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IgG studies

**IBS**


**Sjogren’s syndrome**


*Molecular mimicry (amino acid sequence of yeast and well known auto-antigens peculiar to Sjogren’s match. Pathogenic, prognostic significance of ASCA in Sjogren’s*.

**Inflammatory Bowel Disease**


Xiao N et al (2018) Food-specific IgG are highly increased in the sera of patients with Inflammatory Bowel Disease and are clinically relevant to the pathogenesis. Intern Med Advance Publication DOI: 10.20169/Insidemedicine.9377-17

**Crohn’s**

CONCLUSION: A nutritional intervention based on circulating IgG antibodies against food antigens showed effects with respect to stool frequency.
**Inflammatory Bowel Disease**


Seroiological Investigation of Food Specific Immunoglobulin G Antibodies in Patients with Inflammatory Bowel Diseases

Cai et al.

**CONCLUSION:**
The study demonstrates a high prevalence of serum IgG antibodies to specific food allergens in patients with IBD. Serum IgG antibodies may potentially ameliorate symptoms by guiding diets for patients.

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**Crohn’s**

Digestive Diseases and Sciences
April 2016, Volume 61, pp 1148-1157

Treatment of Crohn’s Disease with an IgG4-Guided Exclusion Diet: A Randomized Controlled Trial

Gunasekera et al.

**CONCLUSION:**
IgG4-guided exclusion diet, as an adjunct, can improve quality of life and symptoms in patients with CD.

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**Migraine**


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**IBS & Migraine**

*Research Submission*

IgG-Based Elimination Diet in Migraine Plus Irritable Bowel Syndrome

El-Elgar Aydinlar, MD, Pinar Yalkın Dinç, MD, Arzu Timur, MD, Morosi Sarac, MD, Mecite Aksoy, MD, Oguz G. Orman, Nihat Tonta, MD

**CONCLUSION:**
Food elimination based on IgG antibodies in migraine patients who suffer from concomitant IBS may effectively reduce symptoms from both disorders with possible positive impact on the quality of life of the patients as well as potential savings to the healthcare system.

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**YorkTest Data - Migraine**

*Original Article*

A Prospective Audit of Food Intolerance among Migraine Patients in Primary Care Clinical Practice

Tracy Rees, David Watson, Queen Lipi Sincere, Abena Spence, Peter Ossinger, Geoffrey Hardstaff, and Andrew J. Norman

**Conclusion:** Migraine attacks are linked to food intolerance and food-specific IgG is a good strategy.

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**YorkTest Data - Migraine**

*Research*

Randomised controlled trial of food elimination diet based on IgG antibodies for the prevention of migraine like headaches


**Conclusion:** Frequency of migraine attacks reduced by almost a quarter (23%) within 4 weeks.
**Migraine**

Diet restriction in migraine, based on IgG against foods: A clinical double-blind, randomised, cross-over trial

**CONCLUSION:**
Diet restriction based on IgG antibodies is an effective strategy in reducing the frequency of migraine attacks.

**Rheumatoid Arthritis**

The gut-joint axis: cross reactive food antibodies in rheumatoid arthritis

**CONCLUSION:**
The production of cross-reactive antibodies is strikingly increased in the gut of many RA patients. Their food related problems might reflect an adverse effect of multiple modern hypersensitivity reactions mediated, for instance, by immune complexes promoting autoimmune reactions in the joints.


**Mental Health / Depression**

Hart G (2017) Food specific IgG guided elimination diet; a role in mental health? BAOI Nutrition 3:3:033


**Depression**


**CONCLUSION:**
This new paradigm in the pathogenesis of depressive disorders linking leaky gut, IgG-dependent food sensitivity, inflammation and depression is promising, but still needs further studies to confirm this theory.

**Weight Loss**


**Quality of Life / Obesity**

**Obesity & Weight loss Therapy**

**CONCLUSION:**
Subjects were able to improve their body composition and quality of life in response to elimination IgG-reactive foods from the diet. The test may represent a strategy to counteract the severe U.S. obesity epidemic.