

IgG Food Sensitivity Test

Even healthy foods can cause sensitivities



Increasing Importance of Food Sensitivity

Adverse reactions to foods are causing increasingly more health problems. Approximately 5% of the population is affected by food allergy, which produces an immediate onset of the symptoms often associated with an “allergic response”.

However, it is estimated that more than 40% of the population have a delayed type of reaction, which occurs several hours or days after a food is consumed. The delay in the appearance of symptoms makes it difficult to determine which foods could be considered as the trigger of the health problem.

Links to chronic complaints

If the small intestine becomes damaged (e.g. by stress, infections, and/or medicines). Partially digested foods can reach the blood stream. Certain areas of these foods are recognized as ‘antigens’ by the immune system and special IgG are formed against them. These IgG antibodies bind to the specific food proteins to form immune complexes, which can accumulate in the joints, organs, and vascular system. Immune complexes are disseminated by an inflammatory reaction. If this recurs frequently, it can lead to a chronic process and subsequent health conditions

Common Symptoms Include:

- *Chronic gastro-intestinal problems: irritable bowel, diarrhea and bloating
- *Skin problems: itching and psoriasis
- *depression and anxiety
- *Hypertension
- *Headaches and migraines
- *Weight control
- *Chronic fatigue, fibromyalgia
- *Attention deficit and/or Hyperactivity
- *Arthritis

IgG Antibody Detection

While simple elimination diets can be used to identify problem foods, this “trial and error” approach is often imprecise and time consuming. It can take a long time to identify the offending foods and achieve long-term health improvements, even with the help from a health professional.

Detection of food-specific IgG antibodies is recognized as a reliable method to identify foods that may be causing symptoms and to guide the design of elimination diets based on the IgG antibody results.

Health Food Sensitivity Test

The Health Food Sensitivity Test is performed using state-of-the-art technology. Originally invented for studying DNA and gene expression, this microarray technology has now been extended to Food Sensitivity testing. The Health Food Sensitivity test is a sensitive and accurate technique that can better detect the presence of IgG food-specific antibodies to over 200 commonly eaten foods. As part of a quality program, samples are analyzed in duplicates. Results are also semi quantitative, allowing a measure of specific food sensitivities. The flexibility of the testing system permits a number of different panels to be offered.

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