

BOUNTIFULLY HEALTHY

WHAT ARE FOOD TESTS?

The IgG4 food tests more than 100 different types of foods and claims that the removal of the food indicators will eradicate or minimize symptoms.

The test is carried out by drawing the patients blood which is then exposed to a panel of food components in vitro. The degree of total IgG antibodies binding to the food is measured or the IgG4 (a subclass of IgG antibodies). Foods are then categorized. For example under dairy you would see cheese, cottage cheese etc. The degree of sensitivity is then graded. The patient is then told to strictly avoid all such foods for which they got the highest grade.

This test is not the same as a **skin-prick IgE test** which is a proven and reliable test to determine a true food allergy.[1]

This test to date has **not** been scientifically proven. It is important to note that the production of IgG antibodies to all foods is a **normal immunologic phenomenon**. According to studies, many serum samples show positive IgG4 results without corresponding clinical symptoms. IgG antibodies are found in virtually all healthy individuals. [2]

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A position statement from the **Canadian Society of Allergy and Clinical Immunology** concludes that "positive test results for food-specific IgG are to be expected in normal, healthy adults and children. Furthermore, the inappropriate use of this test only increases the likelihood of false diagnoses being made, resulting in **unnecessary dietary restrictions** and **decreased quality of life.**" [3]

The **European Academy of Allergy and Clinical Immunology (EAACI)** stated that "concerning testing for IgG4 against foods is a timely reminder that this issue is *pervasive throughout the world*. The ease of obtaining laboratory tests for suspected allergic symptoms, which then need sophisticated interpretation, is an ongoing problem. It should be stressed that the use of all tests for allergy should be supported by the scientific evidence base, when it exists. The improper use of certain tests to make diagnoses, in the absence of supporting clinical evidence, can lead to poor patient care and can have a serious adverse impact on patient quality of life." [4]