

FOOD INTOLERANCE(IgG)

SCIENTIFIC ABSTRACTS
CASE STUDIES



DERMATOLOGISTS.....

Correlation between childhood eczema and specific IgG antibody level.

Liu Y, Yan H, Shao F, Li QH, Cui M.

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

Results: The sIgG positive rates of children in the eczema group and allergy group were significantly higher than that in the control group (P less than 0.05). Milk and eggs were the major allergy-causing food for children with sIgG positive rates higher than 70%. The sIgG test results revealed that eggs had the highest allergenicity, followed by milk, tomatoes and soybeans, and pork was not highly sensitive.

Conclusions: sIgG positive rate of children with eczema is high, and examination of food sIgG antibody in serum is valuable in the diagnosis and treatment of childhood eczema.

Analysis of the relations between allergen specific IgG antibody and allergic dermatosis of 14 kinds foods

Hu Yine, Dai Shufang, Wang Bin, Qu Wei, Muhammad Aqeel Ashraf, Gao Junling

Open Med (Wars). 2015; 10(1): 405-409.

Results: Among 20 healthy subjects, 1 subject was tested positive IgG antibody and the positive rate was 5.0%; among 181 patients with allergy dermatoses, 118 patients were tested positive IgG antibody and the total positive rate was 65.2%. There was a significant difference in the positive rate of IgG antibody of healthy group, yet not for the patient group.

Conclusions: Allergy dermatoses are closely related to food-specific IgG antibody, and the allergy dermatoses patients have a high incidence rate of food intolerance. Detecting IgG antibody in the serum of patients is of great significance for the diagnosis and treatment of allergy dermatoses.

Prevalence of IgG-mediated food intolerance among patients with allergic symptoms

Zahid Shakoor, Abrar Al Faiqi, corresponding author Bayanx Al Amro, Lama Nabil Al Tawil, and Rana Yazid Al Ohaly

Ann Saudi Med. 2016 Nov-Dec; 36(6): 386-390

Results: We selected 71 patients with allergic symptoms lacking laboratory evidence of allergy. There were 49 female and 22 male patients mean age 38.8 (16.0) years. **The majority (85.7%) had urticaria.** The most frequently occurring food specific IgG antibodies were against cola nut in 80.3% of patients followed by yeast in 78.9%, wheat in 77.5%, red kidney bean in 71.8%, pea in 63.4%, corn in 62% and egg white in 62% of the patients.

Conclusions: The detection of a variety of food specific IgG antibodies among patients with allergic symptoms indicates a possible link to food intolerance allergy. Females are prone to develop food intolerance more than males.

allergy²food

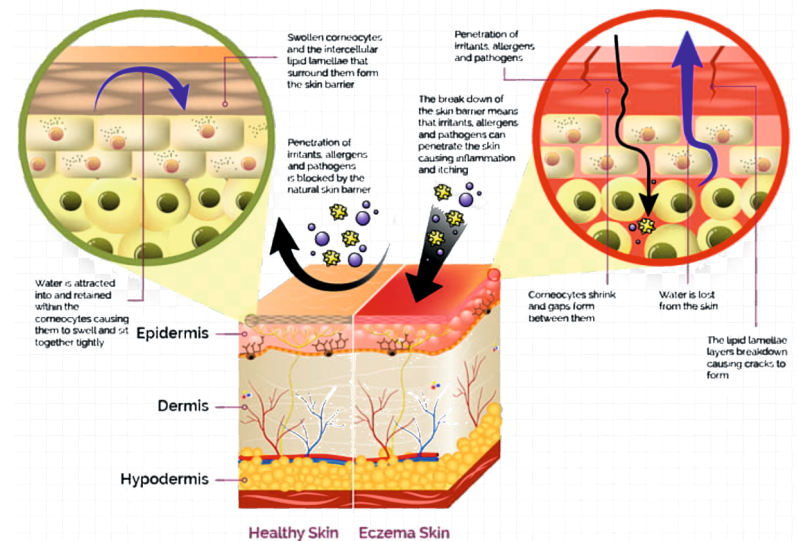
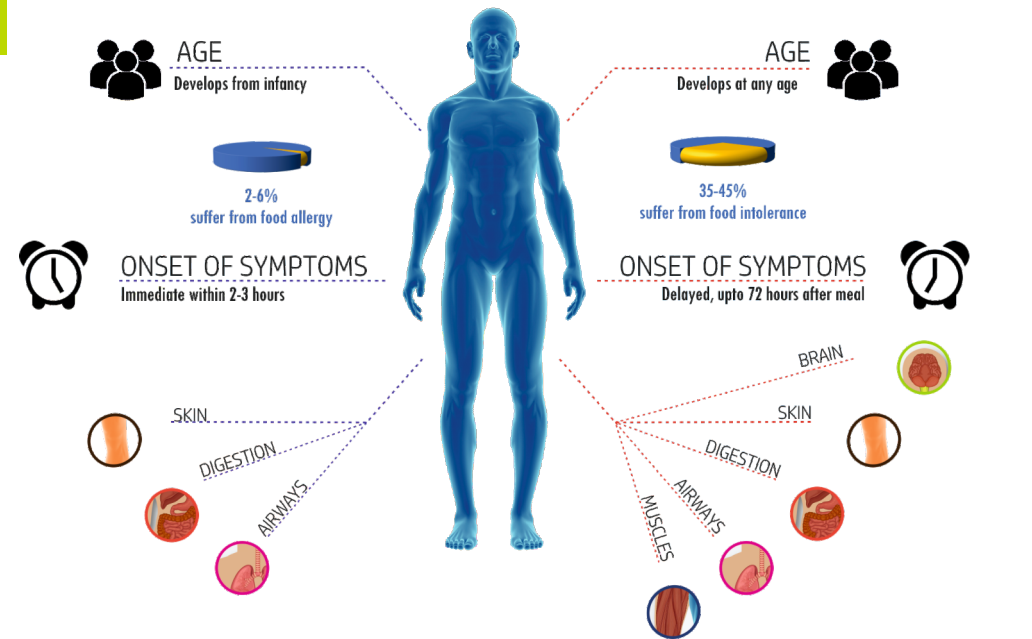


Fig 1: The Skin Barrier in Healthy Skin vs Eczema Irritated Skin

Could it be food intolerance?

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.



Analysis on relationship between specific IgG antibodies of 14 food allergens and allergic skin diseases.

Jia Qi, Wei-Wei Wang, Yu-Jie Zhang, Jian Wu, Jun Wei, Li-Qing Hu, An-Quan Shang
Biomedical Research 2017; 28 (22): 9982-9985

Results: According to experimental results, the specific IgG antibodies of 14 food allergens had differences in serums of patients, in which cod, crab, egg, milk, shrimp and soybean had relatively high contents of 15.43%, 41.76%, 52.04%, 32.43%, 21.45% and 8.92%, respectively, indicating relatively serious risks on food intolerance-based skin diseases.

Conclusions: Allergic skin disease patients have food specific IgG antibodies in their serums, indicating the correlation between allergic skin diseases and food tolerance; the detection on food specific IgG antibodies in serums plays an important role in diagnosis of allergic skin diseases and prevention to food allergy.

Humoral immunity to cow's milk proteins and gliadin within the etiology of recurrent aphthous ulcers?

Besu I, Jankovic L, Magdu IU, Konic-Ristic A, Raskovic S, Juranic Z.
Oral Dis 2009 Nov;15(8):560-4. Epub 2009 Jun 29. .

Results: The levels of serum anti-CMP IgA, IgG and IgE antibodies were significantly higher in patients with RAU in comparison with the controls ($P < 0.005$, $P < 0.002$ and $P < 0.001$ respectively). In general, the increased humoral (IgA or IgG) immunoreactivity to CMP was found in 32 of 50 patients, while 17 of them showed the increased levels of both IgA and IgG immunoreactivity to CMP

Conclusions: These results indicate the strong association between high levels of serum anti-CMP IgA, IgG and IgE antibodies and clinical manifestations of recurrent aphthous ulcers.

An elimination diet plus supplements in the treatment of chronic dermatitis and type 2 Diabetes

B Mark A. Hyman, MD
Integrative Medicine • Vol. 1, No. 1 • Dec 2002/Jan 2003

Results: Initial therapy consisted of a modified elimination diet. She stopped the prednisone and methotrexate on her own at the beginning of treatment. Within 4 weeks, the rash greatly improved. Further elimination of the 17 foods producing IgG antibodies was initiated at 4 weeks and a number of supplements were added, including plant tannins, lactobacillus GG, and a combination of glutamine, aloe, and licorice powder. She was advised to taper the ranitidine. Within 12 weeks her rash completely disappeared and her fatigue had resolved. She was able to reintroduce all foods without recurrence of rash after 12 weeks and stop the glutamine, licorice, aloe, and plant tannins.

Application of Food-specific IgG Antibody Detection in Allergy Dermatoses

Hu Yine*, Dai Shufang, Wang Bin, Qu Wei, Muhammad Aqeel Ashraf, Gao Junling
Open Med. 2015; 10: 377-381

Results: Among 20 healthy subjects, 1 subject was tested positive IgG antibody and the positive rate was 5.0%; among 181 patients with allergy dermatoses, 118 patients were tested positive IgG antibody and the total positive rate was 65.2%. There was a significant difference in the positive rate of IgG antibody of healthy group,

Conclusions: allergy dermatoses are closely related to food-specific IgG antibody, and the allergy dermatoses patients have a high incidence rate of food intolerance.

Detecting IgG antibody in the serum of patients is of great significance for the diagnosis and treatment of allergy dermatoses.

Case -01

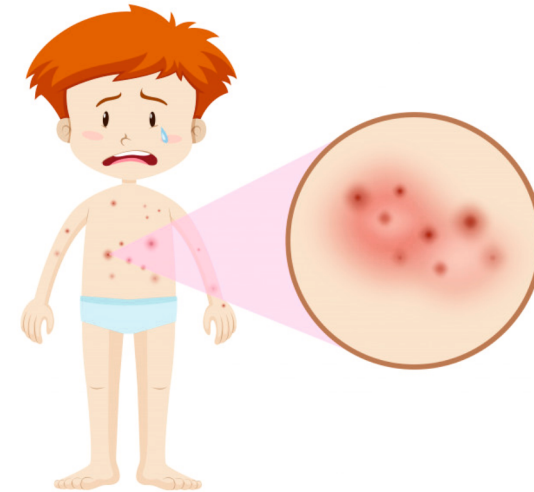
Eczema

James Davies, 31 Years
Atopic Eczema, Sleepless Nights

“got so bad that James would be awake during the night scratching frustrating experience that made it difficult to function normally at work tried various steroid creams and emollients over the years with limited success,”

Shown elevated Food IgG to cows' milk, egg white and also grains and yeast.

Within a couple of days of strict elimination of intolerant foods, it had completely cleared up



Case -02

Rashes

A. Ritzmann, 21 years
Suffering from a rash on the hands for 18 years

suffering from a rash on the hands for 18 years. The skin was always dry, red, chapped and itchy. rash in the face as well (reddened, swollen eyelids).

Various dermatologists and non-medical practitioners could not establish the cause. With cortisone cream, the rash always disappeared for some days.

48 positive reactions were found in the food IgG Test - mainly milk, yeast, rye and sugar containing foods.

With elimination diet rash improved very quickly and can already eat small amounts of the food found to be incompatible again.