

KC Integrative Health | Naturopathic Medicine | Food Allergy Testing — Kansas City Integrative Health | Functional & Holistic Health Specialists. Located in the Heart of Overland Park

IgG & IgA Food Intolerance ("Allergy") Testing

Food sensitivity (or food intolerance) testing useful guide for structuring diets in many chronic conditions. Patients with these IgG sensitivities often are eating offending foods unaware of their potential effects. IgG food sensitivities are not the same as the IgE histamine reaction. The anaphylactic IgE food allergy causes the release of histamine, producing an immediate hypersensitivity reaction, in which symptoms appear within minutes or hours (symptoms including swelling, breathing difficulty, rash, itching skin or even anaphylactic shock). In contrast, food sensitivity is a non-IgE allergy characterized by the presence an immune reaction to food proteins, either systemically (IgG) or in the mucous membranes (IgA). These food sensitivities are a delayed hypersensitivity reaction in which symptoms appear anywhere from hours to days after eating the offending food.

Food Sensitivity Testing

Testing for IgG and IgA food intolerances/sensitivities is confusing for many doctors, as they not typically trained on this type of reaction, as it is neither obvious nor life-threatening. However, food intolerances gaining public awareness as people are removing offending food groups and then noticing improvement in their chronic disease symptoms. Unfortunately though, there is some conflicting evidence on the comparison of IgG versus IgE and the testing behind it. Keep in mind that they are different ‘branches’ of your immune system and being allergic to a food doesn’t mean you are intolerant and vice versa.

The food intolerance/sensitivity test serves as a guideline to help patients determine the top foods to rotate out and make the most effective dietary changes before re-introducing it at a later date. Typically, when we identify the intolerance, we have a patient stop the food completely for four to six weeks (and in some cases much longer) to evaluate what has improved before even considering eating it again. With reintroduction, sometimes symptoms immediately return and they avoid the food completely, while others find an offending food is ‘okay’ at small doses or at infrequent intervals. There is no ‘black and white’ with intolerance/sensitivity testing which is why we run the test as a good place to start.

While there is no gold standard food sensitivity test, we have been able to use the results to help guide patients in a reasonable way that makes sense to systematically remove certain food(s) to help figure out the root cause of some of their lifelong symptoms. Does it work? Yes, very often it does. We regularly receive patient testimonials about the life changing effects the test and subsequent elimination has created. Patients whose chronic headaches disappear, PMS balances out, depression lifts, fatigue improves, sleep resumes, joint pain eases, skin rashes go away, behavior changes for the better, bloating diminishes, weight loss occurs, bowels normalize and more.

If you are interested in a deeper root cause approach to your symptoms, getting tested for you and your family may make sense. Call us to talk to a provider that will work collaboratively with you to help figure your food issues out. Remember, you are what you eat. We're here to help!

Naturopathic Food Sensitivity & Allergy Testing Hamilton

Each system in our body is imperative to the general functioning of the entire body. However, the digestive system comes at the core of the all systems in the sense that it provides the other systems with nutrients to ensure that they function optimally. If the digestive system is not functioning well, the other body systems will suffer as a consequence. Food allergies and sensitivities are one of the primary factors causing a myriad of health complications. Naturopathic medicine is a unique basic health care system that combines modern scientific knowledge of medicine with the traditional and natural forms of medicine to stimulate the healing power of the body and treat the main cause of a particular disease. Food sensitivity testing is a tool that many naturopathic doctors will use to determine the underlying cause of various illnesses in the body.

How is naturopathic food sensitivity and allergy testing done?

There are a number of methods naturopathic doctors use to test for food sensitivities. Some of them include:

1. Diet elimination

Diet elimination is a safe and economically friendly way to determine food sensitivities. This involves eliminating all potentially allergenic foods from the diet and consuming an anti-inflammatory diet for 6-12 weeks. The patient monitors their symptoms/condition in question during this time, looking for any changes or improvements with the elimination of the foods. After the initial period of restriction, food are then reintroduced one at a time until when the symptoms will arise again and food sensitivity will be suspected. This is a very subjective way to test for food sensitivities and has no diagnostic value. This method is also not suitable for people who have had severe allergic reactions or anaphylaxis. In the case where a true food allergy is suspected, referral to an allergist is necessary where they can perform an allergy test such as a RAST test, patch test or scratch test.

2. Electro dermal Food Allergy Testing

This is a skin testing method used by some alternative practitioners to detect ostensible sensitivity to allergens. In this kind of testing, the patient is told by the practitioner to hold a machine and electrical frequencies of food are tested against the body's reaction to those foods. This works by the brain interpreting those signals and eliciting skin resistance responses that are read by the machine. One of the advantages of this testing is the fact that it is painless and ideal for children. Secondly, the food being tested does not have to have been consumed recently for it to work, but more accurate results can be expected if the food had been consumed recently. However, this method of allergy has not been tested extensively and there is limited research backing this food sensitivity testing method.

3. Immunoglobulin G (IgG) Sensitivity Testing

Food sensitivities are a result of a delayed reaction that is mediated by the IgG antibody. Production of this antibody by the immune system results in a variety of symptoms.

Why should I have naturopathic food sensitivity testing done?

Firstly, the digestive system is one of the most important organ systems in your body. If you are suffering from a food allergy or intolerance, understanding the way your body reacts to the foods you consume can provide you with valuable information on the way your body functions.

Secondly, it is the best way to cure intolerance in the sense that when you consume the food that your body is intolerant to you are creating inflammation in your digestive system. However, if you give your body time to heal the damaged tissues, you can resume eating the food in certain moderate quantities.

Naturopathic doctors take a practical approach to health and apply all of the principles to help in the prevention of disease. In case you are suffering from any food sensitivity or have suspicion of a possible food sensitivity, a consultation with a Naturopathic doctor will help determine if food sensitivity testing is an appropriate choice and will help guide you through the testing process and provide a treatment plan.