



**ALLERGY REPORT** *Accession Number: 9812*

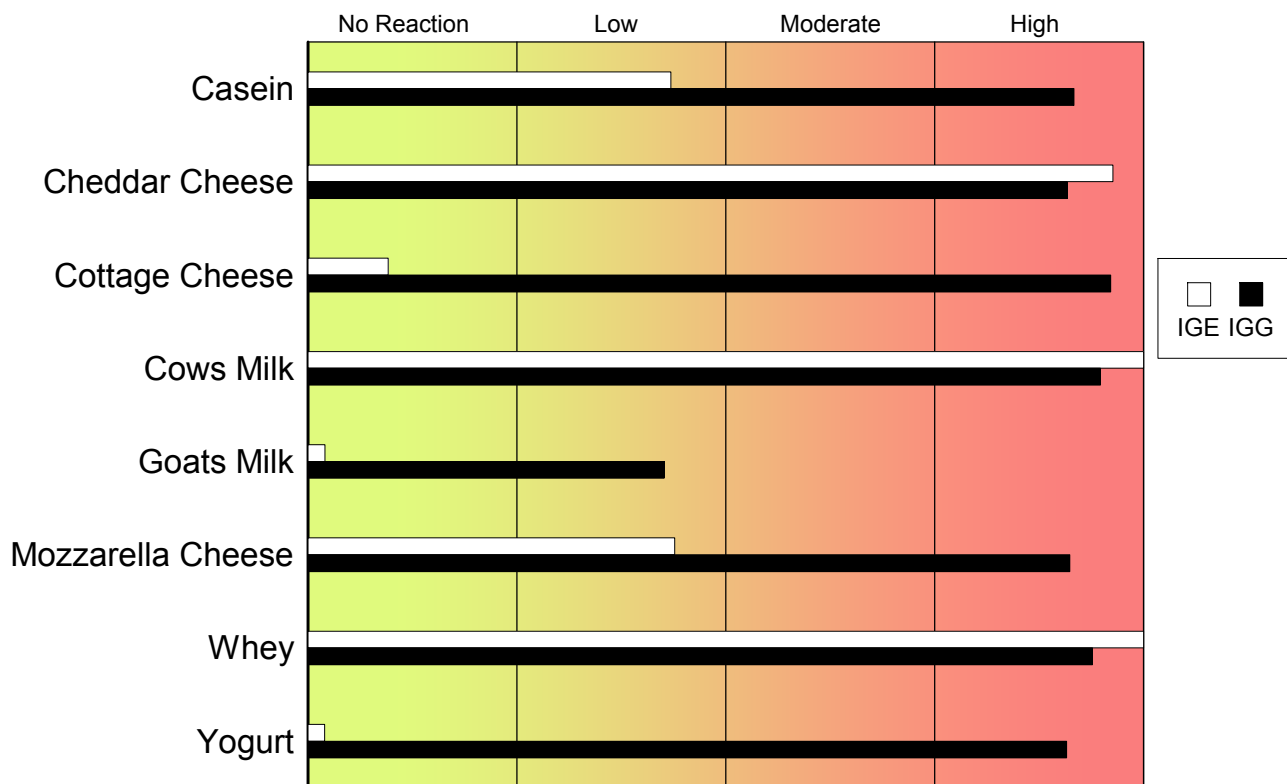
**Provider:**  
 Rocky Mountain Analytical  
 Unit A 253147 Bearspaw Road NW  
 Calgary AB T3L 2P5

**Client:**  
 John Doe

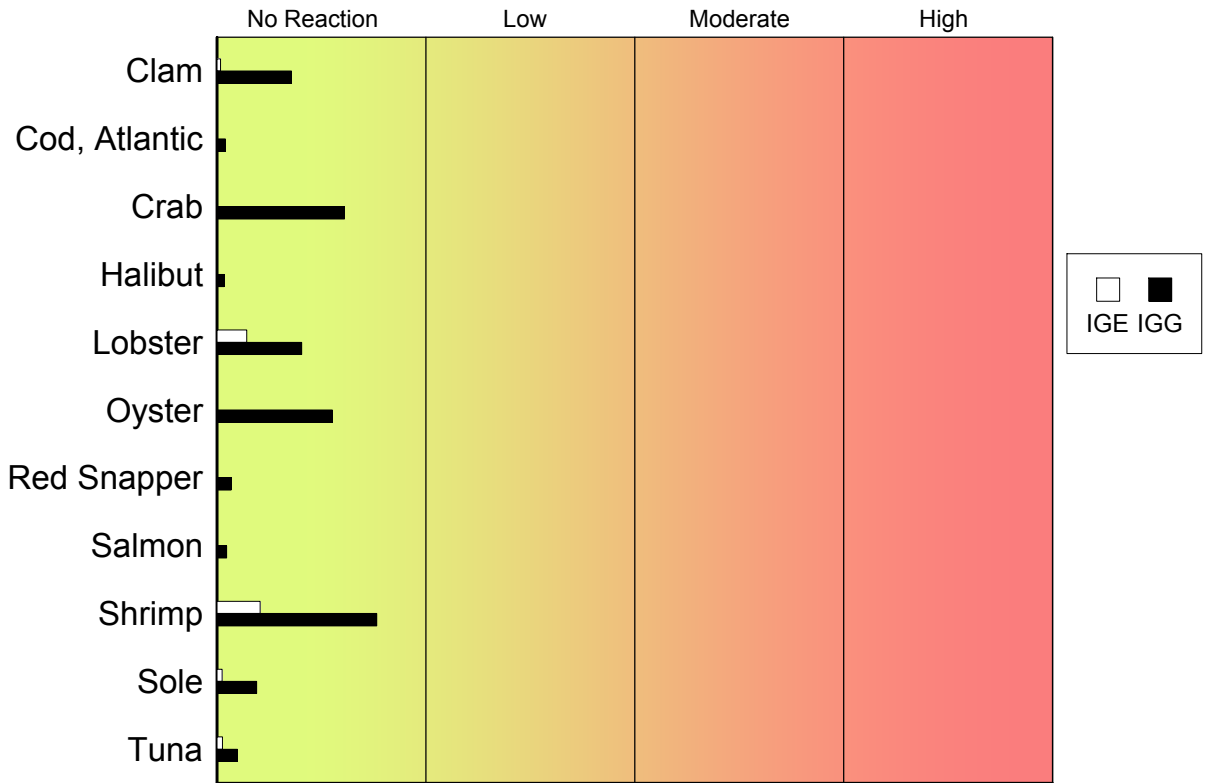
**Age:** 46  
**DOB:** 1958/6/30  
**Gender:** Male  
**Health #:** 987654321

Phone:  
 Fax:

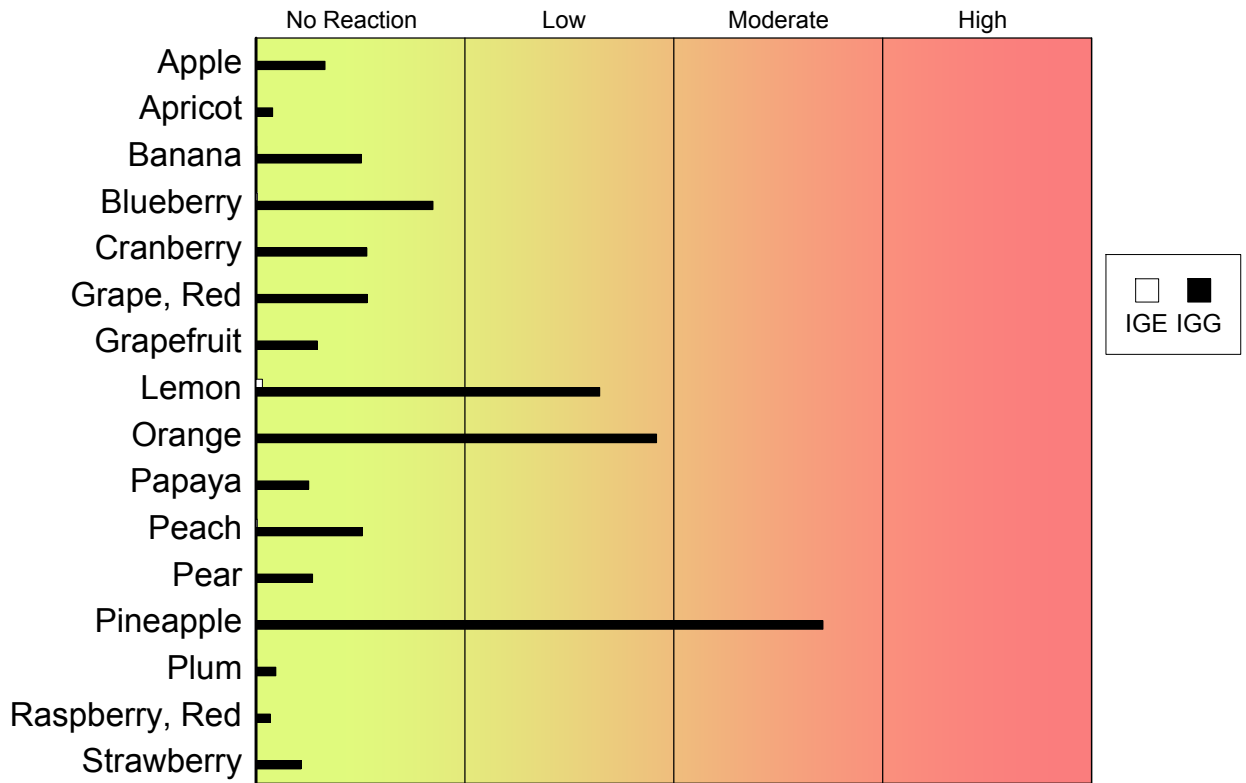
**Dairy**



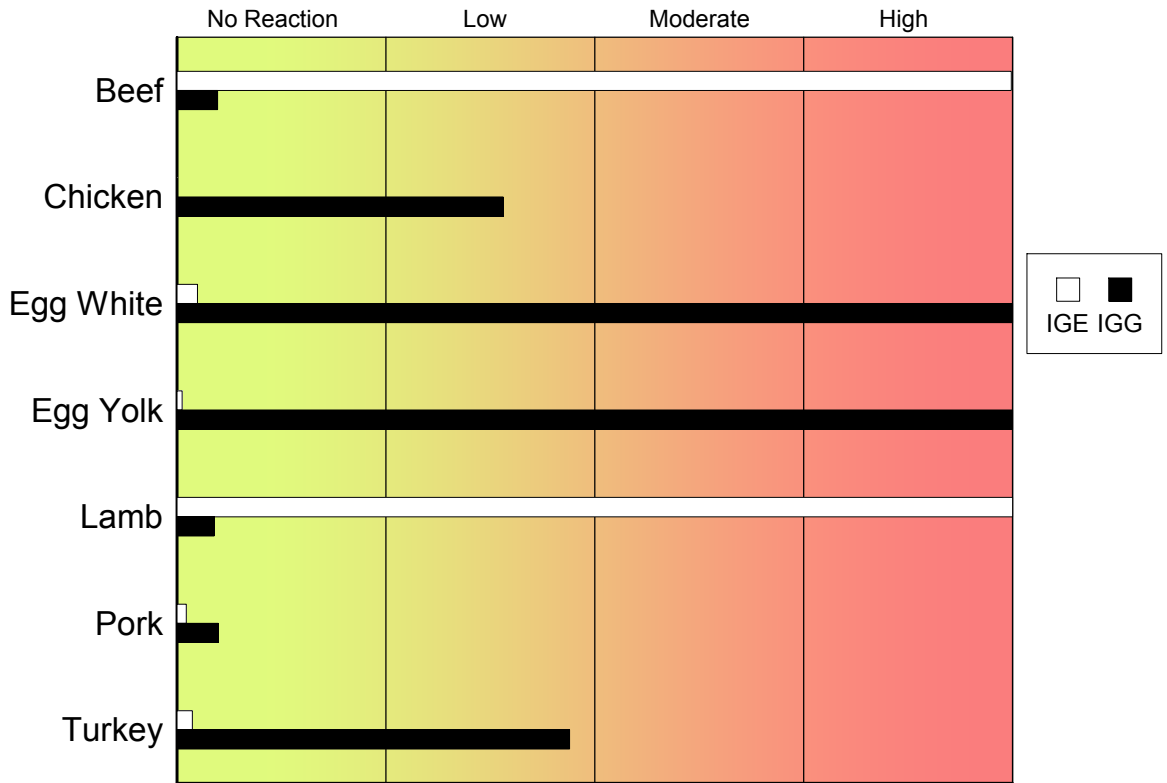
Fish/Crustacea/Mollusk



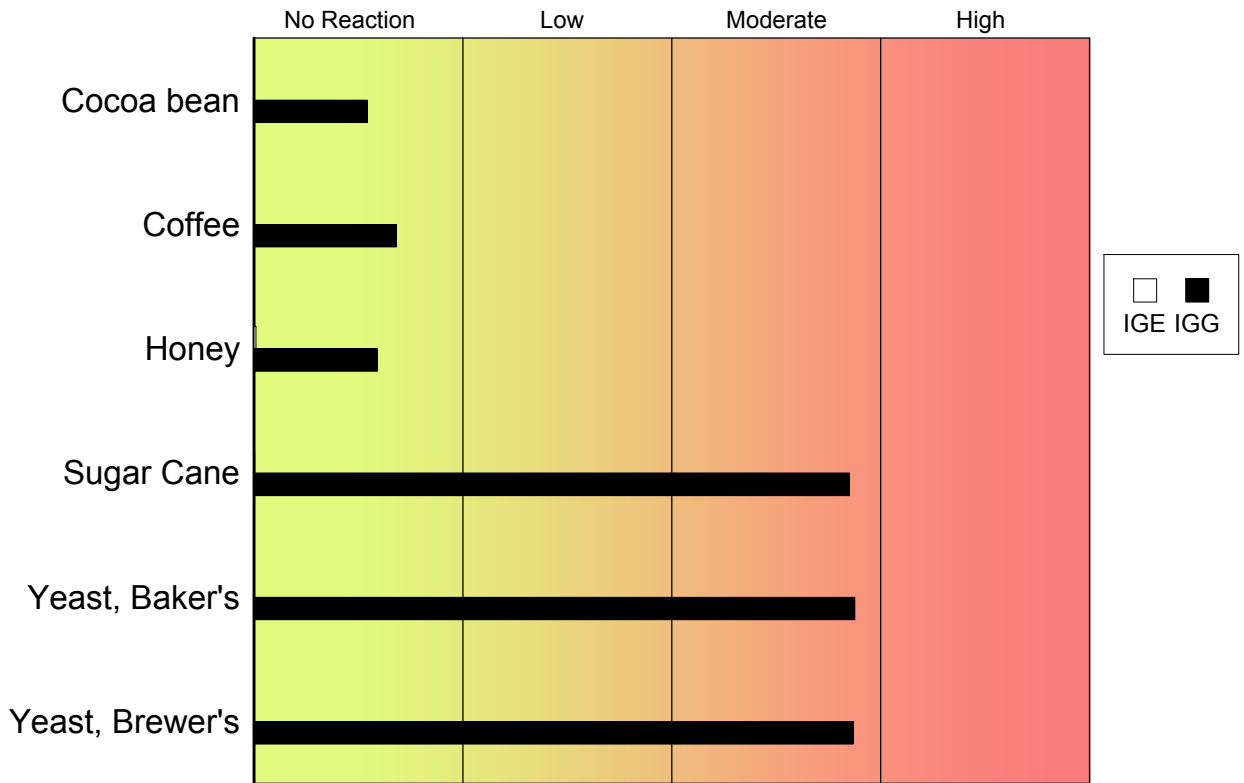
Fruits



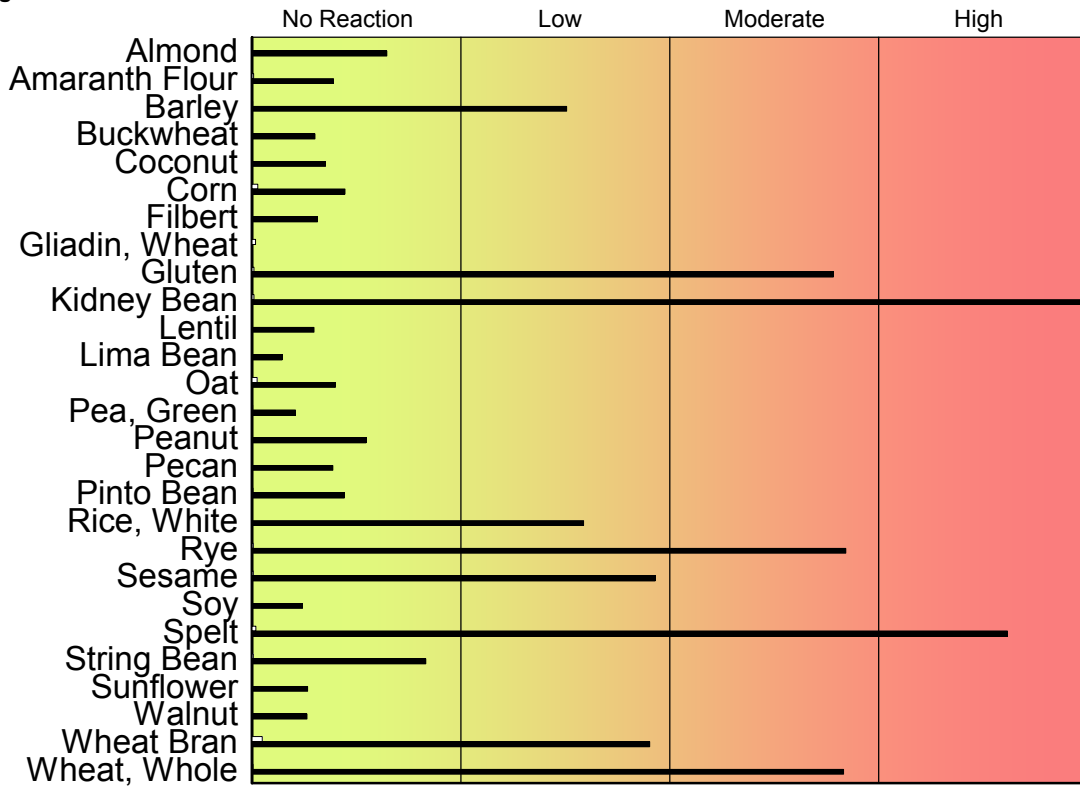
**Meat/Poultry**



**Misc**

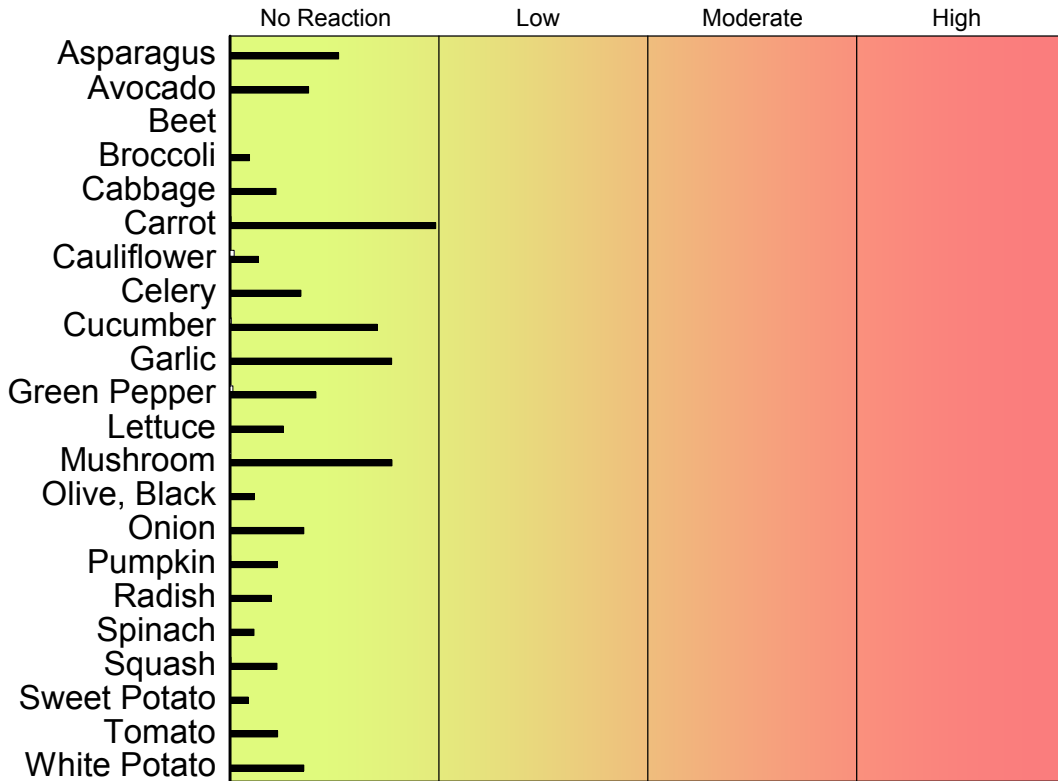


Nuts/Grains/Legumes



IGE IGG

Vegetables



IGE IGG

When a specific food allergy is present, the immune system reacts by releasing cells called antibodies to neutralize the allergy causing food, or allergen. Two commonly produced antibodies are IgG (immunoglobulin G) and IgE (immunoglobulin E).

### **What Is An IgG Allergic Reaction?**

IgG reactions develop slowly, appearing up to three days after the food allergen has been consumed. This makes it difficult to pinpoint problem foods by monitoring dietary intake. In an IgG reaction, the food allergen and the IgG antibody bind together to form an allergen-antibody complex. These complexes are normally removed by special cells called macrophages in the liver and spleen, but if they are present in large numbers and the allergen is still being consumed regularly, the body cannot remove them fast enough. As a consequence, these small allergen-antibody complexes may begin depositing themselves in a variety of body tissues. In other words, if you keep eating foods that you have an IgG allergic response to, your body can become overwhelmed and start putting these allergen-antibody complexes in places they don't belong. Depending on where these complexes are deposited, they may cause significant symptoms for some people. For example:

- allergen-antibody complexes in blood vessels may lead to headaches, high blood pressure, or inflamed blood vessels that appear as reddish purple dots on legs.
- allergen-antibody complexes in lungs may lead to asthma and recurring respiratory infections.
- allergen-antibody complexes in the skin may lead to a variety of skin conditions.
- allergen-antibody complexes in the joints may lead to joint pain
- allergen-antibody complexes can also cause runny noses and puffiness around the eyes.

### **What Is An IgE Allergic Reaction?**

IgE reactions result in the release of inflammation causing chemicals like histamine, which are responsible for most of the symptoms associated with IgE allergic reactions. These reactions happen soon after exposure to an allergen, usually within hours. The symptoms associated with IgE reactions may include:

- Redness and swelling resulting from the release of inflammation causing chemicals like histamine that cause blood vessels to dilate, producing redness and swelling.
- Airway congestion and constriction from the release of inflammation causing chemicals like histamine.
- Stimulation of nerve endings, which produces pain and itching on the skin surface.

### **Moderate or Highly Reactive Foods**

It is advisable to avoid foods that register as highly reactive, and to limit exposure to those foods that register as moderately reactive. Elimination of these foods may prevent or help resolve some of the aforementioned health issues. It may be possible to successfully reintroduce these foods into your diet at a later date however, any dietary changes should be done in consultation with your health care provider.

### **What Does 'No Reaction' Mean?**

The preceding test report pages offer a snapshot of your immune system's response to various food allergens. In general, the results accurately reflect what is happening in the body. However, a 'no reaction' result sometimes appears in people do not tolerate certain foods. There are several reasons why this can occur. Foods that you typically avoid are unlikely to produce an allergic response because they are not likely to have been consumed in the three weeks prior to the test. In other words, if you don't eat it, you won't produce antibodies to it, so there won't be a reaction.

Another possible reason for a 'no reaction' result is that the reaction you experience is actually an intolerance, not an allergy. Food intolerances may mimic the symptoms of a food allergy but are not the direct result of an antibody-antigen reaction. For example, lactose intolerance is due to a deficiency in the enzyme lactase, the enzyme responsible for the digestion of the milk sugar lactose.

Adverse reactions to food additives may also be defined as food intolerance. Sometimes a lack of digestive enzymes or stomach acid can result in a food intolerance. Plus, it is possible to develop an aversion to a particular food because of a previous negative experience (e.g. food poisoning). To summarize, a 'no reaction' result means that no IgG and/or IgE antibodies to the specific food are being produced; 'no reaction' does not necessarily mean that you are able to tolerate that food.

Note: The College of Physicians and Surgeons of Alberta considers some forms of allergy testing to be complementary medicine. Specific IgG quantification has been utilized in research settings to assess and investigate Type I and Type III allergies respectively. However, the assessment of human IgG antibodies specific for individual food antigens is not a recognized diagnostic indicator of allergy. Rocky Mountain Analytical does not diagnose or make treatment recommendations. Data is provided for research and educational purposes only