

## Are Food Reactions Causing Your Health Problems?



### Why should I have the Metamatrix Allergix IgG4 Antibody Profile?

Food sensitivities can occur at any age, triggering many different symptoms and contributing to a variety of disorders including:

- Inflammatory bowel disease
- Gas/bloating
- Fatigue
- Mood swings
- Anxiety
- ADD/ADHD
- Headaches/migraines
- Skin problems
- Rheumatoid arthritis
- Sinusitis
- Recurrent ear infections

Included with the Allergix IgG4 Food Antibody Profile test results is a **Food Reaction Patient Guide** which will provide information on how to interpret your results, build your own customized, 4-day rotation diet, dietary recommendations, and alternative food options.

### Why should I have food allergy/antibody testing?

Scientists estimate that approximately 12 million Americans suffer from food allergies.\* A food allergy or sensitivity is an immune system response to a food that the body mistakenly believes is harmful. Once the immune system decides that a particular food is harmful, it creates specific antibodies to it.

\*[www.foodallergy.org](http://www.foodallergy.org)

### Two major types of food reactions involve antibody production in your body:

#### Immediate Reactions to Foods (IgE)

Classic allergic reactions occur within 3 hours after eating. They are usually caused by high IgE antibody blood levels that produce an immediate allergic response. This allergic reaction may appear as a rash after eating foods like strawberries or crabmeat. The potentially fatal but very rare “anaphylactic” reaction after eating foods like peanuts or shellfish is another example of an “IgE” reaction.

#### Delayed Reactions to Foods (IgG4)

These reactions are much more difficult to notice since they can occur hours or days after consumption of an offending food. Yet, this “delayed” type of reaction is far more common than the immediate IgE type. In some cases, you may eat a food for several days before developing a reaction to it, so you may not realize the link between the food and your symptoms. These delayed reactions to food are often referred to as “hidden” food sensitivities. They are caused by increased IgG antibody blood levels in reaction to specific foods. Often, the offending foods are hard to avoid and frequently eaten, such as milk, corn, and wheat.

### What do the Allergix Food Antibody Profiles measure?

Metamatrix offers a range of Allergix Antibody Profiles including:

- Allergix IgG4 Food Antibody Profile, measuring 90 common foods for IgG4 reactions
- Allergix IgG4 Food Antibody Bloodspot from a simple finger stick measures 30 common foods for IgG4 reactions
- Allergix IgE Food Antibody Profile measures 30 common foods for IgE reactions

## PATIENT INFORMATION SHEET

