Allergy Antibody Assessments
IgG & IgE Specific Antibodies

The incidence of food sensitivities has increased dramatically over the years. It is estimated that up to 20% of the population have adverse reactions to foods.

The IgG Food Panel measures IgG1, IgG2, IgG3 and IgG4. The tests measures these IgG antibody levels to 87 foods. This is commonly known as a Food Intolerance Test.

An IgE Food Panel is a Food Allergy Test and tests for acute classical allergies (IgE), against 37 common foods. Symptoms usually present immediately and include hayfever, asthma, urticaria, swollen/itchy throat, tongue, lips, gums, watery/itchy/swollen eyes, rhinitis, colic, anaphylaxis, eczema, and skin rashes.

The IgE Inhalent Panel identifies classical (IgE) inhalant allergies to 27 of the most common airborne allergens. Symptoms usually present immediately and include hayfever, asthma, urticaria, watery/itchy/swollen eyes, rhinitis, eczema, and skin rashes.

The Consequences of Food Intolerances
IgG antibodies are associated with 'delayed' or non-atopic food reactions that exacerbate or contribute to many different health problems. Simultaneous high levels of many IgG food-specific antibodies can also be associated with intestinal hyper permeability and inflammation, thus playing a role in headache, fatigue, depression, anxiety, hyperactivity, mood shifts, dermatitis, arthritis, weight gain, irritable bowel syndrome, recurrent infection, and other chronic conditions.

The Consequences of Food Allergies
Increased total antigenic load related to food and environmental sensitivities has been associated with a wide range of medical conditions affecting virtually every part of the body. Mood and behaviour, including hyperactivity disorders in children, are profoundly influenced by food allergies. Symptoms can range from mildly uncomfortable to severe. They may include any of the following:

- Asthma
- Arthritis
- Migraine
- Ear Infections
- Sinusitis
- Urticaria
- Eczema
- Colitis

IgE vs. IgG Mediated Reactions
Classical skin testing for allergies such as skin-scratch testing only measures IgE-Mediated reactions. Assessment of relative IgG antibody levels to a multitude of foods using sensitive Enzyme-Linked Immunosorbent Assay (ELISA) technology identifies those foods against which the patient is producing antibodies. Measuring both relative IgE & IgG antibody levels provides an invaluable starting point for dietary intervention.

The key differences between IgE & IgG mediated allergies/sensitivities are summarised below:

IgE-Mediated Allergies
- Immediate onset (within minutes)
- Circulating half-life of 1-2 days
- Permanent allergies (life-long)
- Stimulates histamine release
- Includes foods, inhalants & moulds

IgG-Mediated Allergies
- Delayed onset (4-72 hours)
- Circulating half-life of 21 days
- Temporary allergies
- Stimulates histamine release and activates complement
- Includes foods, herbs & spices

Testing Options Summary
- IgG Food Panel - 87 Foods - £155
- IgE Food Panel – 37 Foods - £170
- IgE Inhalant Panel – 27 Inhalants - £165
- Home Test IgG4 Only - 30 Foods - £113

To Order: Email: info@thinknutrition.co.uk