

# IgG Food Sensitivity Profiles



The majority of adverse reactions to food are rarely life threatening, but may be a source of considerable discomfort in many chronic conditions and diseases. The symptoms are varied and individuals can react in different ways. Many people live with minor or major symptoms of adverse food reactions for years without ever suspecting the involvement of the immune system and the foods which trigger them.

Food sensitivity reactions may be the result of enzyme deficiency, histamine releasing effects, altered intestinal permeability (e.g. leaky gut) or pharmacological effects.

Food sensitivity is often given a low priority in the investigation of disease. Common conditions where food sensitivity may play a significant role include bloating and fluid retention, inflammatory bowel disease, irritable bowel syndrome, migraine, depression and mood swings, asthma, skin conditions and behavioural problems in children.

IgG Food Sensitivity testing interpreted in relation to a case history and other test results, is an efficient and reliable method for diagnosing individuals with adverse reactions to food.

Food allergy, on the other hand, is an immunological adverse reaction to food which is often IgE-mediated and can be measured in most instances in blood by detection of specific antibodies. Food sensitivity is identified by screening blood samples for IgG antibodies to a panel of foods. The most common food sensitivities occur with cow's milk, eggs, beans, nuts and cereals.

## Foods Tested

There are three IgG food sensitivity profiles available which test for common foods known to cause food sensitivity reactions.

## Specimen Requirements

- A blood specimen is required, which can be taken at any time of the day. Fasting is not required beforehand.

## Specimen Collection

Once the practitioner has given the patient their request form, the patient takes it to their nearest Healthscope pathology collection centre. Please call 1300 55 44 80 or visit [www.functionalpathology.com.au](http://www.functionalpathology.com.au) for a full list of Healthscope Pathology collection centres.

## Children

This test is also suitable for children between the ages of 4-12 years.

## Turnaround Time

The standard turn around time for this test is 7 – 10 working days from the date the patient's specimen/s are received at our laboratory.

## Test Results

Patient results will be delivered via mail, unless requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

## Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email [infofp@healthscope.com.au](mailto:infofp@healthscope.com.au)

## Companion Tests

- **Secretory IgA (sIgA)**
- **Intestinal Permeability (IP)**
- **Complete Digestive Stool Analysis (CDSA)**

A deficiency of secretory IgA (sIgA) may contribute to elevated IgG antibody levels to food antigens. Mucosal immunity plays an important role in food sensitivity and sIgA plays a major role in antigen handling and elimination. A lack of sIgA may permit the permeation of undigested food antigens into the bloodstream, thereby promoting immune complex formation and circulation for an uncertain period of time. The sIgA test is therefore highly recommended in conjunction with the Food Sensitivity Profiles.

Increased intestinal permeability may also be an important contributing factor in the development and exacerbation of food sensitivity. An Intestinal Permeability test may provide valuable information as to whether this is an important underlying cause.

Similarly, poor digestive function and imbalanced gut flora may create an environment that facilitates food sensitivity. A Complete Digestive Stool Analysis (CDSA) may therefore be useful in terms of understanding the underlying causes of this condition.