

## IgG Food Allergy in Children

Today, more and more kids are suffering from digestive disorders such as IBS (irritable bowel syndrome), constipation or stomach pain, cognitive dysfunction such as brain fog, ADHD, hyperactivity and/or autism, asthma, childhood obesity or skin conditions like dermatitis, eczema and urticaria.

Besides genetic factors, food and the immune system's response to food can play an important role in these diseases. Acute symptoms arising minutes after the consumption of food are well known as allergic reactions (IgE mediated) and are usually treated by an allergist. However, some symptoms can appear hours or even days after the consumption of food and these are the conditions that often remain undiagnosed, leading to symptoms becoming more and more chronic over time.



### Delayed IgG-mediated food allergy

The immune system produces specific IgG antibodies to fight these foods, causing an inflammatory reaction. These reactions are delayed in time and only appear hours after the consumption of offending foods. If left untreated, inflammation can lead to long-standing health conditions and even chronic disease. An IgG test, like ImuPro, can identify these antibodies and pinpoint the relevant foods to be avoided so that inflammation does not continue. Several scientific research papers have shown that elimination diets in these cases can be beneficial (see references below).

### How early can a child be tested?

In the early months after birth, a baby's immune system is immature and only able to produce its own sufficient antibodies after 12 months of age. Babies actually inherit IgG antibodies from their mother so, prior to 12 months of age, we recommend testing the child's mother and adjusting their diet according to mum's results. After 12 months of age, the child can be tested provided there has not been a vaccination within the last 9 months.



Because babies inherit IgG from their mother, an ImuPro test during pregnancy is often recommended to help achieve the best outcome for the baby in terms of food intolerance.

*IgG antibodies against food antigens are correlated with inflammation and intima media thickness in obese juveniles. Wilders-Truschnig M, Mangge H, Lieners C, Gruber HJ, Mayer C and Marz W. (2007). Exp Clin Endocrinol Diabetes Antibodies against Food Antigens in Patients with Autistic Spectrum Disorders. Laura de Magistris, Annarita Picardi, Dario Siniscalco, Maria Pia Riccio, Anna Sapone, Rita Cariello, Salvatore Abbadessa, Nicola Medici, Karen M. Lammers, Chiara Schiraldi, Patrizia Iardino, Rosa Marotta, Carlo Tolone, Alessio Fasano, Antonio Pascotto, and Carmela Bravaccio BioMed Research International Volume 2013, Article ID 729349, 11 pages*

*Effects of a restricted elimination diet on the behavior of children with attention-deficit hyperactivity disorder (INCA study): a randomised controlled trial. Pelsser LM, Frankena K, Toorman J, et al. Lancet (2011); 377: 494- 503 Circulating immunoglobulins, leucocytes and complements in childhood-onset atopic eczema. Hon KL1, Wang SS, Pong NH, Leung TF. Indian J. Pediatr. 2013 Feb;80(2):128-31.*

*The effect of exclusion of dietary egg and milk in the management of asthmatic children : a pilot study. Yussof NA, Hampton SM, Dickerson JW, Morgan JB, (2004) J.R.Soc.Health 124(2) 74-80 Ovalbumin-specific immunoglobulin G and subclass responses through the first 5 years of life in relation to duration of egg sensitization and the development of asthma. Vance, G.H.S., Thornton, C.A., Bryant, T. N., Warner, J.A. and Warner, J.O. Clinical and Experimental Allergy,(2004) 34, (10), 15421549*