

IgG-mediated Food Antibody Screening Test Results

for preparing a Food Sensitivity Elimination Diet

Patient Name

Date

Tested by

Tested Food

(potential allergen)

IgG Antibody Response

Negative

Weak Positive

Moderate Positive

Positive

1. OAT
2. WHEAT
3. RICE
4. CORN
5. RYE
6. DURUM WHEAT
7. GLUTEN
8. ALMOND
9. BRAZIL NUT
10. CASHEW NUT
11. TEA
12. WALNUT
13. MILK (COW)
14. WHOLE EGG
15. CHICKEN
16. LAMB
17. BEEF
18. PORK
19. WHITE FISH MIX¹
20. FRESHWATER FISH MIX²
21. TUNA
22. SHELLFISH MIX³
23. BROCCOLI
24. CABBAGE
25. CARROT
26. LEEK
27. POTATO
28. CELERY
29. CUCUMBER
30. PEPPERS⁴
31. LEGUME MIX⁵
32. GRAPEFRUIT
33. MELON MIX⁶
34. PEANUT
35. SOYA BEAN
36. COCOA BEAN
37. APPLE
38. BLACKCURRANT
39. OLIVE
40. ORANGE & LEMON
41. STRAWBERRY
42. TOMATO
43. GINGER
44. GARLIC
45. MUSHROOM
46. YEAST

NOTES: What is in the MIX food items? ¹WHITE FISH: Haddock, Cod, Plaice ²FRESHWATER FISH: Salmon, Trout ³SHELLFISH: Shrimp, Prawn, Crab, Lobster, Mussel ⁴PEPPERS: Red, Green, Yellow ⁵LEGUME: Pea, Lentil, Haricot ⁶MELON: Cantaloupe, Watermelon

FOOD SENSITIVITY AND YOUR RESULTS

USING YOUR RESULTS

The Food Detective point-of-care test enables the appropriate planning of an IgG guided elimination diet. Reactive foods are divided into 3 separate categories, based upon the concentration of IgG antibodies detected in the blood sample: "Positive", "Moderate Positive" or "Weak Positive". The dietary approach to each food included in the test is dependent upon the reaction category in which it is placed, and is as follows:

Remove and replace: This includes foods in the "positive" and "moderate positive" reaction category.

These foods should be temporarily removed from the diet and replaced with appropriate alternative non-reactive foods for at least 3 months. Certain foods are more prevalent in terms of their use within food products (such as dairy, eggs, soya, gluten, yeast etc) and therefore it is of prime importance to check food ingredients labels to avoid inadvertently consuming foods that you are aiming to temporarily avoid.

Rotate: This includes foods in the "weak positive" reaction category, which should be eaten no more than once every 4 days.

Elimination might seem challenging, but it's really an opportunity. Use the space you have freed up on your plate to add greater variety (especially vegetables) and balance to your diet. Try to focus on the great new foods that you can now enjoy in your diet, as opposed to those that you have temporarily removed. After following your IgG guided elimination diet for at least 3 months (based upon your symptoms), a gradual reintroduction of the eliminated foods should be conducted.

N.B. We recommend that excess refined sugar and alcohol are avoided/limited during the IgG guided elimination diet.

FREQUENTLY ASKED QUESTIONS

What does it mean if a food is positive?

If the result is positive, it indicates that an elevated level of food-specific antibodies has been detected for that particular food.

What does a negative result mean?

If the result is negative, it indicates that a raised level of food-specific IgG antibodies has not been detected for that particular food.

What is the practical relevance of the reaction categories with regards to my results?

"Negative" or "weak positive" reactions are preferable, as if the result is "positive" or "moderate positive", it indicates that an elevated level of food-specific antibodies has been detected for that particular food. This means these foods may play a role in triggering symptoms you experience. For this reason it is recommended to avoid (and appropriately replace) these foods for at least 3 months before gradually reintroducing them back into the diet. As a result of following this elimination diet you will hopefully see an improvement in your symptoms.

Can I reduce my IgG antibody levels to my "reactive" foods?

Following a strict IgG guided elimination diet based upon Food Detective results for at least 3 months should enable elevated IgG antibody levels to reduce to a manageable level.

To help increase the likelihood of being able to reintroduce foods into the diet which you have avoided it is important to support the digestive system. This is because leaky gut syndrome, also known as intestinal hyper-permeability, is a related issue linked to the development of IgG-mediated food sensitivities.

Leaky gut syndrome allows food proteins to leak into the bloodstream before they've been fully digested. This challenges the immune system and adds to antibody formation, which is picked up in the Food Detective test. Small amounts of these antibodies might not provoke any symptoms, leading some to suspect it's 'all in the mind'. However, controlled clinical studies in conditions like IBS and migraines suggest that their impact is very real; and that designing an elimination diet based on IgG antibody testing is effective.

ELIMINATION DIET



When temporarily eliminating dairy foods, add alternative calcium sources, like dark green vegetables (e.g. kale, broccoli, mustard leaves), legumes, nuts and seeds, or high-calcium mineral waters. IgG-mediated food sensitivity to milk is an immunological reaction and is very different to lactose sensitivity, which does not involve the immune system.

Essentially, lactose sensitivity is the inability to digest lactose, which is the major sugar found in milk, and is caused by a deficiency of the enzyme lactase.

With regards to Food Detective however, this test specifically identifies IgG antibodies raised to the proteins found in the food in the chosen test panel, which for milk would include the whey and casein proteins. Food Detective can therefore not detect lactase enzyme levels and, thus, cannot diagnose lactose sensitivity and, for this reason, lactose-free milk would not be an appropriate alternative for an individual who has demonstrated a raised IgG antibody response (e.g. "positive"/"moderate positive") to dairy.



When temporarily eliminating gluten from the diet, this would include wheat, barley and rye (and may also include oats, unless they are labeled as "gluten-free"). The gluten containing grains should be replaced with naturally gluten free grains, such as quinoa, buckwheat, millet, corn, rice etc. (unless the chosen alternative grain has also shown a positive result in the Food Detective test).



When temporarily eliminating yeast from the diet, this would include foods/drinks such as wine, beer, ale, cider, vinegar and vinegar containing foods such as pickles, relishes, salad dressings, tomato ketchup, mayonnaise, Worcestershire sauce, horseradish, chilli sauce, soy sauce (replace with tamari, as this is yeast free), yeast extract, Marmite, Vegemite, Bovril, stock cubes and fermented foods such as kombucha and kefir. It would also include, of course, most breads (with the exception of some flat breads and properly produced, real sourdough and pumpnickel bread), and so this may also be something to consider when planning an IgG guided elimination diet if your Food Detective test shows a "positive" or "moderate positive" IgG response to yeast.