4-1.6
Potato	<0.60			0.6-1.4

CASE #3:

39-year-old female presenting with fatigue, muscle soreness, weight loss resistance, and eczema. On review of symptoms, she noted unpredictable abdominal swelling, frequent bloating and distention after eating, and aches and swelling throughout her body. Her abdominal distention frequently lasted several hours after eating, though she would often feel hungry again one to two hours after meals.

TEST	RESULT			
	IN RANGE (Normal)	EQUIVOCAL*	OUT OF RANGE	REFERENCE (ELISA Index)
Array 4 – Gluten-Associated Cross-Reactive Foods and Foods Sensitivity **				
Rye, Barley, Spelt, Polish Wheat	0.59			0.4-1.4
Cow's Milk	0.59			0.1-1.3
Casein (Alpha & Beta)	0.98			0.1-1.7
Casomorphin		1.43		0.2-1.6
Milk Butyrophilin	1.05			0.2-1.8
Whey Protein	0.79			0.1-1.3
Chocolate (Milk)			1.85	0.1-1.4
Oats			1.33	0.2-1.0
Yeast			1.36	0.2-1.2
Coffee	0.65			0.3-1.9
Sesame	0.51			0.1-1.3
Buckwheat	0.75			0.4-1.3
Sorghum			1.53	0.3-1.2
Millet			2.04	0.3-1.5
Hemp	1.08			0.3-1.5
Amaranth	0.87			0.2-1.3
Quinoa	0.84			0.5-1.5
Tapioca	0.80			0.1-1.1
Teff		0.94		0.2-1.1
Soy	0.51			0.5-1.5
Egg		1.59		0.2-1.7
Corn		1.06		0.3-1.4
Rice	0.93			0.4-1.6
Potato		1.34		0.6-1.4