

FOOD INTOLERANCE(IgG)

SCIENTIFIC ABSTRACTS
CASE STUDIES



DIETITIANS.....

Dietary advice based on food-specific IgG results

Geoffrey Hardman, Gillian Hart

J Biol Regul Homeost Agents. 2018 Mar-Apr;32(2):341-344.

Results: Of patients who rigorously followed the diet 75.8% per cent had a noticeable improvement in their condition. – 68.2% of the benefited – felt the benefit within three weeks. Those who reported more than one condition were more likely to report noticeable improvement. 81.5% of those that dieted rigorously and reported three or more co-morbidities showed noticeable improvement .

Conclusions: These data provide evidence for the use of elimination diet based on food specific IgG blood test results as an aid to management of the symptoms of a range of chronic medical conditions.

Gut Microbiota, IgG-Guided Elimination Diet and Sports Performance

Gillian R Hart (2018)

BAOJ Nutrition 4: 052

Conclusions: . Dietary optimisation is needed as part of a sports programme and an optimal diet requires a personalised approach, taking food reactions into account. Food-specific IgG testing can be used to help understand the root cause and guide such an approach.

Eliminating Immunologically-Reactive Foods from the Diet and its Effect on Body Composition and Quality of Life in Overweight Persons

John E Lewis et al.

J Obes Weig los Ther 2012, 2:1

Results: Subjects who eliminated IgG-mediated reactive foods from their diet had reductions in weight, body mass index, waist and hip circumferences, resting diastolic blood pressure and had improvements in all indicators of quality of life according to the SF-36 from baseline to 90-day follow-up.

Conclusions: Subjects were able to improve their body composition and quality of life in response to eliminating IgG reactive foods from the diet. This test may represent a strategy to counteract the severe U.S. obesity epidemic.

Resolution of Allergic Rhinitis and Reactive Bronchospasm With Supplements and Food-specific Immunoglobulin G Elimination: A Case Report.

Kwiatkowski L, Mitchell J, Langland J

Altern Ther Health Med. 2016 Oct;22(S3):24-28.

Results: After 1 mo, in which the patient used the natural supplements, she experienced a 90% improvement in coughing; a 70% improvement in nasal congestion; less chest tightness; and no need for use of loratadine, diphenhydramine, or albuterol. At the 8-mo follow-up visit, her nasal congestion was reported to be entirely gone.

Conclusions: The case demonstrates the effectiveness of natural supplements and a diet eliminating IgG-reactive foods in the treatment and management of pediatric allergic rhinitis and reactive bronchospasm.

0-35, Is there connection between food intolerance and sports performance in elite athletes?

Marija Kostic-Vucicevic, Marinkovic D, Dikic N, et al.

British Journal of Sports Medicine 2016;50:A20.

Results: There was significant change in body composition of the athletes. Namely, the fat percent (FAT%) was significantly lowered ($p = 0.0008$) after the elimination diet. There wasn't change in weight of the athletes ($p = 0.06$). Heart rate (HR) after cardiopulmonary testing was measured for the first 3 minutes. There was significant difference in HR at the second ($p = 0.02$) and the third ($p = 0.006$) minute. At the end of the study HR at the second and the third minute was lowered. The flexibility of the athletes, received by sit and reach test, was better after the diet ($p = 0.001$).

Conclusions: The elimination diet for 3 months significantly improved health, body composition and faster lowering HR after cardiopulmonary testing.

The role of IgG hypersensitivity in the pathogenesis and therapy of depressive disorders.

Karakuta-Juchnowicz H, Szachta P et al.

Nutr Neurosci. 2017 Feb;20(2):110-118

Results: loosening of the tight junction barrier and an increase in permeability of the gut wall results in a process allowing larger molecules that would normally stay in the gut to cross into the bloodstream and in the induction of IgG-dependent food sensitivity. this causes an increased immune response and consequently induces the release of proinflammatory cytokines, which in turn may lead to the development of depressive symptoms

Conclusions: In the case of increased IgG concentrations, the implementation of an elimination-rotation diet may prove to be an effective method of reducing inflammation.

Two Popular Diet Models: Food Intolerance Test and Diet for Blood Group

Günay Eskici and Tülin Otbicer Acar
Ind. J. Nutr. Dietet., 2014, 51, 2527

Conclusions: the food intolerance test is specific to each person it is more personal and more up-to-date than the diet for each blood group, the belief that the former is more valid and effective than the latter has strengthened. Moreover, the alleviation of the symptoms the study participants suffered from after a diet program was designed, **according to the test results, and monitored by a dietitian** is a concrete result of the positive effects of food intolerance test

IgG antibodies against food antigens are correlated with inflammation and intima media thickness in obese juveniles

Wilders-Truschnig M, Mangge H, Lieners C, Gruber H, Mayer C, März W.
Exp Clin Endocrinol Diabetes. 2008 Apr;116(4):241-5

Results: Obese juveniles showed a highly significant increase in IMT ($p=0.0001$), elevated CRP values ($p=0.0001$) and anti-food IgG antibody concentrations ($p=0.0001$) compared to normal weight juveniles. Anti-food IgG showed tight correlations with CRP ($p=0.001/r=0.546$) and IMT ($p=0.0001/r=0.513$) and sustained highly significant in a multiple regression model.

Conclusions: Obese children have significantly higher IgG antibody values directed against food antigens than normal weight children. Anti-food IgG antibodies are tightly associated with low grade systemic inflammation and with the IMT of the common carotid arteries. These findings raise the possibility, that anti-food IgG is pathogenetically involved in the development of obesity and atherosclerosis.

Food-Specific IgG Guided Elimination Diet; A Role in Mental Health?

Gillian R Hart,
BAOJ Nutrition 2017 3: 1

Results: dietary intervention, dependent on specific tailored food IgG test results, is personalised; , providing a unique targeted approach, and this makes sense immunologically. What is clear is that restoration and maintenance of healthy intestinal, and blood brain, barriers, and the composition of the gut microbiota, are key to improved health, and dietary changes based on IgG-guided elimination diet show promise as a viable intervention strategy.

Weight Loss

Tina Holah, 41, East Sussex

Doctors suggested gastric band, Diagnosed with under-active thyroid

"I was diagnosed with an under-active thyroid so I had always put my weight problems down to that. I was feeling sluggish with no energy and at my heaviest, 15 stone 1 pound, I was told by my doctor that my BMI was dangerously high. I felt so low and depressed that I knew something had to be done.

After about 2 months, I had noticed the weight gradually dropping on the scales, but I could not see a change in my body shape and my face was still very puffy and bloated. Keren then suggested that I might be intolerant to some of the foods I eat and that could be inhibiting my weight loss.

She gave me an at-home testing kit called Food Detective™ which was really easy to use and I got my results within 40 minutes. It was great that I didn't have to wait weeks for the results, I could take action straight away!"

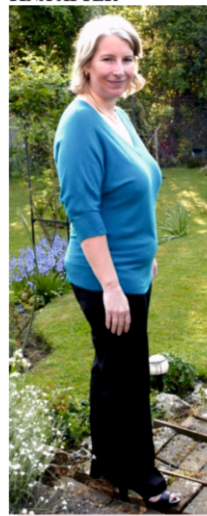
"I tested positive to being intolerant to cow's milk, citrus fruits and durum wheat. Initially I panicked wondering how I would cut these from my diet. I drink several cups of tea a day and love pasta, but most of all I didn't want to turn into one of those „fussy eaters“ when I eat out with friends in a restaurant.

Within weeks I noticed the difference, the weight just dropped off. My face and body changed shape, I no longer looked or felt bloated or puffy. I felt much more active and I just felt better in myself. People commented that my skin looked fantastic and could see the differences in so many ways."

TINA BEFORE
On Weight
by side



TINA AFTER



Acne

Andrew, 14

Acne for 18 months, therapy with Tetralsal/Lymecycline failed to work after a nine-month stint,

“Andrew is at that really sensitive age when boys become more aware of themselves and he would often ask ‘why did it have to be me?’” Kids can be so cruel and I know that he found it really difficult at times”

Before taking the test, Andrew who hopes to follow a career in the army would, like most teenagers, eat his fair share of chocolate and also he would have a bowl of oat based cereal daily. Sharon – Mother of Andrew – suspected that food was playing a role in his condition, but was unsure about how to go about monitoring which ingredients were causing problems. “It would have taken forever trying to find out which food to avoid. Also, the dermatologist told me that it was absolutely rubbish that Andrew’s acne had anything to do with what he was eating.”

After discovering that foods including the cocoa bean, used in making chocolate, and oats were likely to be contributing to his skin condition, Andrew cut these foods from his diet. The results were almost instant and the improvements – despite one or two minor relapses after eating chocolate – have been sustained. “It’s amazing! Andrew has gone from at worst being covered with facial acne to having very few spots now, when he keeps to his new regime. It has made such a difference to his confidence at a time in his life when this is most important,” says Sharon. “At its worst, it was pretty bad and Andrew would avoid going out. Whereas now people are commenting on how clear his face is,” she adds.



M.E. - Chronic Fatigue

Tansy Edgerton, 36, psychotherapist - Horncastle, Lincolnshire
life had been put on hold for four years, with the debilitating disease of the nervous system, M.E

Unable to work, Tansy has been struggling with the debilitating disease of the nervous system, M.E since October 2003, when initially she began to feel exhausted for no good reason and then developed flu-like symptoms two weeks later. The illness continued almost continuously for the next three years.

At her worst, Tansy would be bedridden for up to ten days a month – and she would have to contend with “brain fogs”, fatigue, muscle pain, and a racing pulse. “It was like having a continuous terrible hangover or a bad bout of flu and I really couldn’t see any way out.

She opted to take the Food Detective™ test from Cambridge Nutritional Sciences.

In around a week Tansy had the results of the test. This showed that she was reacting to no fewer than 20 foods, including wheat, dairy, soya, nuts, egg white, rye, barley and crab. Ironically, she reacted more to rye than wheat, the ingredient she had replaced wheat with before taking the test.

Tansy set about trying to take these offending foods out of her diet and within the first week began to feel slightly better. “As I became more and more strict with it, I saw the benefits and there was a greater improvement. There was a clearing of the fog, I had more energy and the overall feeling of being seriously unwell increasingly reduced,” she says.

FOOD SENSITIVITIES		VS	FOOD ALLERGIES	
AGE ANY AGE Can develop at any age, but most commonly develops in childhood.	REACTION OCCUR GRADUALLY Symptoms develop over time, often after repeated exposure to the allergen.		AGE DEVELOPED FROM INFANCY The immune system often reacts to foods in infancy.	REACTION IMMEDIATELY A reaction often occurs within minutes.
THREAT & SYMPTOMS NOT LIFE THREATENING Symptoms are usually mild, such as bloating, gas, and discomfort. In severe cases, they can include hives, asthma, and eczema.	COMMON CAUSES Wheat, Dairy, Soy, Eggs, Nuts, Fish, Shellfish, Grains, Fruits, Vegetables, Spices.		THREAT & SYMPTOMS SERIOUSLY LIFE THREATENING Swelling, difficulty breathing, hives, anaphylaxis, and other severe reactions.	COMMON CAUSES Milk, Eggs, Peanuts, Soy, Wheat, Fish, Shellfish, Tree Nuts, Fruits, Vegetables, Spices.
SELF-ASSESSMENT Symptoms are often relieved by avoiding the allergen. However, a professional diagnosis is essential for accurate results.	HOW MANY? Up to 100		SELF-ASSESSMENT Symptoms are often severe and persistent. A professional diagnosis is essential for accurate results.	HOW MANY? More common (1-3%)

Could it be food intolerance?