

IgG Allergy Panels

Food sensitivities can cause a wide range of symptoms and disorders. The foods that cause these delayed reactions are often hard to diagnose because of the time between consumption and the physical reaction. The IgG food allergy test offers a useful tool for detecting the foods causing this response. The results are patient specific and provide an easy, precise and effective starting point for dietary manipulation.

Table 1: Conditions which Frequently have Food Reaction Components

ADHD	Inflammatory bowel disease
Arthritis	Irritable bowel syndrome
Asthma	Migraine
Eczema	Mouth ulcers
Enuresis	Otitis media
Fatigue	Psoriasis

IgG Allergy Testing:

Recently studies in atopic patients and IBS have been implemented to demonstrate the effectiveness of the IgG test. Dixon who is an ear, nose and throat specialist with 25 years of experience dealing with delayed food allergies has conducted one such study. He investigated 114 consecutive patients from his practice that had a positive history of delayed food allergies. Symptoms included nasal obstruction and congestion, diarrhea, cramps, gas, throat clearing, asthma, itchy eyes and even ringing in ears. Foods that were consumed more than 2 times per week were tested, and patients were asked to eliminate the IgG positive ones from their diets. The most common IgG positive foods were found to be cow's milk, tea, chocolate, banana and wheat. After these dietary changes were implemented the results obtained were very convincing. Over 71% of patients achieved >75% improvement in all of the reported symptoms. This also included chronic patients who had been unresponsive to other intensive therapies. Furthermore, more than half of these chronic patients achieved 90% relief, whilst amazingly one fifth obtained full recovery from symptoms. It was also noted that 11% of patients who came to the clinic for the assessment of inhalant allergies had IgG-related food allergies as the sole cause of their symptoms.

In IBS, food elimination of IgG positive foods have also resulted in symptom resolution in at least four studies. Two 6 month investigations showed improvements in stool frequency, pain and quality of life scores (IBS-QOL). At the one year follow-up in the study by Drisko et al., adherence to the rotation diet, minimal IBS symptoms and a perception of control over the disorder was observed. These studies illustrate the usefulness of the IgG test system for both atopic and IBS patients. Furthermore, this in vitro system may be an appropriate test for all patients with suspected delayed food reactions.

Health Disorders and Adverse Reactions to Food:

Adverse reactions to foods can cause both mild and severe health problems in a subset of the population. Immediate food allergies are known to affect 4% of the general population,¹ whereas general adverse reactions to food may affect a much higher proportion (>20%). The symptoms caused by the food reactions can be as mild as bloating but as severe as anaphylaxis (Table 1 & 2). Conditions which may be caused or exacerbated by adverse food reactions include asthma, arthritis, irritable bowel syndrome (IBS), migraine, otitis media and skin rashes (Table 1). A wide variety of more non-specific symptoms can be attributed to food sensitivities. These effects can be observed in multiple systems of the body such the gastrointestinal tract, the immune system and the respiratory tract.

Allergies versus Sensitivities to Foods:

Adverse food reactions include any abnormal reaction resulting from the ingestion of a food. They can be categorised as food allergies (with an immune response) or food sensitivities/intolerance. The existence and classification of food sensitivities have been controversial. These types of reactions are difficult to diagnose because the time between consumption and response may be delayed (up to 2 days) and the symptoms are often subtle. In many cases ingestion of the offending food paradoxically masks the symptoms temporarily. Furthermore, multiple causes contribute to food sensitivities, making this area difficult to study.

Table 2: Common Symptoms of Food Reactions

Acne	Headaches
Bladder Infections	Insomnia
Bloating, Diarrhea, reflux & other gastrointestinal complaints	Itching or rash
Coughing	Loss of appetite
Depression & irritability	Postnasal drip
Fatigue	Weight gain

Available IgG Tests:

- Allergy Panel – IgG Asian Foods (96 Foods)
- Allergy Panel – IgG General Foods (96 Foods)
- Allergy Panel – IgG Inhalents (16 Allergens)
- Allergy Panel – IgG Vegetarian Foods (95 Foods)
- Allergy Panel – IgG Herbs and Spices (48 Allergens)

Specimen Collection Requirements:

Finger-prick blood collection. The blood spot is collected by using a lancet to pierce the skin on the end of a finger. Spots of blood are allowed to drop onto three absorbent test strips provided and allowed to dry.

Precaution:

The IgG test will not identify acute immediate food allergies. If you have immediate or IgG mediated food allergies please continue to avoid these items even if they do not appear on your list of foods to avoid.

Food Sensitivity Testing in Children:

It is recommended that IgG allergy testing is only performed for infants greater than 18 months of age.

Test Preparation:

- For the General food, Asian Food, Vegetarian Food and Herbs and Spices Food IgG Allergy Panels: Eat a large variety of foods in the two weeks prior to testing. Include as many of the foods that are being tested in the specific allergy panel you have chosen (a list of these foods are included below). Be aware that if foods are not included in the diet during this time, false negative results may be obtained as recent exposure to these foods may be required for antibodies to be present in the blood.
- For the Inhalant IgG Allergy Panel: Perform the test during periods of time when you are symptomatic.
- Avoid using anti-histamines, anti-inflammatories and any other immunosuppressive medications for two weeks prior to testing. These medications suppress the immune response and may affect the results. We suggest that you discuss with your healthcare practitioner whether you need to discontinue these medications prior to collecting your specimen. Never discontinue prescription medications without first consulting your healthcare practitioner.

Follow-up of Patients:

Patients are provided with a rotation-elimination diet along with the test results identifying reactive foods. If patients eliminate these culprits for an extended period of time, following the elimination diet, it is possible that in the future they may be able to reintroduce small amounts of the reactive foods. In addition, assessing and treating intestinal permeability, pancreatic enzyme levels, beneficial bacteria imbalances and/or parasitic infections may also assist in lowering food reactions (see appropriate Test Profiles for further information).



Phone **1300 688 522** for further details
www.nutripath.com.au

*Please Turn Over
for the full list of items
assessed in
IgG Allergy Panels*

IgG Allergy Panels

IgG General Foods (96 Foods)

Dairy: Casein, Cheese (Cheddar), Cheese (Cottage), Cheese (Mozzarella), Milk, Milk (Goat), Whey, Yoghurt

Fruits: Apple, Apricot, Banana, Blueberry, Coconut, Cranberry, Grape, Grapefruit, Lemon, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry.

Grains/Legumes/Nuts: Almond, Amaranth, Barley, Beans (Kidney, Lima, Pinto), Buckwheat, Corn, Filbert (hazelnut), Gliadin (Wheat), Gluten (Wheat), Lentil, Oats, Peas, Peanut, Pecan, Rice (White), Rye, Sesame, Soybean, Spelt, String beans, Sunflower, Walnut, Wheat (whole).

Vegetables: Asparagus, Avocado, Beet, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Garlic, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (Green ball), Potato (sweet), Potato (white), Pumpkin, Radish, Spinach (green), Tomato (red), Zucchini.

Meat/Fowl: Beef, Chicken, Egg white (chicken), Egg yolk (chicken), Lamb, Pork, Turkey.

Fish/Seafood: Clam (Manila), Cod (Atlantic), Crab (Dungeness), Halibut, Lobster, Oyster, Red Snapper, Salmon (Pacific), Shrimp (Western), Sole, Tuna (Yellowfin).

Misc: Cocoa bean, Coffee bean, Honey, Sugar cane, Yeast (Bakers), Yeast (Brewers).

IgG Asian Foods (96 Foods)

Dairy: Casein, Milk, Whey, Yoghurt.

Fruits: Apple, Banana, Cantaloupe, Cherry, Coconut, Grape, Grapefruit, Guava, Honeydew, Kiwi, Lemon, Lian Woo (wax apple), Mango, Orange, Papaya, Peach, Pineapple, Strawberry, Watermelon.

Grains/Legumes/Nuts: Almond, Beans (Kidney, Mung, Red, Soy), Cashew, Corn, Gluten (Wheat), Job's Tears, Oat, Peanut, Rice (white), Sesame, Sunflower, Walnut (English).

Vegetables: Asparagus, Bamboo shoots, Bitter Gourd, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Kelp, Leek, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (green), Potato (sweet), Potato (white), Radish, Spinach (green), Spinach (water), Sponge (vegetable), Taro, Tomato (red).

Meat/Fowl: Beef, Chicken, Duck, Egg (whole), Goose, Lamb, Pork.

Fish/Seafood: Abalone, Clam (Manila), Cod (Atlantic), Crab (Dungeness), Cuttlefish, Lobster, Oyster, Salmon Pacific, Sea Bass, Sea Perch, Shrimp (Western), Tuna (Yellowfin).

Spices: Curry, Ginger, Mustard, Pepper (black), Pepper (Cayenne), Vanilla, Woo-hsiang.

Misc: Cocoa Bean, Coffee Bean, Honey, Tea (Woolong), Yeast (Bakers), Yeast (Brewers).

IgG Vegetarian Foods (95 Foods)

Dairy: Casein, Cheese (Cheddar), Cheese (Cottage), Cheese (Mozzarella), Milk, Milk (Goat), Whey, Yoghurt.

Fruits: Apple, Apricot, Banana, Blueberry, Cantaloupe, Cherry, Coconut, Cranberry, Grape, Grapefruit, Lemon, Orange, Papaya, Peach, Pear, Pineapple, Plum, Raspberry, Strawberry, Watermelon.

Vegetables: Artichoke, Asparagus, Avocado, Beansprouts, Beet, Broccoli, Cabbage (white), Carrot, Cauliflower, Celery, Cucumber, Eggplant, Garlic, Lettuce, Mushroom (common), Olive (black), Onion (white), Pepper (chilli), Pepper (green ball), Potato (sweet), Potato (white), Pumpkin, Radish, Spinach (green), Tomato (red), Zucchini.

Grains/Legumes/Nuts: Almond, Amaranth, Barley, Beans (Kidney, Lima, Navy, Pinto), Buckwheat, Cashew, Corn, Hazelnut, Flaxseed, Gliadin (wheat), Gluten (wheat), Kamut, Lentil, Millet, Oat, Pea (green), Peanut, Pecan, Pistachio, Quinoa, Rice (brown), Rice (white), Rye, Sesame, Soybean, Spelt, String bean, Sunflower, Walnut, Wheat (whole).

Misc: Cocoa bean, Coffee bean, Egg white (chicken), Egg yolk (chicken), Honey, Sugar cane, Yeast (Bakers), Yeast (Brewers).

IgG Herbs and Spices (48 allergens)

Herbs: Aloe vera, Dong Quai, Bearberry, Astragalus, Green Tea, Black Cohosh, Wild Yam, Echinacea, Siberian ginseng, Licorice, Grapeseed, Gymnema, Goldenseal, St John's wort, Chamomile, Psyllium, Rosehips, Saw Palmetto, Milk Thistle, Spirulina, Dandelion, Bilberry, Valerian, Withania.

Spices: Allspice, Basil, Bayleaf, Cinnamon, Cloves, Cumin, Curry, Dill, Fennel, Ginger, Horseradish, Marjoram, Mustard, Nutmeg, Oregano, Paprika, Parsley, Pepper (black), Pepper (cayenne), Peppermint, Rosemary, Sage, Thyme, Vanilla

IgG Inhalants (16 allergens)

Grasses: Bahia, Bermuda, Smooth Brome, Fescue, Johnson, Perennial Rye, Sweet Vernal, Timothy.

Indoor: Cat antigen, Cockroach (german), Dog epithelia, Dust Mite mix, House Dust.

Moulds: Alternaria tenuis, Aspergillus fumigatus, Cladosporium herbarum, Penicillium notatum