

What is LEAP?

LEAP is a **personalized anti-inflammatory** way of eating for your body based on your MRT test results.

MRT is the only test that is actually showing what foods are causing inflammation in your body and what foods are best for your body.

MRT=Mediate Release Test. There are hundreds of mediators and we know they cause direct inflammation in the body.

What makes LEAP so unique is that I then cross compare the results to your symptoms, and the chemicals to the foods and your symptoms. It is not just an eat this, don't eat that kind of thing but do not fear, I make it easy-peasy for you!
It works 99.9% of the time when followed accurately.

I personally guide and walk you through each phase so you can heal in 2-3 months – for life. No more messing around on your own and still feeling terrible and having a limited diet because you're afraid of food or can't identify triggers and know what to eat. **If you take out foods that bother you but don't know what you CAN eat then there lies the problem.** There are over 10,000 foods out there and over 40,000 on a grocery store shelf.

On your own it's next to impossible to know which spices, natural food chemicals, additives and foods are actually causing the problem. We often think big like: dairy, nightshades or gluten, but what if it was vanilla or caffeine, or basil?! Yes, for reals. MRT is a snapshot of your immune system but our immune system has memory to identify past triggers. What if it was broccoli or eggs? It's VERY hard to do a random elimination diet and then test all those foods, especially if you don't feel any better. **What if you knew exactly what you COULD eat and then had someone who could assist you with shopping lists, menu ideas and recipes and within 2 weeks you felt over 50% better and in 2-3 months you felt over 90% better** and then it stayed that way for the rest of your life. And you won't feel restricted. True story! That is the power of LEAP and working with the right person. I've been healing people for over 18 years and using LEAP for over 6 years and it works every time with compliance and guidance. It's NOT about taking

foods out and feeling deprived. It's about **having options and getting healed**. If you've tried everything and you still don't feel well or can't lose weight, then this is for you: **got headaches/migraines, fatigue, fibromyalgia, joint pain/arthritis, high cholesterol/diabetes or blood pressure, major digestive issues (gas, bloating, constipation, diarrhea), hard to lose weight, skin issues? Let's talk!**