



Food Reaction Report **Accession Number: 333333**

Provider:

Client:

Samantha Smith

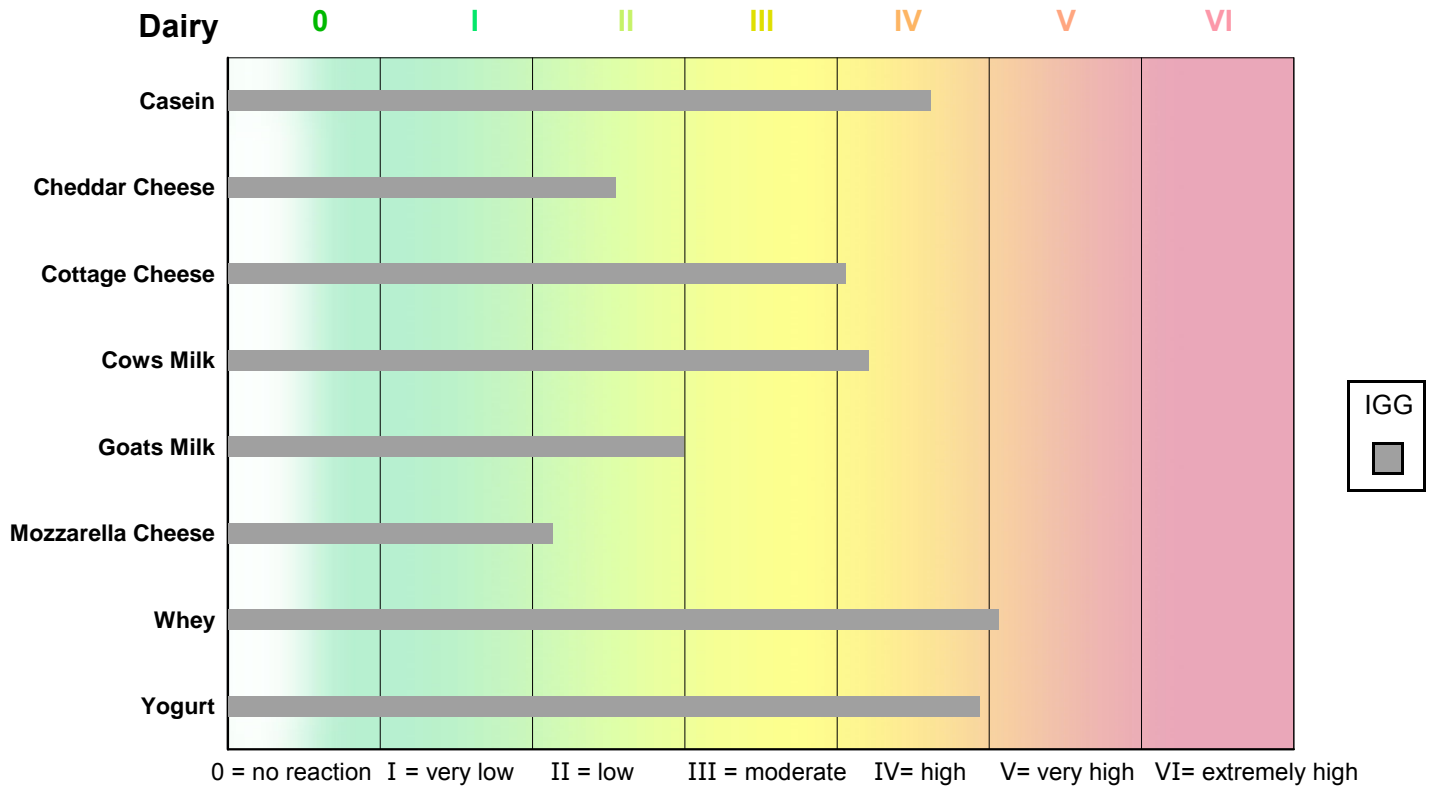
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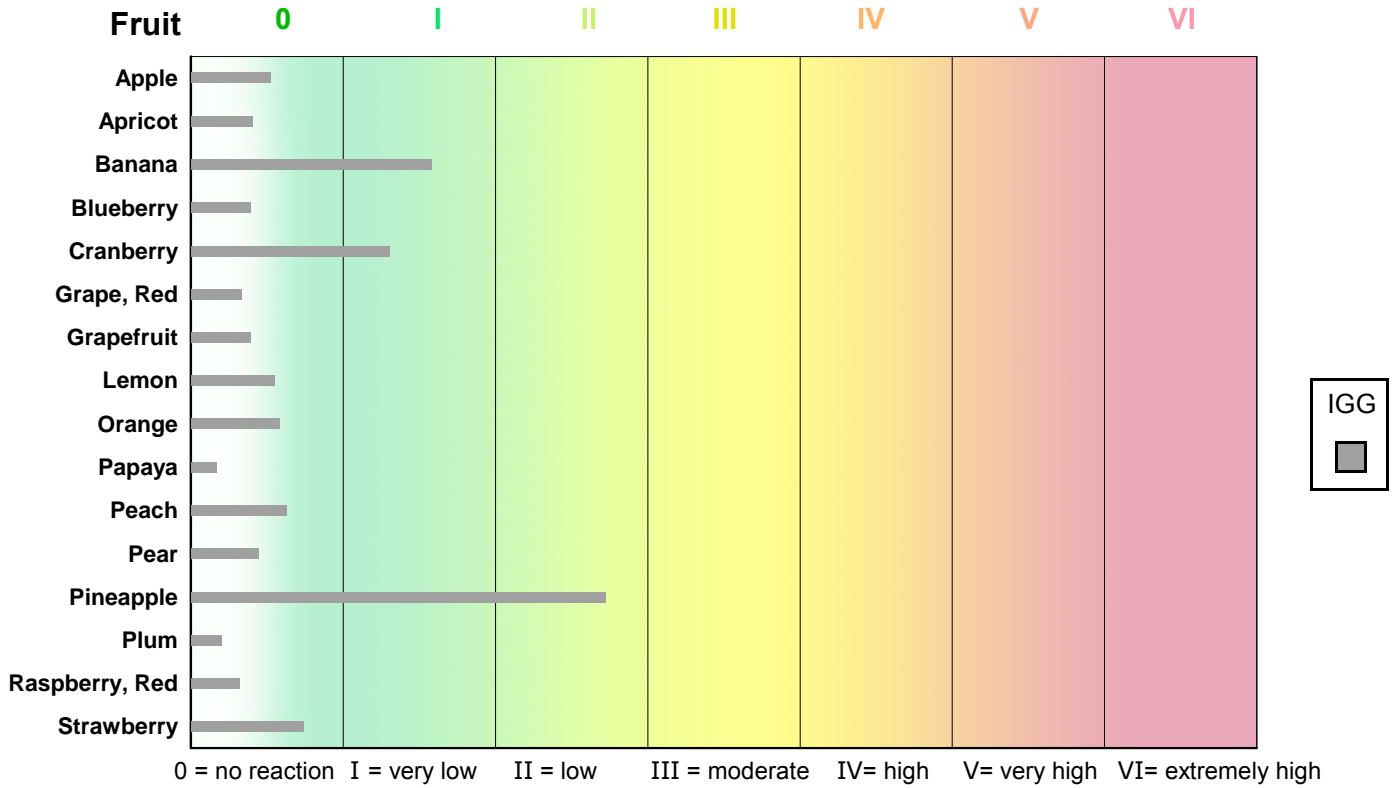
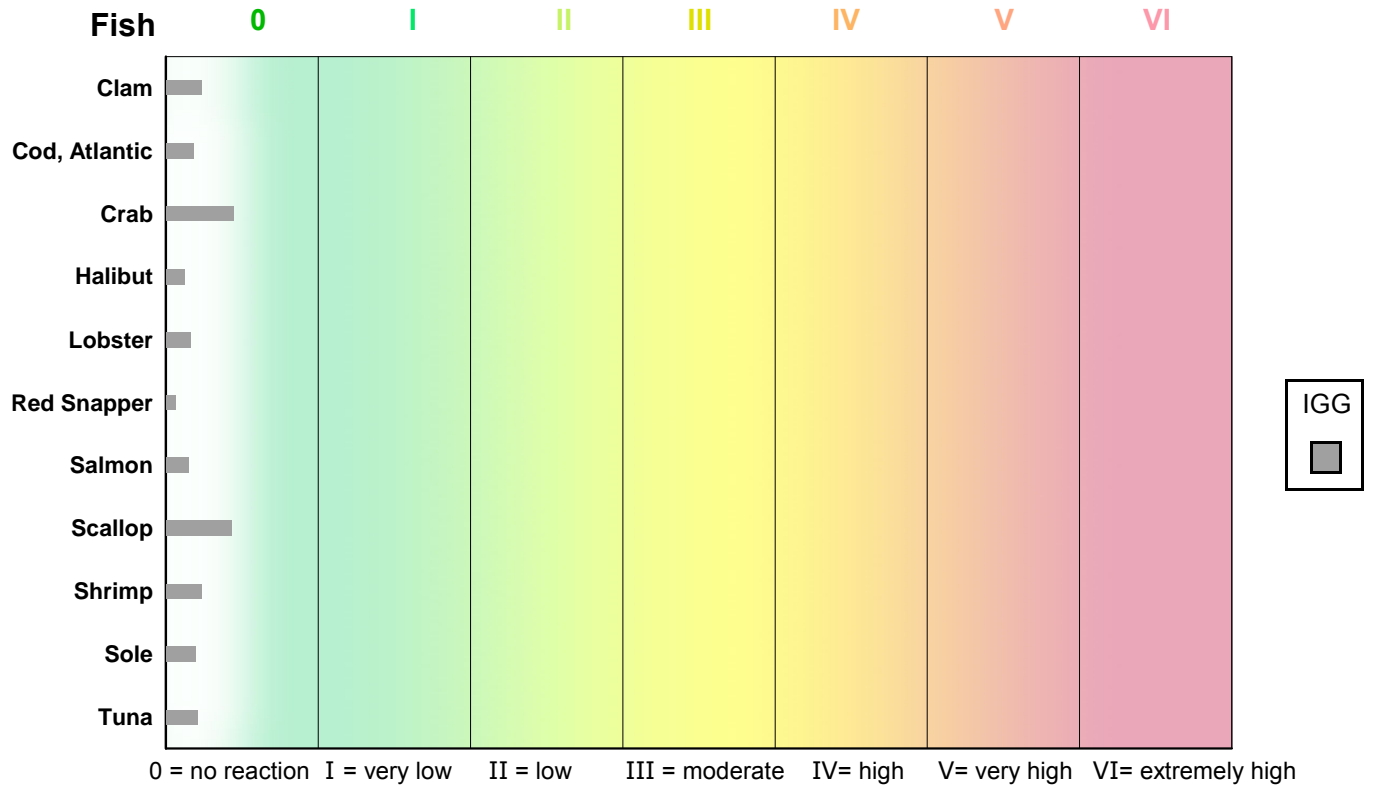
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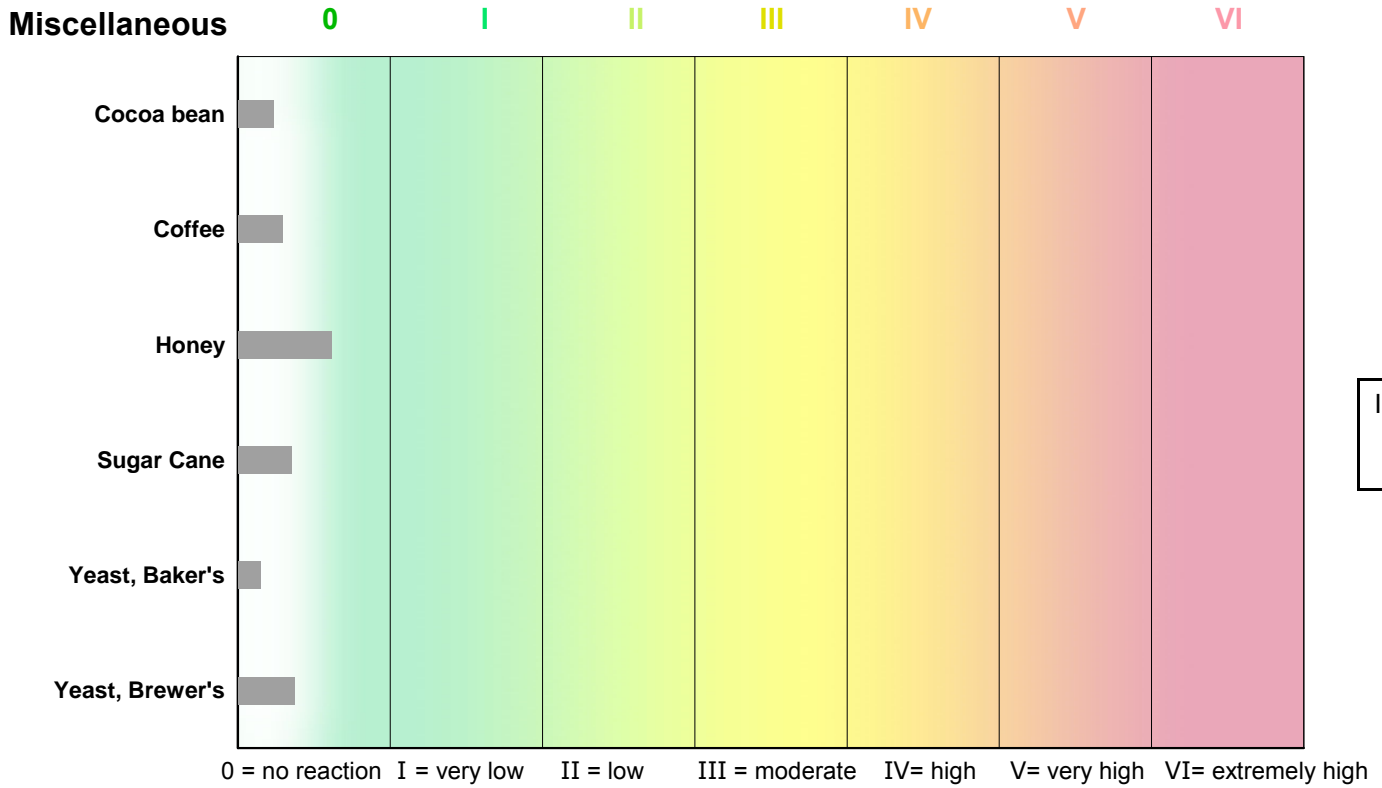
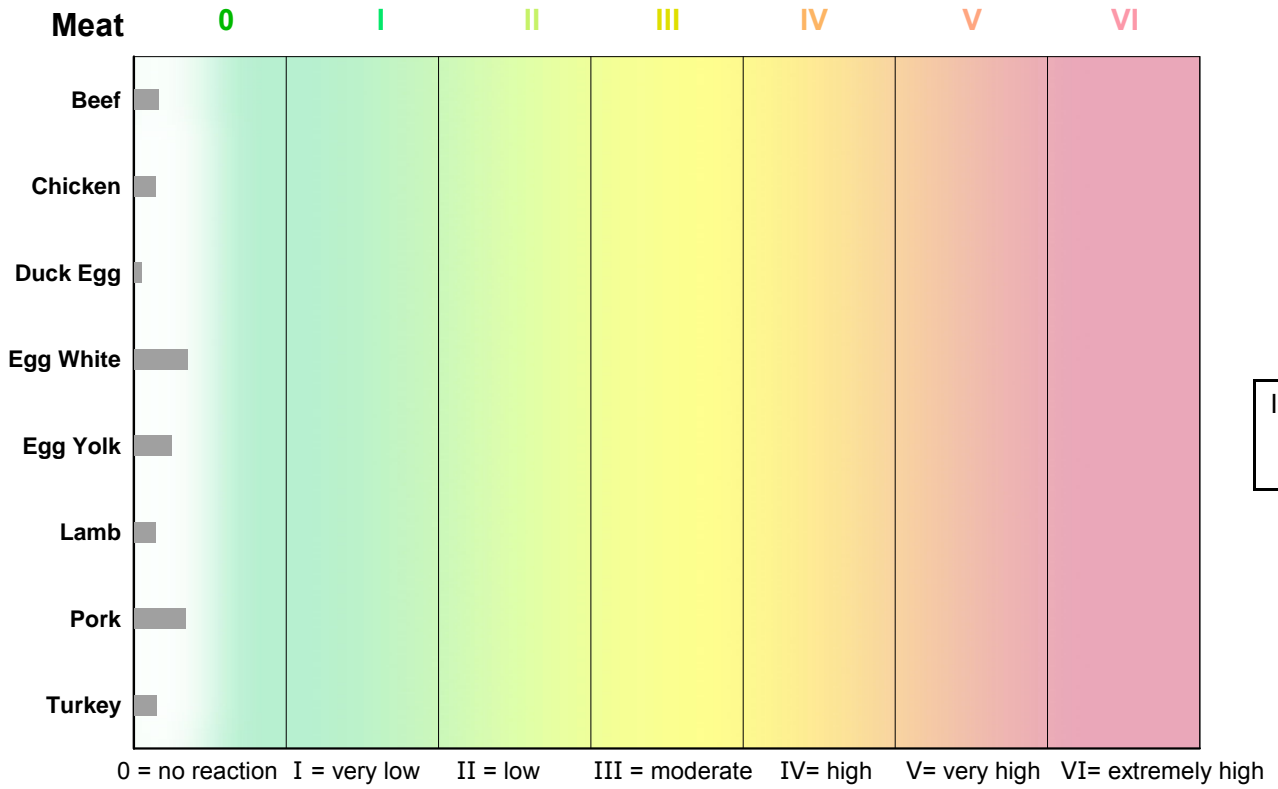
Gender: F

Phone:

Fax:

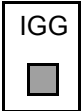
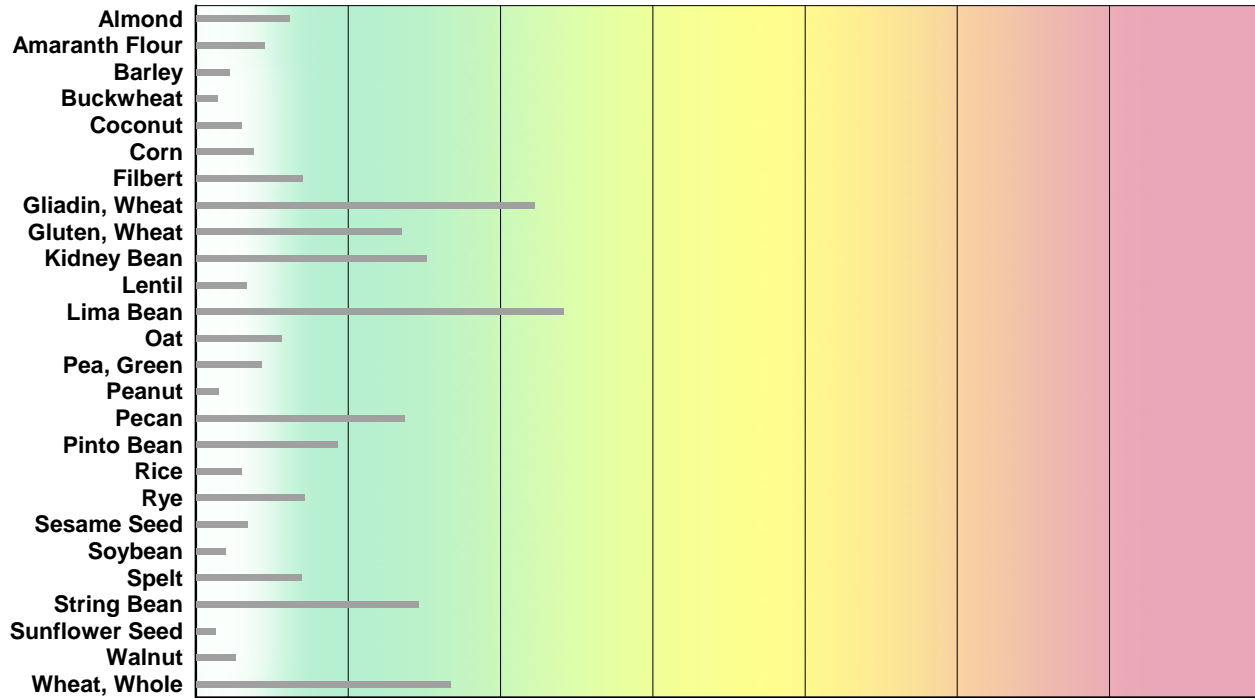






Nuts/Grains

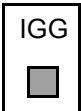
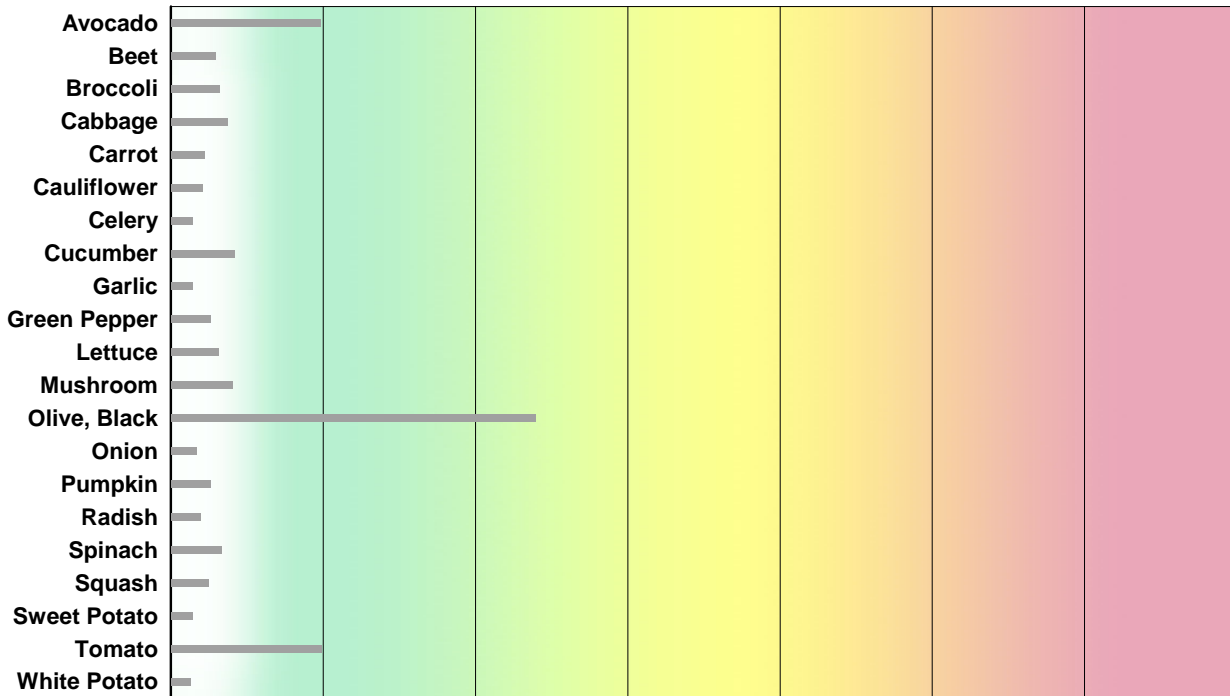
0 I II III IV V VI



0 = no reaction I = very low II = low III = moderate IV = high V = very high VI = extremely high

Vegetables

0 I II III IV V VI



0 = no reaction I = very low II = low III = moderate IV = high V = very high VI = extremely high

IgG FOOD REACTIONS are food sensitivities, rather than true IgE food allergies. IgE food allergies are immediate reactions, usually occurring within minutes or hours of consuming a food, and may include serious reactions like hives, difficulty breathing and anaphylaxis. In contrast, an IgG food sensitivity is a delayed reaction that occurs hours to days after the food is consumed. When a reactive food is consumed, the IgG antibody forms a complex with the food antigen. Normally, the body is able to eliminate these antibody-antigen complexes, but with excess antigen, small complexes tend to deposit in blood vessel walls where they can cause tissue injury via the release of inflammatory mediators. [Immunobiology 5th ed Janeway CA Jr et al. New York: Garland Science: 2001] Over time, this tissue injury may contribute to the development of a variety of health conditions. Research has shown that elimination of IgG reactive foods from the diet improves both irritable bowel syndrome and migraine headaches. [Gut 2004;53, Cephalalgia 2010;30, Revista Alergia Mexico. 2007;54(5)]. Eliminating IgG reactive foods has also been reported to help with eczema, mood disturbances, weight gain, and other digestive disturbances [Nutr Clin Pract. 2010; 25(2)]

GENERAL COMMENT. LOW or NO REACTION to a food may mean that there has not been recent exposure to that food. For example, if a patient has meticulously avoided wheat for years; it is probable that wheat will show LOW or NO reaction. Therefore, under circumstances of complete avoidance, it is impossible to determine whether the food(s) avoided would elicit a reaction if they had been consumed recently. Note also that low or no IgG reaction to a specific food does not mean it can be safely consumed by someone who has previously had a serious reaction to that specific food. Serious reactions to foods (anaphylactic reactions, hives) are mediated by IgE antibodies, therefore the absence of an IgG reaction is not an indication of safety.

GENERAL COMMENT. MODERATELY OR HIGHLY REACTIVE FOODS: The half life of an IgG antibody is 23 to 96 days,[Nutr Clin Pract. 2010;25(2):192-98] and it takes five to seven half-lives to completely eliminate. It could conceivably take more than a year for food-specific antibodies to completely disappear after the food is no longer consumed. Therefore, a trial elimination of reactive foods should likely be a minimum of three months, and preferably at least 4 to 6 months.

Note: The College of Physicians and Surgeons of Alberta considers some forms of testing for food reactions to be complementary medicine. Specific IgG quantification has been utilized in research settings to assess and investigate Type I and Type III allergies respectively. However, the assessment of human IgG antibodies specific for individual food antigens is not a recognized diagnostic indicator of allergy. Rocky Mountain Analytical does not diagnose or make treatment recommendations. Data is provided for research and educational purposes only