

## Immune Challenge Test (TH1/TH2) X-Viromin K31 / X-FLM K37 Challenge

is used to see which side of the immune system may be ramped up in your particular autoimmune reactivity. This is cost-effective because laboratory tests to confirm immune dominance are expensive.

Before beginning the challenge, **stop all herbs & supplements for 3 days** in order to start with a clean slate. (Especially Vitamins C and D and Oxicell.) **Stay on prescription medications.**

Note any symptoms that begin or return (or stop) when you stop your regular supplements.

Keep careful track of any symptoms that arise, worsen or improve with each challenge. Please track of changes in your symptoms **in an email you can send to me so I can assist you with interpreting the results.**

**Reactions to the challenge may take 1-2 days to kick in, so do all 3 days.** If reactions are slow to start but continue to build, and you're not really sure, you might need to do the challenge for 5 days. If reactions are strong and immediate, stop sooner.

bloating nausea, vomiting	brain fog, harder to think straight,
bowel changes, diarrhea	headache
malaise, feeling uncomfortable	joint ache/pain but usually not fever

Symptoms may move around (ie: headache one day, nausea the next). If you're having a reaction, you **won't** feel bad one day and fine on subsequent days. Symptoms will continue as you continue the challenge and are likely to build in strength.

**First Challenge: X-Viromin** Take one packet of capsules per day for 3 days.

Day 1: take X-Viromin, **2 in the morning, 2 in the afternoon, 2 in the evening.**

If the caps cause a strong reaction, stop - and note symptoms **in an email for me.**

Day 2: If mild or no reaction on Day 1, then on Day 2 again take X-Viromin, 2 caps 3x/day.

Note any new reactions and/or changes in symptoms.

If no reaction, note "No reaction"

Day 3: If you had strong reactions to X-Viromin on Day 2, stop and wait until symptoms subside. (If they don't, call me)

If Day 2 X-Viromin challenge had mild or no reaction, on Day 3 continue X-Viromin.

**Second Challenge: X-Flam** Take one packet of capsules per day for 3 days.

Repeat directions for Days 1-3, **substituting X-Flam** for X-Viromin. Again, note symptoms **in an email you can send to me.**

There are 4 possibilities: reactions to X-Viromin only, reactions to X-Flam only, reactions to both, reactions to neither. Your reactions (or lack of reaction) will help us determine how to re-balance your immune system so it's no longer as likely to mistake your own tissues for an invader.

If you're having an **active** antigen attack, you will probably need to support the side that's dominant - It's doing battle; we back it up. This can be confirmed by an elevated CD4/CD8 ratio above 2.0 on a T&B lymphocyte subset panel. If your dealing with chronic immune dysregulation, confirmed by a CD4/CD8 ratio below 1.2, we prop up the side that's being overwhelmed (support the side **opposite** your immune system's over-dominance).

Rule of thumb, if TH1 is dominant, **coffee** will make you feel better. If TH2 is dominant, coffee will make you feel worse, though it may take a few days consistent consumption for the reaction to show up.