

**Natural Health
Allergies Chiropractic Nutrition
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`WHAT IS THE DIFFERENCE BETWEEN IgE, IgG?

IgE is an indication of a hypersensitivity or true allergy.

IgG is a secondary response usually associated with a previous exposure to an antigen.

IgE Food Allergies

The best known and well-studied form of food allergies is called a Type 1 immune reaction (classical food allergy, immediate-onset, IgE-mediated, atopic food allergies, etc.). Type 1 food allergies occur in approximately only 2-5% of the population. Type 1 food allergies occur mostly in children and are less frequent in adults. Usually occurring in the genetically predisposed individual, the immune system begins creating a specific type of antibody called Immunoglobulin E (IgE) to certain foods. One side of the IgE antibody will recognize and bind to the allergic food. The other side of the antibody is attached to a specialized immune cell packed with histamine, called a Mast cell. Primed for action, the IgE antibody now only has to patiently wait for re-exposure to food allergens.

When you eat the allergic food the next time, IgE antibodies hungrily latch onto the food. Instantaneously histamine and other allergy-related chemicals (chemical mediators) are released from the mast cell, quickly bringing on the unwelcome appearance of stomach cramping, diarrhea, skin rashes, hives, swelling, wheezing or the most dreaded of all Type 1 reactions, anaphylaxis.

IgG Delayed Onset Food Allergy

Type 3 immune reactions are much more commonly involved in food allergy than Type 1 reactions. In fact, 45-60% of the population has been reported as having delayed food allergies. Delayed food allergy or food sensitivity also involves the immune system. They occur when your immune system creates an overabundance of antibody Immunoglobulin G (IgG) to a specific food. The IgG antibodies, instead of attaching to Mast cells, like IgE antibodies in Type 1 allergies, bind directly to the food as it enters the bloodstream, forming food allergens bound to antibodies circulating in the bloodstream. The allergic symptoms in Type 3 immune reactions are delayed in onset - appearing anywhere from a couple of hours to several days after consuming allergic foods.

Delayed food reactions may occur in any organ or tissue in the body and have been linked to either causing and/or provoking over 100 allergic symptoms and well over 150

different medical diseases. An estimated 60 to 80 million Americans suffer from clinically significant food allergies and most all of whom suffer delayed symptoms.

Symptoms of IgG Food Allergy may include:

Abdominal Pains	Hyperactivity
Aches and Pains	Irritable Bowel Syndrome
Acne	Itching
ADHD	Lethargy
Anxiety	Loss of Appetite
Arthritis	Migraine
Asthma	Nausea
Autism	PMS
Bloating	Psoriasis
Celiac Disease	Recurrent Ear Infection
Chronic Fatigue	Recurrent Sinus Infections
Chronic Infections	Rhinitis
Constipation	Sinusitis
Depression	Skin Rashes
Dizziness	Stomach Cramps
Eczema	Tension
Enuresis (Bed Wetting)	Urticaria
Fibromyalgia	Weight Gain
Fluid Retention	Weight Loss
GI Problems	Wheezing

**FOOD ALLERGIES DON'T CAUSE EVERYTHING!
BUT FOOD ALLERGIES CAN CAUSE ANYTHING!**