



# NATURE CURES...HEALTH NEWS

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## Clinical Relevance of IgG Antibodies against Food Antigens in Crohn's Disease: A Double-Blind Cross-Over Diet Intervention Study

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### Background:

**Genetic factors, cytokine activation and environmental factors are thought to play an important role in the development and exacerbation of Crohn's disease (CD). Immune responses against food antigens may be a reason for the perpetuation of inflammation.**

Frequently, patients with inflammatory Bowel Disease (IBD) such as Crohn's Disease and Ulcerative Colitis, report that dietary intolerance significantly contributes to their symptoms. The benefit from eliminating certain foods from daily diet was the focus of this study.

### Method:

In this study, 79 CD patients and 20 healthy controls were examined for food immunoglobulin G (IgG). Based on the IgG antibodies results, a diet eliminating these foods was planned.

### Results:

The pilot study resulted in a significant difference of IgG antibodies in serum between CD patients and healthy controls.

The ten most frequently measured IgG antibodies in CD patients were against processed cheese (84%), yeast (83%), agave syrup (78%), camembert cheese (76%), poppy seeds (74%), aloe vera (74%), bamboo sprouts (73%), kamut (durum wheat, 70%), unripe spelt grain (69%) and wheat (60%).

The daily stool frequency significantly decreased by 11% during a specific diet, abdominal pain reduced and general well-being improved.

### Discussion:

This study found that IgG antibodies against food antigens are elevated in patients with CD in contrast to healthy controls. A clinically significant improvement in IBD symptoms was observed in patients eliminating foods to which they were found to exhibit sensitivity.

### In conclusion:

A nutritional intervention diet based on circulating IgG antibodies against food antigens showed positive effects in people with CD with respect to stool frequency, abdominal pain and general well-being.



At Nature Cures, Naturopath, Nutritionist and Nurse, Kathryn Arnel can test for IgG food sensitivities. [www.naturecures.com.au](http://www.naturecures.com.au)