



The Great Plains Laboratory, LLC



IgGフードMAP - IgG食物過敏症プロフィール 革新的な免疫蛍光法ビーズテクノロジーを用いたGPLの新検査

IgG フードMAPが優れている6つの理由



190の食物を分析

このパネルにはアメリカ、アジア、地中海の食事で一般的な幅広い食品が含まれ、また検体要件を0.5 mLの血清または3つの乾燥血液スポットと少ない血液量でも検査を可能としました。



感度と特異性の向上

GPLの蛍光読み出しを備えたxMAP®アッセイ（免疫学的検査）は、ELISA検査よりもさらに感度が高いことがわかっています。IgGフードMAP検査は、検査用に開発した最新のテクノロジーを用い、ELISA検査よりも高い精度で陽性および陰性の検体を検出します。



画期的なテクノロジーを適用

食物抗原に特異なIgG抗体は、xMAP®テクノロジーを使用して、多重磁気ビーズによって仕分けられます。xMAP®ビーズベースの免疫学的検査は、たった2つのウェルで190の食品すべてに対するIgG抗体の同時検出を可能にし、従来のプレートベースのELISA試験の感度と特異性を失うことなく、検体量の要件と試薬を削減します。アップグレードされた免疫学的検査はより早く、より簡単に効率よく再現性の高い検査を提供します。



環境にやさしいテクノロジー

xMAP®ビーズベースの技術は環境に優しく、プラスチック汚染を低減します。ELISAの190食品のパネルでは、1検体あたり190ウェル（2プレート）が必要です。対照的に、ビーズベースのプラットフォームでは、1検体あたり2つのウェルしか必要ありません。言い換えると、ELISAでは48検体の検査を行うために96ものプレートを使用しますが、xMAP技術は1プレートで行うことができます。



結果の信頼性の向上

多重磁気ビーズベースの免疫学的検査では、食品の抗原性タンパク質がまずビーズに共有結合されます。ビーズは患者の検体と混合され、ビーズに結合した抗原が検体に存在する特定のIgG抗体を捕捉します。各検体の食品特異的であるIgG抗体レベルは、IgGに対して蛍光識別された抗体で検出されます。また、すべての検査で、正確な結果を保証するための追加の品質コントロールビーズも含まれています。蛍光信号は、xMAP®アナライザーを使用して測定されます。抗原特異的ビーズごとに検出される食品特異的抗体の量は、蛍光シグナルに正比例します。蛍光量が高いほど、より特異的なIgG抗体が検体中に存在します。検査結果の確認段階では、品質保証（QA）チームが、機器と試験法の仕様が品質管理測定の範囲内であることを慎重に検証します。



特定の食品抗原タンパク質の検査

今回の更新で、GPLはELISAの単一検体検出から複数検体検出に技術革新を行っています。多重化されたビーズベースの試験法は、ビーズに共有結合された食品抗原タンパク質に対するIgGのみを検出するため、ELISAよりもタンパク質に特異的です。ELISAでは、タンパク質の共有結合はなく、代わりにタンパク質や他の抗原がプラスチックウェルの表面に吸着し結合します。カンジダやその他酵母菌などの糖鎖（グリカン）に富んだ分子は表面のこの非特異性により結合できます。このため、GPLは、この2つの酵母菌のみELISAを利用します。また、追加された数多くの食品目の中で、追加された麻（ヘンプ）は医療CBDを利用する方へ興味深いマーカーとなるでしょう。

IgG Food MAP with xMAP® Technology

What is IgG?

IgG is the major antibody found in serum. IgGs are composed of two fragment antigen binding (Fab) regions that contain the antigen binding sites and the Fc region, which is responsible for most of the biologic activity of the antibodies (Figure 1). An antigen is a substance that causes the immune system to produce an antibody that specifically reacts with it. IgG-mediated reactions to food antigens may be delayed by several hours or days, whereas IgE food antibody reactions are quite immediate.

Human IgG is separated into four subclasses denoted IgG1, IgG2, IgG3, and IgG4. Each subclass varies in abundance and biological function. IgG1 and IgG3 are predominantly responsible for antibody protection against reinfection. IgG2 antibodies are opsonic (marking a pathogen for ingestion and destruction) and develop in response to carbohydrate polysaccharide antigens. IgG4 molecules function as skin-sensitizing immunoglobulins and are thought to block antibodies produced in response to chronic exposure to antigens.

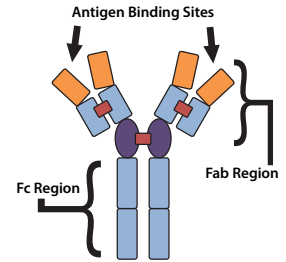


Figure 1

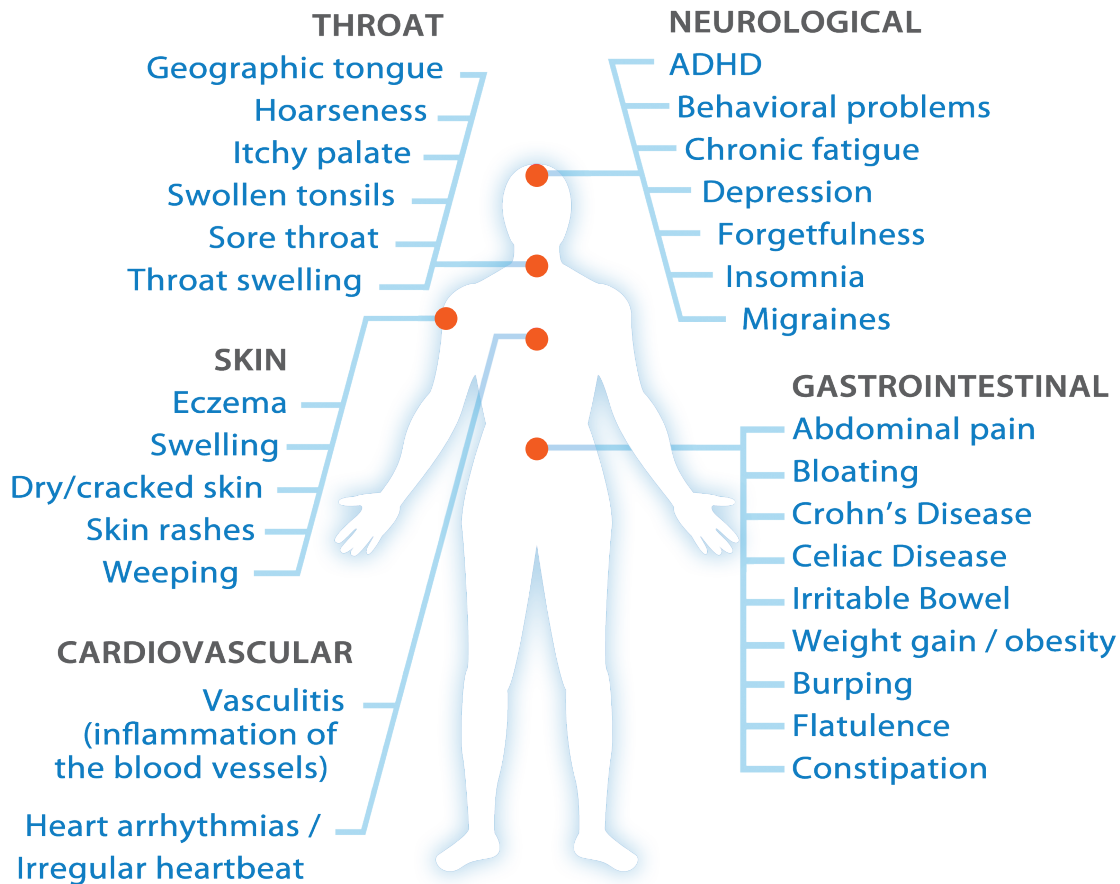
Why Test IgG Sensitivities?

Immunoglobulin G (IgG) food testing is a useful guide for structuring elimination diets for patients with many chronic conditions. Individuals with neurological, gastrointestinal, movement, and behavioral disorders often suffer from IgG food sensitivities. People may continue to eat offending foods unaware of their potential adverse effects. Symptoms associated with food sensitivities may occur hours or days after the offending food was eaten because IgG food antibodies remain for a much longer time than traditional IgE antibodies. As immunological reactions, IgE food allergy causes the release of histamine, producing an immediate hypersensitivity reaction, in which symptoms appear within minutes or hours. In contrast, food sensitivity is a non-IgE allergy characterized by the measurement of IgG antibodies specific to antigenic food proteins. This is a delayed hypersensitivity reaction in which symptoms appear anywhere from hours to days after eating the offending food. Elimination of IgG-positive foods may improve symptoms of irritable bowel syndrome, autism, AD(H)D, cystic fibrosis, rheumatoid arthritis, and epilepsy, according to numerous clinical studies.

Clinical Significance of IgG Testing

The clinical significance of IgG food testing was illustrated in an early article published by an otolaryngologist who reported that the majority of his patients had substantial health improvements after eliminating foods found positive by IgG food allergy testing. The study demonstrated a 71% success rate for all symptoms achieving at least a 75% relief. Of particular interest was the group of patients with chronic, disabling symptoms, unresponsive to other intensive treatments. Symptoms most commonly improved (75%-100%) on the elimination diets included asthma, coughing, ringing in the ears, chronic fatigue, headaches, gas, bloating, diarrhea, skin rash and itching, and nasal congestion. The most common IgG food allergies were to cow's milk, garlic, mustard, egg yolk, tea, and chocolate. A recent study reported that 93% of non-celiac, gluten-sensitive patients showed anti-gliadin IgG antibody disappearance after a six-month adherence to a gluten-free diet. The IgG disappearance was closely related to a significant improvement of both gastrointestinal and extra-intestinal symptoms.

High IgG antibody levels have frequently been found in children with diabetes mellitus, Crohn's disease, celiac disease, and in those considered to be obese. IgG food test results are often used to develop food antibody-guided exclusion/elimination diets. The implementation of such diets has been shown to alleviate symptoms associated with non-celiac gluten sensitivity and food sensitivity-induced atopic conditions, reduce the frequency of migraine headaches, decrease the occurrence of diarrhea, decrease failure-to-thrive among children with cystic fibrosis, reduce symptoms of irritable bowel syndrome, improve rectal compliance, decrease stool frequency in Crohn's disease, prevent seizures and hyperkinetic behavior in children with epilepsy, and ameliorate kidney function in glomerulonephritis. Food elimination diets also hold promise for the improvement of behaviors associated with attention-deficit hyperactivity disorder.



Significance of Total IgG Versus IgG4

The goal of IgG-mediated food allergy testing is to identify foods that are capable of triggering a large number of adverse reactions. IgG1, IgG2, and IgG3 are all capable of causing inflammation. IgG1, IgG2, and IgG3 antibodies to food antigens form large immune complexes or lattices that activate complement proteins and increase inflammation. IgG4 antibodies to food antigens will not usually trigger inflammation, though high levels of these antibodies do indicate the presence of immune reactions against food antigens.

While most laboratories only provide a measurement of IgG4 molecules, The Great Plains Laboratory provides a measurement of total IgG antibodies to various food-based antigens and *Candida*, a genus of yeast native to the GI tract. Testing for only IgG4 antibodies limits the ability of the clinician to identify those foods that may be causing significant clinical reactions in their patients. IgG4 antibodies usually represent less than 6% of the total IgG antibodies. The importance of measuring all subtypes of IgG antibodies is highlighted in an article by Kemeny et al. They found that IgG1 antibodies to gluten were elevated in all patients with celiac disease but none of the patients had elevated IgG4 antibodies to gluten.

The IgG and Candida Connection

The Great Plains Laboratory tests for *Candida albicans* (a microscopic fungal organism and pathogenic yeast) as part of IgG food allergy testing. High levels of IgG antibodies to *Candida* have been found in patients who reported many symptoms of yeast overgrowth. *Candida* problems are caused when the benign yeast form of *Candida albicans* transforms to its fungal form and produces a buildup of toxins in the body. *Candida* can overgrow areas of the intestinal

IgG Food MAP with xMAP® Technology

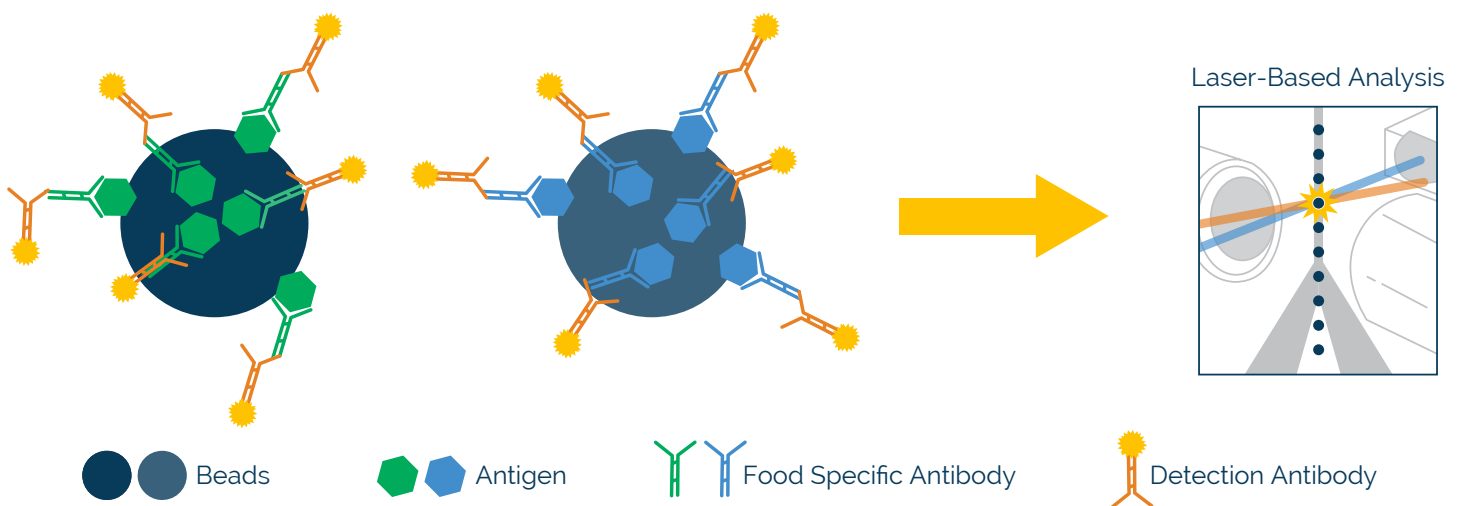
mucosa resulting in numerous symptoms, including creating microscopic holes in the lining of the intestines, leading to what is commonly known as “leaky gut” syndrome. If *Candida albicans* proteins enter the blood, an inflammatory immune system response may be triggered. A wide range of disorders have been linked to *Candida* overgrowth including autism, multiple sclerosis, depression, chronic fatigue, fibromyalgia, migraines, and irritable bowel syndrome. Immunocompromised patients with cancer or AIDS can have life-threatening complications if *Candida* enters the bloodstream, resulting in systemic candidiasis. Use of antibiotics, oral contraceptives, chemotherapy, anti-inflammatory steroids, and diets high in sugar and starch increase susceptibility to *Candida* overgrowth.

Research has revealed a relationship between health of the gastrointestinal tract and overall well-being. Imbalance between good and bad bacteria (dysbiosis) has been shown to worsen behavior disorders, hyperactivity, aggression, and cause fatigue. Evidence is mounting that dysbiosis impairs the immune system and contributes to food allergies, digestive disorders, nutritional deficiencies, and cognitive dysfunction. Using the GPL Food MAP (which will include a separate report for *Candida* and brewer’s yeast) will help identify food allergies and *Candida* sensitivity that may be creating a variety of problems for patients. Practitioners may then recommend elimination of the identified foods and supplementation with various natural products that control *Candida* overgrowth and assist with healing of the gut. Depending on the levels of *Candida* and the severity of a patient’s symptoms, further testing may be recommended, including a Comprehensive Stool Test or Organic Acids Test.

Multiple Analyte Profiling with xMAP® Technology

The bead-based immunofluorescent assay uses color-coded magnetic beads, which are covalently coupled to 190 different food proteins specific each protein’s IgG target. The color-coding of the beads into spectrally distinct sets allows the simultaneous capture and detection of multiple food IgG analytes from a single reaction well.

The xMAP® bead-based immunoassay occurs on the surface of magnetic beads by adding a patient's sera sample and looking for the classic antigen/antibody interaction, detected by using a fluorescent labeled antibody. Laser-based analysis of the fluorescent signal response is proportional to the binding of food specific IgG antibodies onto the beads.



Analyte List (190 Foods + Candida)

Dairy

- Beta-Lactoglobulin
- Casein
- Cheese Cheddar
- Cow's Milk
- Goat's Milk
- Mozzarella Cheese
- Sheep's Yogurt
- Whey
- Yogurt

Beans and Peas

- Adzuki Bean
- Black Bean
- Garbanzo Bean
- Green Bean
- Green Pea
- Kidney Bean
- Lentil
- Lima Bean
- Mung Bean
- Navy Bean
- Pinto Bean
- Soybean
- Tofu

Fruits

- Acai Berry
- Apple
- Apricot
- Banana
- Blueberry
- Cantaloupe
- Cherry
- Coconut
- Cranberry
- Date
- Grape
- Grapefruit
- Guava
- Jackfruit
- Kiwi
- Lemon

- Lychee
- Mango
- Orange
- Papaya
- Passion Fruit
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberry
- Strawberry
- Watermelon

Grains

- Amaranth
- Barley
- Buckwheat
- Corn
- Gliadin
- Malt
- Millet
- Oat
- Quinoa
- Rice
- Rye
- Sorghum
- Teff
- Wheat Gluten
- Whole Wheat

Fish/Seafood

- Abalone
- Anchovy
- Bass
- Bonito
- Codfish
- Crab
- Halibut
- Jack Mackerel
- Lobster
- Mackerel Saba
- Octopus

- Oyster
- Pacific Saury
- Perch
- Red Snapper
- Salmon
- Sardine
- Scallop
- Shrimp
- Small Clam
- Squid
- Tilapia
- Trout
- Tuna

Meat/Fowl

- Beef
- Chicken
- Duck
- Egg White
- Egg Yolk
- Goose
- Lamb
- Pork
- Turkey

Nuts/Seeds

- Almond
- Brazil Nut
- Cashew
- Chestnut
- Chia Seed
- Flax Seed
- Hazelnut
- Hemp Seed
- Macadamia Nut
- Peanut
- Pecan
- Pine Nut
- Pistachio
- Pumpkin Seed
- Sesame Seed
- Sunflower Seed
- Walnut

Vegetables

- Artichoke
- Asparagus
- Avocado
- Bamboo Shoot
- Bean Sprout
- Beet
- Bell Pepper
- Bitter Gourd
- Broccoli
- Brussel Sprout
- Burdock Root
- Cabbage
- Carrot
- Cauliflower
- Celery
- Chili Pepper
- Cucumber
- Eggplant
- Enoki Mushroom
- Garlic
- Kale
- Leek
- Lettuce
- Lotus Root
- Napa Cabbage
- Olive Green
- Onion
- Portabella Mushroom
- Potato
- Pumpkin
- Radish
- Seaweed Kombu Kelp
- Seaweed Nori
- Seaweed Wakame
- Shitake Mushroom
- Spinach
- Sweet Potato
- Tomato
- Yam
- Yellow Squash

- Yuca
- Zucchini

Herbs/Spices



- Basil
- Bay Leaf
- Black Pepper
- Cayenne Pepper
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Dill
- Ginger
- Hops
- Mint
- Miso
- Mustard Seed
- Oregano
- Paprika
- Rosemary
- Sage
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean

Miscellaneous

- Bromelain
- Cane Sugar
- Cocoa Bean
- Coffee
- Green Tea
- Honey
- Meat glue
- Oolong Tea

IgG Food MAP with xMAP® Technology

Sample Report

Requisition #: 9900001
Patient Name: Sample
Date of Birth: Sep 19, 1981
Gender: F

Physician Name: NO PHYSICIAN
Date of Collection: Nov 25, 2021
Time of Collection: 10:00 AM
Print Date: Nov 30, 2021



IgG Food MAP - Serum (190) MFI x 1000

Food Item	MFI x 1000
Dairy	
Beta-Lactoglobulin	0.65
Casein	28.29
Cheddar Cheese	19.79
Cow's Milk	20.78
Goat's Milk	4.07
Mozzarella Cheese	16.28
Sheep's Yogurt	0.29
Whey	21.33
Yogurt	21.93
Beans and Peas	
Adzuki Bean	0.16
Black Bean	0.20
Garbanzo Bean	1.44
Green Bean	0.39
Green Pea	1.46
Kidney Bean	0.18
Lentil	0.55
Lima Bean	0.13
Mung Bean	0.09
Navy Bean	0.23
Pinto Bean	0.25
Soybean	4.35
Tofu	0.21
Fruits	
Acai Berry	0.35
Apple	14.32
Apricot	11.72
Banana	5.22
Blueberry	35.39
Cantaloupe	19.52
Cherry	2.76
Coconut	1.39
Cranberry	0.34
Grains	
Amaranth	0.39
Barley	0.24
Buckwheat	0.33
Corn	0.21
Gluten	12.68
Malt	0.29
Millet	0.32
Oat	0.37
Quinoa	12.31
Rice	0.40
Rye	1.25
Sorghum	0.42
Teff	0.36

Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. Food and Drug Administration.

1

William Shaw, PhD, Lab Director | 9221 Quivira Road, Overland Park, KS 66215 | (913) 341-8949 | Fax: (913) 341-6207 | GPL4U.com

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Date of Collection: Nov 25, 2021
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IgG Food MAP - Serum (190) MFI x 1000

Food Item	MFI x 1000
Grains	
Wheat Gluten	1.57
Whole Wheat	1.17
Fish/Seafood	
Albacore	0.21
Anchovy	0.24
Bass	0.20
Bonito	0.26
Codfish	2.18
Crab	0.14
Halibut	0.20
Jack Mackerel	15.11
Lobster	14.49
Octopus	0.35
Oyster	0.37
Pacific Mackerel (Saba)	0.25
Pacific Saury	0.22
Perch	0.28
Red Snapper	0.23
Salmon	0.26
Sardine	0.12
Scallop	0.14
Shrimp	0.29
Small Clam	0.20
Squid	0.28
Tilapia	22.27
Trout	0.23
Tuna	0.29
Meat/Poultry	
Beef	0.20
Chicken	0.23
Duck	0.17
Egg White	5.57
Egg Yolk	11.63
Nuts/Seeds	
Almond	0.37
Brazil Nut	0.30
Cashew	1.13
Chestnut	0.79
Chia Seed	0.59
Flax Seed	0.36
Hazelnut	153.58
Hemp Seed	1.35
Macadamia Nut	0.26
Peanut	0.54
Pecan	0.36
Pine Nut	0.13
Pistachio	0.21
Pumpkin Seed	0.24
Sesame Seed	1.11
Sunflower Seed	0.73
Walnut	24.68
Vegetables	
Artichoke	15.53
Asparagus	0.62
Avocado	0.27
Bamboo Shoot	0.30
Bean Sprout	0.16
Beet	0.54
Bell Pepper	0.49
Bitter Melon	0.48
Broccoli	0.48
Brussel Sprout	0.59
Burdock Root	0.90
Cabbage	18.53

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IgG Food MAP - Serum (190) MFI x 1000

Food Item	MFI x 1000
Vegetables	
Carrot	0.93
Cauliflower	0.24
Celery	0.51
Chili Pepper	0.49
Cucumber	0.39
Eggplant	0.75
Enoki Mushroom	0.45
Garlic	0.56
Kale	0.51
Leek	0.31
Lettuce	0.68
Lotus Root	0.42
Napa Cabbage	0.53
Olive (Green)	0.25
Onion	0.52
Portabella Mushroom	0.43
Potato	0.57
Pumpkin	0.32
Radish	0.43
Seaweed Kombu Kelp	0.64
Seaweed Nori	0.37
Seaweed Wakame	0.36
Shitake Mushroom	0.50
Spinach	0.23
Sweet Potato	0.74
Tomato	0.29
Yam	0.46
Yellow Squash	0.35
Yuca	0.27
Zucchini	221.43
Herbs/Spices	
Basil	0.35
Bay Leaf	0.46
Black Pepper	0.72
Miscellaneous	
Bromelain	8.09
Cane Sugar	0.50
Cocoa Bean	254.40
Coffee	0.18
Green Tea	0.18
Honey	3.00
Meat Glue	14.45
Oolong Tea	0.35

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Food Item	MFI x 1000
Vegetables	
Artichoke	15.53
Asparagus	0.62
Avocado	0.27
Bamboo Shoot	0.30
Bean Sprout	0.16
Beet	0.54
Bell Pepper	0.49
Bitter Melon	0.48
Broccoli	0.48
Brussel Sprout	0.59
Burdock Root	0.90
Cabbage	18.53

Reactivity Summary

Reactivity Level	Food Item
High	Blueberry, Cinnamon, Cinnamon, Cow's Milk, Mango, Tilapia, Whey
Moderate	Apple, Egg Yolk, Kiwi, Peach
Low	Banana, Bromelain, Egg White

Food Reactivity Scale	MFI* x 1000
Not Significant	< 4.47
Low	4.47-9.66
Moderate	9.67-15.99
High	>= 16

(* Median Fluorescent Intensity)

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Four Day Rotation Diet – Customized for Sample



Congratulations,

The IgG test was an important step in improving your health. A Food Rotation Diet based on your results may further improve your symptoms.

The Great Plains Laboratory, LLC.

FOOD ROTATION DIET BASED ON IGG RESULTS

The following personalized rotation diet is presented as an example of this approach to symptom reduction based on your IgG results.

Foods that showed elevated IgG levels on your test (those in the moderate or high categories) have been removed from rotation. Your rotation diet is constructed from the foods that tested in the clinically insignificant or low categories on your results. Foods were grouped by food families, such as the cabbage family or the fish family, as related organisms are more likely to share similar proteins with similar immune reactivity.

Rotation diets are a recommended method for reducing negative responses to foods:

In general, eating from different food families distributed over several days reduces overall inflammation and toxic load, as well as lessening the chance of developing additional food sensitivities. Consult your health practitioner for advice on how long to follow your rotation diet and when to reintroduce foods as a challenge. Many individuals require at least a year or more of food elimination and rotation for IgG levels to return to normal. Continuing to eat a variety of whole foods is a healthy lifestyle choice.

Rotation diets may reduce overall food reactivity:

Eating similar foods every day is an easy pattern to adopt for busy lives. However, this behavior may increase food reactivity. Rotating foods decreases the burden on the immune system and possibly reduces overall toxin load, while providing adequate nutrition and variety. Food cravings may lessen and awareness of responses to specific foods may be heightened. Rotating foods may also "unmask" hidden food sensitivities, especially if a detailed food and symptom daily record is maintained.

Please note that the rotation diet is based only on IgG testing:

Testing for IgE antibodies to food allergens should be considered PRIOR TO BEGINNING A ROTATION DIET, even if histamine reactions are not symptomatically evident. The most common IgE reactions are to dairy, eggs, peanuts, or seafood. IgE allergies are most common in childhood, and often are outgrown by adulthood.

For additional information and references on IgG and dietary intervention, please visit www.greatplainslaboratory.com, Select A Test – IgG



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Four Day Rotation Diet – Customized for Sample

Day 1	Day 2	Day 3	Day 4
Dairy			
		Goat's Milk Sheep's Yogurt	
Beans and Peas			
Black Bean Green Bean Kidney Bean Navy Bean Pinto Bean	Adzuki Bean Mung Bean Soybean Tofu	Lentil Lima Bean	Garbanzo Bean Green Pea
Fruits			
Date Jackfruit Lychee Passion Fruit Pear	Acai Berry Grapelfruit Guava Lemon Orange Pomegranate	Cherry Cranberry Fig Grape Plum Raspberry	Banana Coconut Papaya Pineapple
Grains			
Millet Sorghum Teff Wheat Gluten Whole Wheat	Amaranth Buckwheat Oat	Corn	Barley Malt Rice Rye

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Fish/Seafood

Anchovy Codfish Halibut Sardine	Abalone Crab Octopus Oyster Scallop Shrimp Small Clam Squid	Patch Red Snapper Salmon Trout	Bass Bonito Pacific Mackerel (Saba) Pacific Saury Tuna
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Meat/Powl

Beef Lamb	Chicken Duck Goose Turkey	Egg White	Pork
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Nuts/Seeds

Almond Flax Seed Pine Nut Sesame Seed	Chestnut Hemp Seed Pecan Sunflower Seed	Cashew Chia Seed Macadamia Nut	Brazil Nut Peanut Pistachio Pumpkin Seed
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Vegetables

Broccoli Brussel Sprout Cauliflower Kale Napa Cabbage Radish Sweet Potato Yam	Beet Bitter Melon Burdock Root Cucumber Pumpkin Seaweed Kombu Kelp Seaweed Nori Seaweed Wakame Spinach Yellow Squash	Asparagus Avocado Bell Pepper Chili Pepper Eggplant Garlic Leek Onion Potato Tomato	Bamboo Shoot Bean Sprout Carrot Celery Enoki Mushroom Lettuce Lotus Root Olive (Green) Portabella Mushroom Shitake Mushroom
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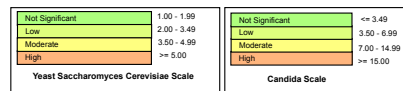
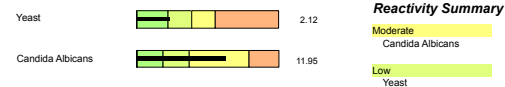


The Great Plains Laboratory, LLC



Requisition #: 9900001
 Patient Name: Sample
 Date of Birth: Sep 19, 1981
 Gender: F
 Physician Name: NO PHYSICIAN
 Date of Collection: Nov 25, 2021
 Time of Collection: 10:00 AM
 Print Date: Nov 30, 2021

IgG Yeasts Allergy Test (2) Serum



The Candida albicans scale accounts for the observation that background levels of Candida-specific immunoglobulins are normally present in virtually all individuals tested. It is intended to provide a clearer description of its clinical significance and was established according to population percentile ranks obtained from a random subset of 1,000 patients.

Testing performed by The Great Plains Laboratory, LLC, Overland Park, Kansas. This test has not been evaluated by the U.S. Food and Drug Administration.

"I believe the Great Plains IgG Food Allergy Test is a phenomenal tool that I have implemented in my practice on a daily basis to help treat patients for a wide variety of symptoms like headaches, IBS, fatigue, abdominal pain, dermatitis, hair loss, joint pain, acne, thyroid disorders, and vitamin deficiencies. I believe I am a better physician due to this testing transforming my ability to properly diagnose and treat patients effectively."

– Bridget, M.D.

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The Benefits of Testing

- IgG testing determines if food reactions are contributing to physical or mental symptoms, and much more quickly than eliminating and then reintroducing each suspect food one-by-one over a period of time.
- Removal of highly reactive foods from the diet is a non-invasive therapy that often mitigates a patient's symptoms.
- Research and clinical studies suggest food allergies identified by IgG testing can be major contributing factors to many chronic health conditions.
- Eliminating all identified IgG-positive foods after testing can reduce stress on the immune system, decrease inflammation (helping to heal "leaky gut"), resolve food cravings, and reduce the potential for eating disorders.

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