



# Taking the Guesswork Out of Food Allergy and Food Sensitivity Testing

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ably the most likely food allergy/sensitivity the general public is now aware of.

While an IgG food sensitivity is less severe than an IgE allergic response, it's still fundamentally a type of allergic response; and although the IgE allergic response (Type I response) can kill and is therefore well heard of, the IgG allergic response (Type III response) is thought to be much more common. Some studies out of the United Kingdom are suggesting that up to 33% of western European descent individuals may have this particular food allergy response to gluten alone.

There are four different IgG subtypes, although the one most important in food allergy testing is IgG4. Because of its particular response to allergens in the blood, it's the marker most likely to stay in the blood after an allergen has been consumed. It is also the IgG least likely to create a

false positive with food allergy testing. Using IgG4 in food allergy testing allows for specific identification of foods a patient should avoid.. Panels

on this type of testing can check up to 90 commonly consumed foods.

For additional information on obtaining this type of testing, contact (636)928-5588 and set up a consultation with Dr Crosby.

*"The patient has a much more specific idea of what they can and can't consume, making it easier for them to comply with their new dietary requirements"*



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