

# MELISA<sup>®</sup>

## a valuable diagnostic tool in functional medicine



*“Type IV metal allergy is often overlooked as a culprit in many of today’s chronic illnesses. MELISA testing gives targeted information on what needs to be avoided. I am grateful for MELISA testing, it allows many patients to get their life back, instead of remaining chronically ill for the rest of their days.”* Dr Toril Jelter, MD, Mount Diablo Integrated Wellness Center

Inflammation activated by metal allergy may be one of the causes of ill health in patients. MELISA, a clinically validated blood test, will identify if metals are causing an immune reaction, which may affect health.

### MELISA studies\*

- 76% of chronic fatigue sufferers experienced health improvement after replacing dental restorations containing allergenic metals, identified by MELISA testing
- 71% of patients with autoimmune diseases and mercury allergy improved after having their amalgam fillings removed
- 50% of fibromyalgia patients no longer fulfilled the criteria for fibromyalgia after restricting exposure to metals they were allergic to. 20% had reduced trigger points and all reported improvement in symptoms
- 63% of patients with connective tissue disease were allergic to two or more metals

Based on more than 20 years’ research, MELISA has identified symptoms and indicators for those likely to be metal hypersensitive and if several of these are present, allergy to metals should be considered. Specific metal allergens can be identified with MELISA testing. Most relevant results are obtained when testing is based on current exposure to metals found in fillings, crowns, orthopedic devices, pacemakers, Essure, occupational exposure etc. Studies show that if metal allergy is found, many symptoms will improve or disappear if exposure to relevant metals is reduced. Comprehensive [questionnaires](#) and a [brief online](#) version are available. A complete evaluation with a list of metal exposure can be provided if the full questionnaire is filled in.

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## Common sources of metal exposure *exact metal composition may vary*

**Dental crowns:** chromium, cobalt, gallium, gold, indium, iridium, nickel, manganese, molybdenum, palladium, platinum, silver

**Dental (amalgam) fillings:** copper, inorganic mercury, nickel, silver, tin

**Orthodontic braces and retainers:** chromium, manganese, molybdenum, nickel

**Dental titanium implants:** aluminium, nickel, titanium, vanadium

**Knee/hip prostheses:** aluminium, chromium, cobalt, manganese, molybdenum, nickel, tungsten, titanium, vanadium

**Environmental exposure:** cadmium, lead, methyl mercury, nickel, titanium

**Surgical stents, clips and coils:** chromium, cobalt, gold, molybdenum, nickel, platinum, palladium, titanium

**Vaccines:** aluminium, thimerosal

## Indicators for metal allergic patients

### Yes or No

Atopy – eczema, asthma, food allergies, hay fever (in immediate family also)

Autoimmune disease – rheumatoid arthritis, thyroiditis, coeliac disease, Sjögren's, multiple sclerosis (in immediate family also)

Dermal reactions to costume jewellery, metal piercings, metal clasps and buckles etc

Positive patch testing, dermal allergies to creams, cosmetics

Chronic fatigue syndrome, fibromyalgia, multiple chemical sensitivity and/or multiple non-specific symptoms of unknown origin such as fatigue, pain, "brain fog", depression

## Dental status

Health change after dental visit

Burning mouth syndrome, ulcers, oral lichen planus, bleeding gums

Facial rash after implants

Unexplained change in health post-implant; fatigue, rashes, joint/muscle pain, headaches, low grade fever, "brain fog", depression

## Surgical status

Slow healing after metal implants

Unexplained pain, loosening or multiple unidentified infections

Generalised/localised dermal rashes

Unexplained change in health post-surgery; fatigue, rashes, joint/muscle pain, headaches, low grade fever, "brain fog", depression

A fully referenced version of this leaflet is available at: [www.melisa.org/medical](http://www.melisa.org/medical) 06.11.18