

Proof - Your Carroll Food Intolerance Method Assessment

General:

Background on Mymop research :

Here of examples of how mymop research is being used in recognized research journals for your reference:

<http://www.bris.ac.uk/primaryhealthcare/resources/mymop/publications/>

My Current Research

Bastos, E.(2016) Patient Centered MyMop Evaluation: Clinical Significance of the Carroll Food Intolerance Method in 23 Subjects.

Background:

Patient centered positive outcome reporting is an important way to evaluate if a method of treatment in medicine is valuable in real life conditions. The Carroll Food Intolerance Method originated in the 1920's by Dr. Otitis Carroll and is a method of determining what foods create metabolic distress and therefore digestive and immune distress which translates into many possible negative health outcomes and a determination of what Schusseler tissue salt supplementation may be needed. The Carroll Method coaching that patient's received in this research is based on the teaching of Dr. Otitis Carroll and in modern day of Dr. Letitia Dick ND and Dr. Jared Zeff ND.

Method:

MYMOP2, 7 point questionnaires, were filled in as per instructions found at www.bris.ac.uk where a patient reflected on questions related to 1 or 2 symptoms they wished to have addressed using the Carroll Food Intolerance Method under Dr. Elisabeth Bastos ND's coaching and 1 subject under Dr. Stephen Maltais' coaching and the patient reported on an activity (mental or physical) that was negatively being impacted due to their symptoms and reported on their general wellness at the time before implementing the Carroll Method Food and Tissue Salt changes. The 7 point scale ranged from 0 being as "good as it can be" up to 6 being "as bad as it can be".

One week up to 4 months later the patient reported again on the same questions in relation to now having made and maintained changes in lifestyle and routine based on the Carroll Food Intolerance Method Report suggestions and coaching from their Naturopath. 5 subjects out of 23 intakes were done retrospectively reflecting back from 4 weeks up to 10 years prior.

These positive clinical outcomes were achieved using a Carroll Method Certified Naturopath for the Carroll Reports that patients received and all patients were coached for an average of 45minutes by a

Certified Naturopath, on how to implement their food changes, being given specific intolerance free food lists and recipes and receiving life long no charge coaching on continued food advise and ideas.

Only patient's that self reported following their Carroll Method Report changes 100% were used in this study.

Outcomes:

5.75 percent of the 23 subjects researched using Mymop2 did not achieve a change in their MYMOP 2 profile of over 1 and therefore their positive symptom changes overall were not clinically significant.

94.25% of the 23 subjects however did achieve a change in their MYMOP2 profile of over 1 which translates in to a clinically significant amount of positive change in their overall profile score which takes into account 1 or 2 symptoms they had concerns for and therefore sought out the Carroll Method with their Naturopath for, their profile score in this research also takes into account an activity that they feel is impacted by their health concern and their general wellness subjective score.

Using the mymop profile score change scale (from time 1 to time 2), a 6 point change in profile score is the maximum in positive change that is possible. Clinically significant outcome scores in this research ranged from 1.25 to 5.5 in positive profile score change, with 84% of the clinically significant research profiles changing positively by at least 2 points or more out of a 6 point possible change.

Conclusions:

This mymop2 research shows that in the subjective eyes of the public that engage in the use of the Carroll Food Intolerance Method for their health concerns, 94.25% of them find the tool to be a positive impact in their health in a clinically significant way.

Due to the fact that clinically significant data collected ranged up to 10 years post the first Carroll Method results were reported to the patient, we can begin to assume that the food intolerance information reported in the Carroll Method are long term and therefore create long term clinically significant change for a large percent of those that implement the changes 100% with a qualified Carroll Method Certified Naturopath, versus a food allergy test that is short term information.

Based on the symptom types that had clinically significant positive change in this research, it suggests how Food Changes made based on the Carroll Method assessment can impact not only digestive health but also weight control, energy, rashes and pain to name a few. This makes the use of the Carroll Method an important consideration for more then just digestive health.

Note:

This Paper and graphs have been peer reviewed by Dr. Stephen Maltais ND (Canada) and Dr. Letitia K-Dick ND (USA)