

Frequently Asked Questions about LEAP Testing

What is the LEAP Testing?

LEAP testing is the term used to refer to the blood testing done to check for delayed food hypersensitivities. LEAP stands for Lifestyle Eating and Performance. The blood test is technically called Mediator Release Testing (MRT) and is done by a lab located in Florida called Signet Diagnostics. LEAP actually refers to the diet plan that results from the testing.

How is the LEAP/MRT testing different from other food allergy tests?

The MRT test measures your body's delayed immune response to 150 foods and other commonly eaten substances. MRT testing does not test for Type 1 food allergies. Type 1 food allergies are more immediate reactions to foods—usually within seconds up to one hour after eating a food. Peanut allergy is a typical Type 1 food allergy. MRT tests for reactions to foods that your body may have beginning 45 minutes up to 3 days after eating the offending food.

MRT test is more complete and exact than other tests for delayed food hypersensitivity. The body can respond with many different types of chemicals in a delayed food hypersensitivity reaction. MRT tests for them all rather than just some of them.

Does the MRT test check for Celiac disease?

No. Celiac disease is diagnosed through other types of testing. Check with your doctor about these.

MRT testing can be very helpful for those with Celiac disease, however. With the presence of Celiac disease the digestive system becomes more prone to delayed food hypersensitivities which MRT does detect.

Could I benefit from the MRT testing?

MRT testing and the LEAP diet protocol have been tremendously helpful in relieving the following conditions:

IBS (irritable bowel syndrome)
Migraine
Fibromyalgia

MRT testing/LEAP diet also been found to be helpful for these conditions also:

- * chronic headaches
- * digestive problems
- * fatigue
- * joint/muscle pain

- * mental foginess
- * heartburn/chronic GERD
- * weight imbalances
- * insomnia
- * ADD or Autism
- * and other uncomfortable, lingering health problems

How do I get started?

The first step in getting yourself tested is to determine your insurance benefits. The following providers generally cover testing:

Blue Cross /Blue Shield
Cigna
MDIPA

The following providers do not cover the testing:

Aetna
Medicare
Tricare
United Health Care

To find out about your particular plan, simply complete the *Insurance Verification Form* and Fax to Signet using the number provided on the form. Within 72 hours, you will be contacted by our office with the results. There is no charge for this service.

What if my insurance does not cover the MRT testing?

The list price for the MRT testing is \$995. Rebecca Bitzer and Associates can provide the discounted cost for the testing of \$595.

I'm not sure I can afford that.

It may help to remember that the test is actually 150 blood tests, not just one. Also, consider the costs involved in self-treatment of your ongoing symptoms.

If my insurance does cover the testing are there any other costs I should be aware of?

Yes. Once you have your blood drawn and are ready to ship it to Signet, you will need to include a check or credit card information to pay \$195 as a co pay to Signet.

Also, if you would like our dietitian to arrange the details for getting the testing done, there is a \$50 charge for this. If you choose to arrange for your testing on your own, there is no charge.

What about helping me with my diet after I get the results?

It is suggested that you have at least 2 visits with the dietitian to thoroughly go over your results and learn how best to use them. Generally it takes 2 hours total to go over the results and followup with any questions.

Are the RD visits included in the cost of the testing?

No. Dietitian visits are a separate cost, just as if you were being seen for any other medical condition. You will use your insurance benefits for nutrition coverage or self-pay for the visits according to our *self-pay packages* available.

Do you have a chart to summarize these costs?

Yes. Here it is:

MRT Testing:

With Insurance: Cost is \$195 copay to Signet (plus any deductible not met), \$50 set-up cost-- optional
Without insurance: \$595 (set-up costs included)

RD visits:

Insurance covers: Usual copays, deductibles
No insurance coverage: *Self-pay packages* in-person or by telephone.

Do you have a step-by-step guide to getting the blood testing done?

Yes. *Our Step-By-Step Guide to MRT testing* explains the process.