



MRT Food Sensitivity Testing

Did you know your food could be making you sick?

Are you suffering from a stubborn health problem that won't go away no matter what you try? Medical research has shown that sensitivities to food and food-chemicals can be involved in a wide array of painful symptoms and chronic health problems.

Medical Conditions Commonly Associated with Food Sensitivities

Gastrointestinal

- ✓ Irritable Bowel Syndrome
- ✓ Functional Diarrhea
- ✓ GERD
- ✓ Crohn's Disease
- ✓ Microscopic Colitis
- ✓ Lymphocytic Colitis
- ✓ Cyclic Vomiting Syndrome

Urological

- ✓ Interstitial Cystitis

Neurological

- ✓ Migraine
- ✓ ADD/ADHD
- ✓ Autism Spectrum Disorders
- ✓ Epilepsy
- ✓ Depression
- ✓ Insomnia
- ✓ Restless Leg Syndrome

Endocrine

- ✓ Obesity

Musculoskeletal

- ✓ Fibromyalgia
- ✓ Inflammatory Arthritis

Dermatological

- ✓ Atopic Dermatitis
- ✓ Urticaria
- ✓ Epilepsy
- ✓ Psoriasis
- ✓ Chronic Fatigue Syndrome

Gynecological

- ✓ Polycystic Ovary Syndrome

Connected Health Offers MRT/LEAP 176

The MRT® (Mediator Release Testing) is a simple but very powerful blood test that can be ordered to identify food sensitivities that may be contributing factors to your health problems. Independent studies confirm that MRT® is the most accurate and most comprehensive blood test available for food and food-chemical reactions. The information MRT® provides will be translated into an extremely effective therapy known as LEAP (Lifestyle Eating and Performance) Anti-Inflammatory Eating Plan.

What to expect

We will perform a blood draw in our office and send it to an outside lab for processing. This processing period will take between 14-21 business days.

Once the results have been finalized by the lab and returned to us, our medical team will contact you to schedule an appointment with our Registered Dietitian. This appointment is recommended to ensure that you fully understand your test results and know what actions you should take to get the best benefit from your MRT®. This often entails recommendations on where and how to start, what foods to eliminate and when to reincorporate those foods back into your diet, if at all.

I would like to be tested. What do I do next?

Contact Connected Health today to get started at 724-933-4305.



Connected Health Patient Pricing – \$699

- ✓ MRT/LEAP lab test: \$549
- ✓ Personalized Nutrition Consultation: \$150
- ✓ Blood draw: Included

Guest Pricing – \$749

- ✓ MRT/LEAP lab test: \$549
- ✓ Personalized Nutrition Consultation: \$150
- ✓ Blood draw: \$50

176 Tested Food & Food Chemical Profiles

MRT 176			
Foods			Chemicals
Almond	Clam	Leek	Red kidney bean
Amaranth	Cocoa	Lemon	Rice
American cheese	Coconut	Lentil	Rooibos tea
Apple	Codfish	Lettuce	Rosemary
Apricot	Coffee	Lima bean	Rye
Asparagus	Collagen (Beef)	Lime	Sage
Avocado	Coriander seed	Mango	Salmon
Banana	Corn	Maple syrup	Scallion
Barley	Cottage cheese	Millet	Scallop
Basil	Cow's milk	Mung bean	Sesame seed
Beef	Crab	Mushroom	Shrimp
Beet	Cranberry	Mustard (seed)	Sole
Bell pepper	Cucumber	Navy bean	Soybean
Black bean	Cumin	Nutmeg	Spelt
Black pepper	Date	Oat	Spinach
Blueberry	Dill	Olive	Strawberry
Bok choy	Egg white	Onion	Sunflower seed
Broccoli	Egg yolk	Orange	Sweet potato
Brussels sprouts	Eggplant	Oregano	Tamarind
Buckwheat	Flax seed	Papaya	Tapioca
Butternut squash	Garbanzo bean	Paprika	Tea
Cabbage	Garlic	Parsley	Tilapia
Cane sugar	Ginger	Peach	Tomato
Cantaloupe	Goat's milk	Peanut	Tuna
Cardamom	Grape	Pear	Turkey
Carob	Grapefruit	Pecan	Turmeric
Carrot	Green bean	Peppermint	Vanilla
Cashew	Green pea	Pineapple	Venison
Catfish	Halibut	Pinto bean	Walnut
Cauliflower	Hazelnut	Pistachio	Watermelon
Cayenne pepper	Honey	Plum	Wheat
Celery	Honeydew	Pork	Whey
Chard	Hops	Pumpkin (flesh)	White potato
Cheddar cheese	Jalapeño	Quinoa	Yeast-bakers/brewers
Cherry	Kale	Radish	Yogurt
Chicken	Kamut	Rainbow trout	Zucchini
Cinnamon	Lamb	Raspberry	