



**Order Number: R7110073**

Reported: January 17, 2023 14:56  
Received: January 11, 2023 07:30  
Collected: January 10, 2023 07:30

The Health Equation  
Gerry Gajadharsingh  
White Horse Cottage  
Alton Barnes, SN8 4LB  
Great Britain and Northern Ireland

**1001 IgG Food Antibodies Profile - Serum**

Methodology: EIA and Chemiluminescent

**IgG Food Antibody Results**

Dairy	Vegetables	Fish/Shellfish	Nuts and Grains						
Casein 0 <input type="checkbox"/>	Alfalfa VL <input checked="" type="checkbox"/>	Clam 0 <input type="checkbox"/>	Almond 0 <input type="checkbox"/>						
Cheddar cheese 0 <input type="checkbox"/>	Asparagus 0 <input type="checkbox"/>	Cod VL <input checked="" type="checkbox"/>	Buckwheat 0 <input type="checkbox"/>						
Cottage cheese VL <input checked="" type="checkbox"/>	Avocado 0 <input type="checkbox"/>	Crab VL <input checked="" type="checkbox"/>	Corn 0 <input type="checkbox"/>						
Cow's milk 0 <input type="checkbox"/>	Beets VL <input checked="" type="checkbox"/>	Lobster 0 <input type="checkbox"/>	Corn gluten VL <input checked="" type="checkbox"/>						
Goat's milk 0 <input type="checkbox"/>	Broccoli VL <input checked="" type="checkbox"/>	Oyster 0 <input type="checkbox"/>	Gluten VL <input checked="" type="checkbox"/>						
Lactalbumin 0 <input type="checkbox"/>	Cabbage 0 <input type="checkbox"/>	Red snapper 0 <input type="checkbox"/>	Kidney bean 0 <input type="checkbox"/>						
Yogurt 0 <input type="checkbox"/>	Carrot 0 <input type="checkbox"/>	Salmon 0 <input type="checkbox"/>	Lentil 1+ <input checked="" type="checkbox"/>						
	Celery 0 <input type="checkbox"/>	Sardine 0 <input type="checkbox"/>	Lima bean 0 <input type="checkbox"/>						
<b>Fruits</b>	Cucumber 0 <input type="checkbox"/>	Shrimp VL <input checked="" type="checkbox"/>	Oat 1+ <input checked="" type="checkbox"/>						
Apple 0 <input type="checkbox"/>	Garlic 0 <input type="checkbox"/>	Sole 0 <input type="checkbox"/>	Peanut 0 <input type="checkbox"/>						
Apricot 0 <input type="checkbox"/>	Green Pepper 0 <input type="checkbox"/>	Trout 0 <input type="checkbox"/>	Pecan 3+ <input checked="" type="checkbox"/>						
Banana 0 <input type="checkbox"/>	Lettuce 0 <input type="checkbox"/>	Tuna 0 <input type="checkbox"/>	Pinto bean 0 <input type="checkbox"/>						
Blueberry 1+ <input checked="" type="checkbox"/>	Mushroom VL <input checked="" type="checkbox"/>		Rice VL <input checked="" type="checkbox"/>						
Cranberry VL <input checked="" type="checkbox"/>	Olive 0 <input type="checkbox"/>	<b>Poultry/Meats</b>	Rye VL <input checked="" type="checkbox"/>						
Grape 0 <input type="checkbox"/>	Onion 0 <input type="checkbox"/>	Beef 0 <input type="checkbox"/>	Sesame 1+ <input checked="" type="checkbox"/>						
Grapefruit 0 <input type="checkbox"/>	Pea VL <input checked="" type="checkbox"/>	Chicken 0 <input type="checkbox"/>	Soy 0 <input type="checkbox"/>						
Lemon 0 <input type="checkbox"/>	Potato, sweet 0 <input type="checkbox"/>	Egg white 0 <input type="checkbox"/>	Sunflower seed 0 <input type="checkbox"/>						
Orange 0 <input type="checkbox"/>	Potato, white 0 <input type="checkbox"/>	Egg yolk 0 <input type="checkbox"/>	Walnut VL <input checked="" type="checkbox"/>						
Papaya 0 <input type="checkbox"/>	Spinach 0 <input type="checkbox"/>	Lamb VL <input checked="" type="checkbox"/>	Wheat 0 <input type="checkbox"/>						
Peach 0 <input type="checkbox"/>	String bean 0 <input type="checkbox"/>	Pork 1+ <input checked="" type="checkbox"/>							
Pear 0 <input type="checkbox"/>	Tomato 0 <input type="checkbox"/>	Turkey 0 <input type="checkbox"/>	<b>Miscellaneous</b>						
Pineapple 0 <input type="checkbox"/>	Zucchini 0 <input type="checkbox"/>		Yeast 0 <input type="checkbox"/>						
Plum 2+ <input checked="" type="checkbox"/>			Cane sugar 0 <input type="checkbox"/>						
Raspberry 0 <input type="checkbox"/>			Chocolate VL <input checked="" type="checkbox"/>						
Strawberry 0 <input type="checkbox"/>			Coffee 0 <input type="checkbox"/>						
<b>Total IgE</b>									
<table border="0"> <tr> <td style="padding-right: 20px;">Inside</td> <td style="padding-right: 20px;">Outside</td> <td>Reference Range</td> </tr> <tr> <td style="text-align: center;">Total IgE ♦ <input type="checkbox"/></td> <td style="text-align: center;"><input checked="" type="checkbox"/> 87.3</td> <td style="text-align: center;">&lt;=87.0 IU/mL</td> </tr> </table>				Inside	Outside	Reference Range	Total IgE ♦ <input type="checkbox"/>	<input checked="" type="checkbox"/> 87.3	<=87.0 IU/mL
Inside	Outside	Reference Range							
Total IgE ♦ <input type="checkbox"/>	<input checked="" type="checkbox"/> 87.3	<=87.0 IU/mL							

0 <input type="checkbox"/> None Detected	VL <input checked="" type="checkbox"/> Very Low	1+ <input checked="" type="checkbox"/> Low	2+ <input checked="" type="checkbox"/> Moderate	3+ <input checked="" type="checkbox"/> High
------------------------------------------	-------------------------------------------------	--------------------------------------------	-------------------------------------------------	---------------------------------------------

- The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.
- Total IgE level may have clinical significance regardless of specific antibody levels.
- Increasing levels of antibody detected suggest an increasing probability of clinical reactivity to specific foods.
- The Elimination Diet commentary is specific to IgG results only. Allergens inducing an IgE response should be completely avoided.

**Laboratory Comments**

# Summary of IgG Test Results

## Reactive / Non-Reactive Foods

### 3+ High

Pecan

### 2+ Moderate

Plum

### 1+ Low

Blueberry  
Sesame

Lentil

Oat

Pork

### VL Very Low

Alfalfa  
Cod  
Cranberry  
Pea  
WalnutBeets  
Corn gluten  
Gluten  
RiceBroccoli  
Cottage cheese  
Lamb  
RyeChocolate  
Crab  
Mushroom  
Shrimp

### 0 None Detected

Almond  
Avocado  
Cabbage  
Celery  
Coffee  
Egg white  
Grape  
Lactalbumin  
Lobster  
Oyster  
Pear  
Potato, white  
Sardine  
Strawberry  
Trout  
YeastApple  
Banana  
Cane sugar  
Cheddar cheese  
Corn  
Egg yolk  
Grapefruit  
Lemon  
Olive  
Papaya  
Pineapple  
Raspberry  
Sole  
String bean  
Tuna  
YogurtApricot  
Beef  
Carrot  
Chicken  
Cow's milk  
Garlic  
Green pepper  
Lettuce  
Onion  
Peach  
Pinto bean  
Red Snapper  
Soy  
Sunflower seed  
Turkey  
ZucchiniAsparagus  
Buckwheat  
Casein  
Clam  
Cucumber  
Goat's milk  
Kidney bean  
Lima bean  
Orange  
Peanut  
Potato, sweet  
Salmon  
Spinach  
Tomato  
Wheat

## Commentary

### Overview

Commentary is provided to the practitioner for educational purposes and should not be interpreted as diagnostic or as treatment recommendations. Diagnosis and treatment decisions are the practitioner's responsibility.

**Immunoglobulin G (IgG) antibodies** that elicit an immune response to food are in a class distinct from Immunoglobulin E (IgE) food allergy reactions. IgG-mediated food responses are described as delayed hypersensitivity reactions and have been associated in the peer-reviewed literature with an array of common clinical conditions including migraine, obesity, asthma, autoimmune diseases, and irritable bowel syndrome.

#### IgG Testing: Factors to Consider

IgG testing can be very useful in screening foods that a person is eating on a regular basis and which may be causing adverse reactions. However, it is possible to have adverse reactions to foods with low or non-detected levels of IgG. Because the IgG profile measures exposure of the immune system to food antigens, performing this test on a patient who is not consuming a particular food or who is taking a drug with known ability to suppress immune function (i.e. steroids) may result in the test not showing a positive reaction, potentially leading to a false negative result for the particular food. Be advised that if the patient is already on an elimination diet due to known food reactions, a negative result on an IgG food antibody profile does not necessarily mean that they can freely eat the food without experiencing symptoms.

#### IgG Results Interpretation

The amount of IgG antibodies is measured using a semi-quantitative ELISA assay procedure. The relative degrees of IgG present for each food are reported using a semi-quantitative level; None Detected (0), VL (very low), Low (1+), Moderate (2+) or High (3+). The degree of reactivity may not correlate with the severity of patient's response, therefore clinical correlation is advised as it can help direct treatment.

#### Clinical Management of Reactive IgG Foods: Elimination Diet

The purpose of an elimination diet is to pinpoint symptom-triggering foods that may be the root cause of and/or perpetuating chronic health issues. This diet is specific to food sensitivities that elicit an Immunoglobulin G (IgG) response and not those defined as classic (IgE-mediated) food allergy reactions. An elimination diet is a strategic process which depends on the oversight of the healthcare provider to ensure that a patient's nutritional requirements - macronutrient, micronutrient, and caloric needs - are adequate.

### Four-Phases of an Elimination Diet



#### PHASE 1 – PREPARATION

A patient's clinical presentation and the IgG Food Antibody Assessment results typically determine which food(s) to temporarily remove from the diet. The average time frame for an elimination diet is 1 to 3 months. It is optimal to work with the patient to determine a start and end date for the elimination diet. Patient guidance around preparation ahead of the start date is important to ensure success. These include: (1) encouraging the patient to remove offending foods from the home and adjust grocery shopping accordingly; (2) providing the patient with resources that advance meal preparation, such as recipe books or reputable websites. Directing the patient to record foods consumed, date of consumption/elimination, and any notable changes in symptoms in a food journal can help track the progress of the diet.

## Commentary



### PHASE 2 – ELIMINATION

It is important to ensure the patient avoids those foods which resulted in a demonstrable reaction, either in whole food forms or as ingredients in other prepared foods to gain the greatest benefit. For patients unable to eliminate all reactive foods from their diet, focusing on the foods that elicited a stronger reaction (i.e.: 2+ and 3+) may be considered for an elimination diet. Practitioners may also encourage elimination of a complete food group when the patient shows reactivity to all foods tested within that group.



### PHASE 3 – REINTRODUCTION

The reintroduction of eliminated foods is done one food at a time while monitoring for any adverse reaction. The patient should consume the test food several times throughout the day for several days. If symptoms occur with reintroduction, the patient should be instructed to remove that food once again and to evaluate whether the symptoms diminish over the next few days following elimination. Signs which may indicate an IgG food reaction include the following: headache, itching, bloating, fatigue, diarrhea or constipation, and indigestion. If the food does not cause symptoms during the reintroduction phase, it can be added back into the diet. The patient should continue this process with each food eliminated.

**CAUTION:** *All patients warrant counseling related to signs and management of immediate hypersensitivity reactions prior to food reintroduction following an elimination diet. If reintroduction of a food causes an immediate allergic reaction (i.e. swelling of face, mouth, tongue, etc.; wheezing, rash/hives, or other allergic symptoms), it is imperative that the patient be treated as soon as possible. Following resolution of the immediate hypersensitivity reaction, the patient should be instructed to completely avoid consumption of that food.*



### PHASE 4 – LONG TERM MANAGEMENT

An elimination diet based on food sensitivity testing is part of a comprehensive approach to overall gastrointestinal health. Based on the test results and the complete clinical presentation of the patient, a long-term plan is usually developed utilizing the results of the reintroduction phase. Clinicians may also consider assessing and treating intestinal permeability, as gut barrier integrity is important for proper immune responses to foods. Nutrients that have been found to support intestinal barrier and decrease potential inflammation are glutamine, vitamin A, vitamin D, essential fatty acids (Omega-3), probiotics, and butyrate. Botanicals that can also be considered to assist with intestinal health are slippery elm, deglycyrrhizinated licorice (DGL), Aloe vera extract, and marshmallow root.

For additional information on the elimination diet and how to better understand your results, please download the "Elimination Diet Handout" from our website at <https://www.gdx.net/elimination-diet-handout.pdf>.