

FOOD ALLERGY vs. SENSITIVITY

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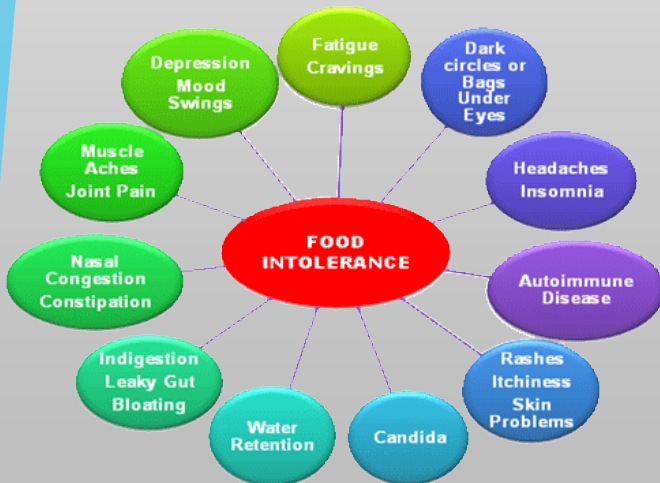
We are all aware that people can have allergies to foods like peanuts and shellfish, but what does it mean to have a food sensitivity? With allergies/sensitivities our immune system reacts to food by releasing cells called antibodies. Three types of antibodies are commonly produced in response to food: IgG, IgA and IgE. Testing can be done to determine if you are suffering from a food sensitivity/allergy with a simple blood test recommended by your health care practitioner.

IgE Immediate Reactions: FOOD ALLERGY



IgE reactions are what most people are familiar with as allergic reactions. They occur within minutes of exposure to a reactive food and may be life threatening (like with peanuts). Common reactions are hives, eczema, difficulties breathing and digestive upset. Once your body has been exposed to a reactive food, it stores IgE for immediate release the next time it sees it.

IgG/A Delayed Reactions: FOOD SENSITIVITY



IgG/A reactions can take hours to days to develop and the symptoms are less straight-forward vs. the IgE reactions. Common symptoms of a food sensitivity include but are not limited to fatigue, mood changes, asthma, migraines, weight gain, eczema, joint pain, constipation, diarrhea and digestive upset. The reactions are caused by the IgG/A cells creating a complex with the food particle. If there are too many of these complexes the body cannot clear them and they can stay causing systemic inflammation.