

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

Strong colour indicates a positive reaction.	Eliminate these foods from the diet for 3 months.
Mid-colour indicates a moderate positive reaction.	Reduce these foods to once every 4 days. If there are no strong coloured reactions, eliminate foods showing a mid-coloured reaction for 3 months.
Pale colour indicates a weak positive reaction.	Observe the effect of eating these foods. If there are no other positive reactions, eliminate foods showing a pale coloured reaction for 3 months.
White colour consistent with the negative control indicates a negative reaction.	Unless you are allergic to these foods, they can remain in the diet as normal.

If you have reacted to more than 10 foods, it is recommended to avoid the 4-5 which you eat most frequently. This will help make dietary changes easier to implement as you follow your 3-month elimination diet.

The remaining positive foods may be eaten in moderation, e.g. every 3-4 days.

A more comprehensive Dietary Support Guide is available as an e-book on request from your practitioner or from support@omegadix.com.

As the digestive system may play a role in the development of food sensitivities, to get the most out of your results, it is recommended that you seek guidance from a healthcare professional.

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?

Strong positive reactions indicate elevated IgG response to foods. These foods may be triggering symptoms. Please eliminate for 3 months before reintroducing. If no strong positive reactions are present you may choose to eliminate foods that stimulate a moderate positive reaction. Otherwise reduce moderate positive reaction foods to once every 4 days. Observe the effect of foods that stimulate a weak positive reaction. If no stronger positive reactions are noted these foods may be eliminated for 3 months. The aim of eliminating and/or rotating foods is to seek symptom improvement.

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.