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## IgG Food Antibodies Patient Information Sheet

### Are Food Reactions Making You Sick?



- **Head & Neck**

Recurrent ear infections, watery/itchy eyes, constant runny or stuffed up nose, chronic sinus problems, headaches, migraines, and sore throat

- **Nervous System**

Mood swings, anxiety, depression, food cravings, poor concentration, fatigue, and hyperactivity

- **Chest**

Asthma and irregular heartbeats

- **Muscles & Joints**

Muscle pain and arthritis

- **Stomach & Intestines**

Inadequate digestion may cause diarrhea, constipation, gas, bloating, ulcers, and cramps

- **Other Symptoms**

Water retention, weight gain, hives, rashes, and sweating

#### Food Reactions

Researchers estimate that 60% of the U.S. population suffers from reactions to foods that can cause or complicate a health problem. Symptoms can be extraordinarily diverse, ranging from migraines to eczema. Therefore, many health professionals routinely consider food allergies or intolerances when evaluating a patient's health problem.

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

##### Immediate Reactions to Foods (IgE)

Classic allergic reactions occur within three 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 strawberries or crabmeat. The potentially fatal but very rare "anaphylactic" reaction after eating peanuts or shellfish is another example of an IgE reaction.

##### Delayed Reactions to Foods (IgG)

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 allergies. 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.

IgG Food Antibody Testing clearly identifies those foods you are eating that may be causing health problems.