



RIDASCREEN®

Spec. IgG Foodscreen: Details and background information



Delayed food allergies – high potential for your laboratory

A delayed food allergy can be the cause of chronic disorders. Nevertheless, delayed food allergies often remain undetected because the symptoms occur only after a few hours or even days, so that they are extremely difficult to be diagnosed. And this is your chance: Tell people how to get to the bottom of their health-related problems and offer them solutions. RIDASCREEN® Spec. IgG Foodscreen can help you to do this.

What are the typical symptoms?

- Chronic gastrointestinal ailments: diarrhoea, constipation, stomach ache, winds, irritable bowel syndrome, colics, bloated or sick feeling, Crohn's disease
- Headache, migraine
- Rheumatic diseases, painful joints
- Chronic skin problems: atopic dermatitis (neurodermatitis), psoriasis, itching, urticaria
- Chronic overweight

How does a delayed food allergy develop?

The intestinal wall can be damaged or become permeable as a result of stress, infections or medications. In this case, large quantities of undigested foods can make their way into the bloodstream. The immune system falsely considers these to be harmful substances and produces specific antibodies (IgG antibodies). These, in turn, result in the formation of

excess immune complexes that settle down in some part of the body and cause a number of reactions there.

Immune complexes are caused by inflammatory reactions. If these occur repeatedly, they can even develop into chronic processes.



What does RIDASCREEN® Spec. IgG Foodscreen show?

With chronic disorders, this test provides immediate clarity on whether or not a delayed food allergy could be the cause. It identifies the number of specific IgG antibodies against specific types of food both quickly and accurately. RIDASCREEN® Spec. IgG Foodscreen with its plates in different allergen compositions

provides you with a modular system for selectively detecting delayed food allergies and helping each and every individual patient.

How do patients describe their experiences?

Representative for many different cases, two reports show how delayed food allergies were found to be the cause of chronic disorders with

the help of RIDASCREEN® Spec. IgG Foodscreen. Based on these findings, the symptoms have either improved or disappeared entirely.

Gastrointestinal complaints		Overweight	
Patient:	Male, 58 years old, in good physical condition	Patient:	Female, born in 1983
Symptoms:	Persistent diarrhoea since 3 months following an acute diarrhoea after seafood consumption	Height:	1.74 m
Coloscopy, biopsy:	No abnormality	Weight:	110.6 kg
Faeces examination:	Virus, bacteria, mycosis, parasites: negative	BMI:	37
Blood:	Main serology, hormones, tumor markers: negative	Symptoms:	Obesity, hypertension
IgE test:	Negative	IgG test:	26 reactions
IgG test:	18 reactions, with a strong reaction against pineapple	Condition 7 ½ months later	
The patient ate a fruit salad every day that contained pineapple. Avoiding pineapples made his symptoms disappear after only 3 days.		Weight:	71.0 kg
		BMI:	23.5
		Still likes to nibble, gets only little exercise, hypertension has disappeared.	



What happens after the test has been performed?

The test is based on three principles:

- 1) Avoiding foodstuffs to which IgG antibodies have been detected
- 2) Rotation diet with remaining foodstuffs
- 3) Reintroduction of the avoided foodstuffs

Avoidance:

The foodstuffs identified in the test must be fully avoided for a certain period of time: from about 8 to 12 weeks up to one year or even more depending on the strength of reaction. This also includes products that contain these foodstuffs or their components.

Rotation:

The remaining foodstuffs are consumed in a 4-day cycle. If the patient eats a certain selection of foodstuffs on the first day, he should avoid eating these for the next 3 days. This helps to prevent the development of new delayed food allergies.

Reintroduction:

At the end of the avoidance period, the IgG antibodies to the respective foodstuffs should have been broken down to a high extent or eliminated completely. Patients are now allowed to include the avoided foodstuffs one by one and gradually in their menu. Only one new foodstuff at a time should be reintroduced in order to be able to learn whether it might be responsible for the patient's complaints.

If a reintroduced type of food causes problems again, then it must be left off the menu. Even if the foodstuff can be eaten once again without difficulty, it is still recommended that it is not consumed too often. Instead, one should make a change in diet with the goal of developing new eating habits.