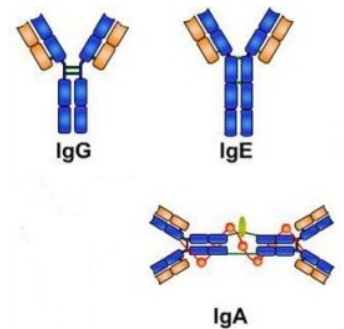


Allergy Testing

Your immune system's response to certain foods, spices, herbs and/or inhalants can involve three antibody types, **IgA, IgE, and IgG**. These antibodies are measured using an Enzyme linked Immunosorbent assay, or ELISA. IgE-mediated reactions are fairly rapid in onset and a relationship can usually be drawn between exposure to a specific food or environmental allergen and onset of symptoms. Non-IgE-mediated reactions (IgG and IgA), on the other hand, may be more variable in onset, becoming evident hours or days after exposure to a food or other allergen, creating a less well defined relationship with the onset of symptoms. The symptoms produced as a result of specific antibody production to any particular food vary in type and quality from person to person and may affect how we function and/or feel.



IgG antibodies represent the most prevalent class found in the blood. Often involved in delayed hypersensitivity reactions, IgG forms an immune complex with the allergen. This antibody/antigen complex is involved in an inflammatory response. The inflammatory process is gradual and may take anywhere from several hours to several days, which is why this type of reaction is termed, delayed. The IgG test is a useful test although it must be taken into account that it does have a significant false positive and false negative rate. Testing negative for a food (e.g. wheat) does not rule out the possibility of intolerance and testing positive for a food does not definitely mean this food is contributing to your

symptoms. The IgG antibodies are further classified into IgG1 to IgG4. The company I use measures all 4 subclasses (IgG1 through IgG4) and are reported as a total IgG value on a semi-quantitative scale for each antigen.

IgA Antibody Testing provides additional information to identify possible suspect food or inhalant triggers. Food-specific-IgA and IgG antibodies have been utilized in research settings as a tool for a guided elimination diet in patients with food-related complaints.

Which Food Allergy Test to Order?

There are many tests available, which one to order depends on the extent of the testing required. The more comprehensive the testing the more accurate the results, and the more expensive the test. The tests that I use are:

- ◇ **Food Detective** - tests for 46 common foods or groups. Able to be done on site at the clinic.
- ◇ **IgG Food Allergy Panel** - tests for 96 foods
- ◇ **IgG + IgE + IgA Food Allergy Panel** - tests for 96 foods
- ◇ **ALCAT Intolerance Panel** - a blood test where foods or environmental substances are tested against the patients blood

Food Detective

This is a IgG antibody test that is performed at the clinic. The test requires a finger prick to collect a small sample of blood. The results are available within one hour, if time permits, otherwise results can be sent to the patient. IgG antibodies are the most common cause of adverse reactions to food. It tests for 46 of the most common foods.



What foods are tested?

Cereals

Corn, durum wheat, gluten, oats, rice, rye, wheat

Nuts & seeds

Almond, brazil nut, cashew, cocoa bean, peanut, legume mix (pea, lentil, haricot), soya bean, walnut

Meats

Beef, chicken, lamb, pork

Fish

Freshwater fish mix (salmon, trout), shellfish mix (shrimp, prawn, crab, lobster, mussel), tuna, white fish mix (haddock, cod, plaice)

Vegetables

Broccoli, cabbage, carrot, celery, cucumber, leek, peppers (red, green, yellow), potato

Fruits

Apple, blackcurrant, grapefruit, melon mix (cantaloupe, water melon), olive, orange and lemon

Comprehensive IgG Allergy Testing

IgG antibodies are the most prevalent antibody class found in blood. The IgG antibody complexes with the food antigen and forms an immune complex. These food complexes can be deposited in any organ or tissue and set up an inflammatory response. Depending on which tissues are involved, these complexes may be involved in many different conditions/ symptoms, including but not limited to: arthritis, asthma, eczema, fibromyalgia, psoriasis, headaches, sinus conditions, low energy. IgG is the most common cause of an adverse reaction to food and most commonly under diagnosed. The test I use assays for all 4 sub-classes of IgG antibodies, as each can contribute to the inflammation precipitating symptoms.

IgG Allergy Panels

96 General Foods IgG Panel

Also available are Vegetarian and Asian Food IgG Panels

Test sample: finger prick sample for a blood spot collection onto a micro-collection strip.

Specific IgA Testing

US BioTek Laboratories studies have shown that 90-95% of blood samples negative for specific IgE antibodies, 70-85% of these test positive for specific IgG antibodies. Blood samples negative for IgE and IgG, 30-40% test positive for specific –IgA. IgA antibody testing provides additional information to identify possible suspect food or inhalant triggers. IgA represents a primary immune reaction.

IgA antibody assessment may be ordered independently or with the IgG antibody panel.

IgA Food Allergy Panels: same as for IgG Allergy panels.

Test sample: finger prick sample for a blood spot collection onto a micro-collection strip.

Sample Food Allergy report. Note this is not the full report, only one page.



16020 Linden Ave North, Shoreline WA 98133, USA

Standard Food Panel: IgA/IgG/IgE

Complete Report

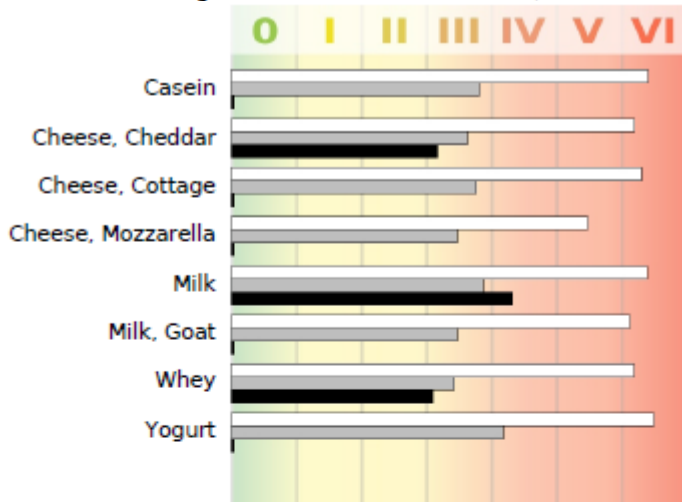
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 Patient: **Sample Report**
 Accession #:
 Sex: F Age: 56
 Date of Birth:
 Collected: Received: Completed:

IgA
 IgG
 IgE

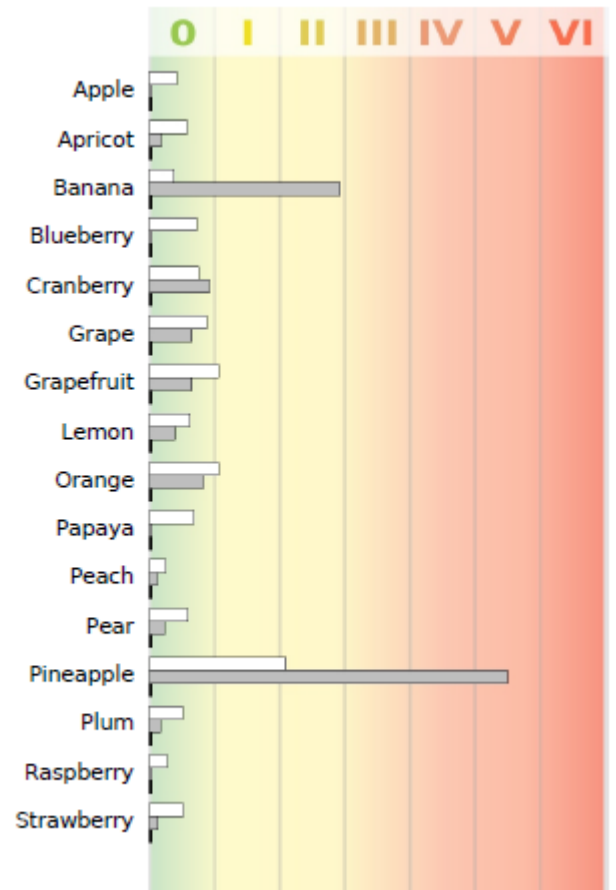
CLIA #: 50D0965661
 © US BioTek Laboratories

Dairy

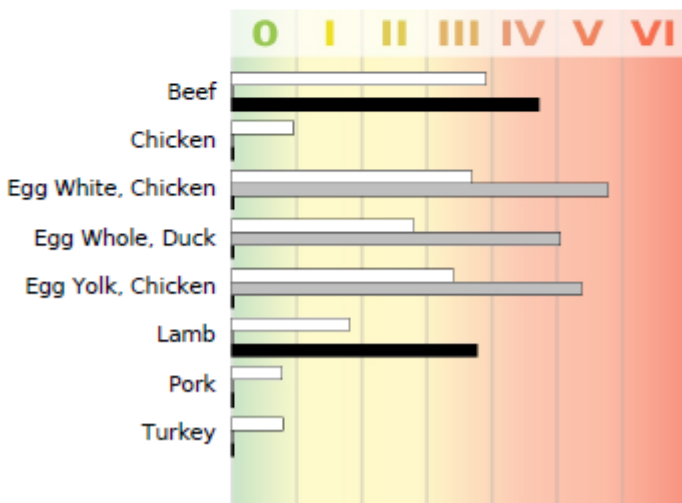
Bovine-derived unless specified



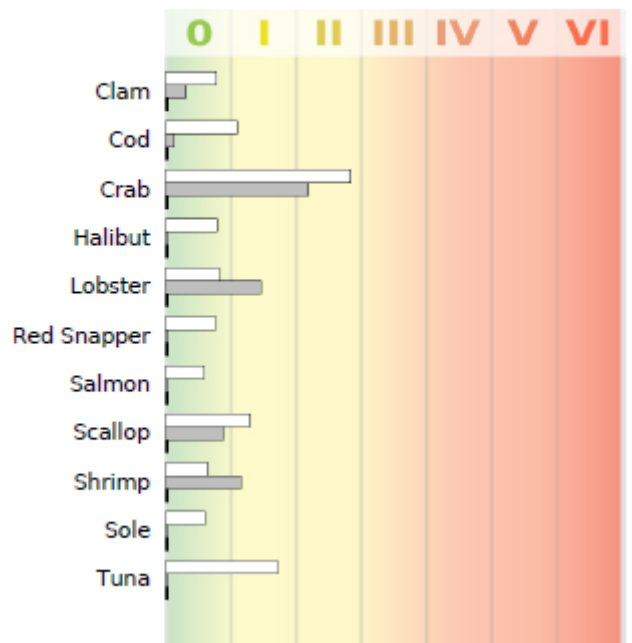
Fruits



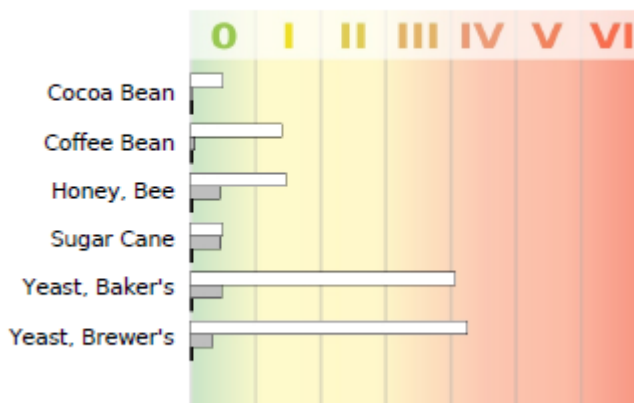
Meat/Fowl



Fish/Crustacea/Mollusk



Misc

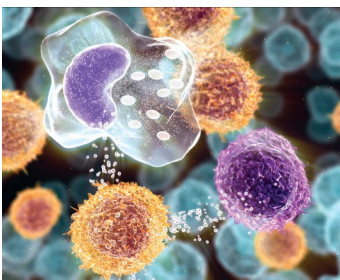




ALCAT Intolerance Panels

The ALCAT Test measures the cell's responses to substances when presented to whole blood.

It is a biological immune stimulation test and imitates as precisely as possible, your reaction to foods and other substances (preservatives, medications, etc) thus showing your personal immune system reactivity.



The immune system is a double edged sword. It should react appropriately when confronted with potentially harmful invaders and when it has to destroy potentially cancerous cells or toxins, but it should not be activated all the time. Food, drugs, moulds, and everyday chemicals can trigger chronic activation of the immune system. **When activated, the white blood cells release harmful chemicals and generate damaging free radicals, just as it would when fighting**

bacteria or viruses. This overreaction initially causes subtle symptoms like a blocked nose, tiredness, lack of concentration, emotional fatigue or malaise. Long-term the inflammatory process may result in physical problems like migraines, arthritis, skin disorders, digestive problems, fatigue, asthma, infertility, mood disorders, obesity, and premature aging to name a few.

These reactions can occur several hours or even days after exposure, making it extremely difficult to pinpoint the cause. The delay between exposure and symptoms makes the ALCAT Test invaluable, taking the guesswork out of identifying such sensitivities and intolerances; the major cause of inflammation.

ALCAT Intolerance Panels

ALCAT Food Intolerance Panel - 50 foods, 100 foods, 150 foods or 200 foods

ALCAT Food Additives & Environmental Panel - tests for 20 food additives and food chemicals and 10 environmental chemicals.

ALCAT Paediatric Panel - 50 foods and 20 food additives/ chemicals

ALCAT Comprehensive Panel - 100 foods, 20 food additives/ chemicals, 10 environmental chemicals and 20 inhalants / moulds