

Dear Doctor:

I am a Family Physician in private practice in Maple Valley, Washington. I have been practicing medicine for over 20 years, and earlier in my career was an assistant faculty for a UW Family Practice Residency Program for 7 years. Although my training did not support the value of food sensitivities, I have in the last year come to use it heavily in my practice. The following article was printed in a national dietician journal, and quotes local dietician Joy Supplee, RD. She has special training in the latest food sensitivity testing, LEAP/MRT, that doesn't rely on IGG, which the World Health Organization has recently stated was unreliable.

Although I was initially skeptical that food sensitivities could cause anything more than GI problems, or could be accurately tested for, I soon learned differently. Many of my patients sought care through Joy, for problems such as insomnia, anxiety, joint pain, migraines, IBS, GERD, and other problems. Much to my surprise, they had remarkable results. Especially notable were patients who hadn't had ideal responses to their medications. People whose anxiety was never fully treated with SSRI's, or who had insomnia despite trials of multiple medications (without sleep apnea). Often what I found was that the medication I had been giving them for the problem was partially worsening the problem; because it had a filler, such as corn starch, milk powder, or potato starch, that they were found to be highly sensitive to. Once I changed the medication to one without the offending filler, and they got the offending food out of their diet, they greatly improved, sometimes no longer even needing a medication. I now think food sensitivity whenever I have a case not responding well to my traditional therapies, and encourage them to have LEAP testing to explore this possibility. Many insurances cover the testing, and Ms Supplee's counseling, that leads them through the food elimination, and substitution process.

I have found the test to be very reliable, and Joy to be very capable, and ethical in her dealings with patients. She cares so deeply about this cause, she is trying to set up a non-profit organization to allow patients who can't afford testing to apply for a grant.

I hope you will consider looking into this, it helps patients, and, helps improve our care of them.

Sincerely



Cynthia Cote' MD

MD Cote' Medical, Laser, and Spa