



## Food Allergy (Sensitivity) Panel



**The Diagnos-Techs™ Food Allergy Panel** tests for the presence of an antibody (IgA) to four of the most common food allergens—gluten, milk, egg and soy. IgA is an antibody that is released onto the surface of the gastrointestinal (GI) tract, acting as a first line of defense to anything that the immune system recognizes as potentially harmful to the body.

Using only a saliva sample, the Food Allergy Panel offers a convenient, non-invasive and economical way to screen for food allergies. Identifying the specific foods that your immune system reacts to can help your doctor recommend a treatment plan that is right for you.

### Avoiding a More Serious Condition

A food reaction is an abnormal response in the GI system to food that can occur for a variety of reasons. In some cases, like lactose intolerance, there may not be enough of a particular enzyme to digest a specific food correctly. In other cases, the immune system creates antibodies to proteins in foods. When a food reaction involves the immune system in this way, it is called a food allergy (sometimes referred to as a food sensitivity).

When the immune system reacts to a food, it can lead to inflammation and irritation in the intestine each time the particular food is consumed. Food allergies can range in severity from immediate, sometimes life-threatening reactions (anaphylaxis) to milder conditions characterized by symptoms such as gas and bloating.

Many food allergies produce minimal symptoms, yet if untreated, the long-term consequences can be serious and may involve the development of conditions in many different organ systems. The Diagnos-Techs Food Allergy Panel tests your saliva for antibodies to four of the most common food allergens.

### Common Misconceptions

**Food allergies are conditions of childhood.**

In truth, food allergies can be present at any age, and in some instances may be lifelong.

**Food allergies are only present in symptomatic patients.** In truth, food allergies can be silent in many individuals. The absence of symptoms, however, does not mean that inflammation and damage is not occurring.

**Food allergies are simply intestinal irritations.** In truth, food allergies cause an immune reaction and may contribute to a wide range of symptoms that do not involve the intestine. It is even possible for some patients to experience only symptoms outside of the GI system.

### GI Symptoms of Food Allergies

- Diarrhea or soft stools
- Constipation
- Gas or bloating
- Gastroesophageal reflux or GERD
- Malabsorption of valuable vitamins and minerals

### Non-Gastrointestinal Symptoms of Food Allergy

**Skin:** Hives, rash (dermatitis), eczema, swelling (edema)

**Joints:** Pain and inflammation

**Respiratory:** Runny nose, asthma, nasal congestion, inflamed sinuses

**Brain:** Headache, migraine, sleeplessness, irritability

**Immune:** Decreased immune function, frequent or chronic infections

**Blood:** Anemia, issues with blood clotting

**Fatigue:** Decreased energy due to anemia or poor absorption of nutrients

## Conditions Associated with Untreated Food Allergies

### Autoimmune disease

Liver and bile duct disorders, type I diabetes, systemic lupus erythematosus (SLE)

### Cancer

Lymphoma, gastrointestinal cancer

### Thyroid conditions

Hypothyroidism, hyperthyroidism

### Decreased bone mineral density

Osteopenia, osteoporosis

### Reproductive system dysfunction

Impotence, infertility (males and females), menstrual irregularities

### Neurological and psychiatric disorders

Postural imbalance, nerve tingling, numbness, depression, anxiety



### What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your test sample. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to refrigerate or freeze your sample until you are ready to ship it. Next, you will package the sample in the box provided, affix the mailing label included with your kit, and ship the

completed kit from your nearest UPS location.

Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.

## Ask your physician about additional test panels available from Diagnos-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panels



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website at [www.diagnostechs.com](http://www.diagnostechs.com)