



FOOD AND INHALANT ALLERGIES CAN UNDERLIE BEHAVIORAL, DIGESTIVE & CHRONIC DISORDERS

Comprehensive IgG Food Allergy Panel - 93 Foods

Comprehensive IgE Food Allergy Panel - 25 Foods

Comprehensive IgE Inhalant Panel

Specimen Requirements: Blood serum: 2 mL per test

The Great Plains Laboratory, Inc. (GPL) offers comprehensive tests for food allergies mediated by IgG or IgE antibodies as well as a test for IgE inhalant antigens. IgG testing is valuable for detecting hidden and IgG-type reactions, which unlike IgE food allergies commonly tested by allergists, may develop hours or even days after ingesting a food. Such delayed reactions can be difficult to trace back to a specific food trigger. IgG symptoms, unlike skin reddening or hives, can manifest as behavioral problems, fatigue, hyperactivity, headaches, or gastrointestinal problems.

The IgG food allergy test method is the 25-year old ELISA (enzyme-linked immunosorbent assay). This test measures the amount of antibody to a particular food protein found in a serum sample. For example, some foods such as pumpkin "stand in" for the entire squash family of similar proteins. Very immuno-reactive foods like dairy and wheat are measured in several forms, as pure casein and gluten and as the whole foods. GPL's IgE testing uses a new, FDA-approved immunochemical assay method that is a variant of the ELISA method.



What are the benefits of testing for food and inhalant allergies?

IgG testing is a useful guide in structuring elimination diets for many chronic conditions. Children with autism and developmental disorders, who frequently are very selective eaters, often suffer from these type of allergies, as do adults with autoimmune conditions. Individuals with high specific IgG antibodies may compulsively continue to eat a food, unaware of potential effects, or they may avoid the food entirely. Complete elimination of potential problem foods from the diet may bring about striking improvements in health status, mood, energy, and even behavior. GPL also offers the more familiar IgE testing of both common allergenic foods and of environmental allergens ranging from household pets to pollen. The advantages of our IgE food inhalant IgE testing are:

- Both tests are FDA-approved tests and have passed a high level of scrutiny.
- Requires 2 mls serum for analysis-- makes it ideal for pediatric use.
- Emphasis on those foods known to be more allergenic to children & adults.
- Some of the antigens tested are grouped together in food and environmental mixes.
- Shorter turnaround time: approximately 7 working days under normal circumstances.

"In April 2003 you performed the food allergy test for R. in connection with his diagnosis of autism. He tested VERY positive to gluten and casein intolerance... We immediately deleted these two items from his diet. Within a week, R. went from almost no speech, to talking, an incredible decrease in stinging and tantrums... His progress was so remarkable that the head of special services in our local school system indicated that if R. could handle full days of school ... in a regular class setting. . . he should be able to begin kindergarten in the fall right on time!"

~ Parent of a child with autism, Arkansas

The serum test for IgE antigens can be an alternative or an adjunct to traditional skin patch tests. IgE reactions, which include sneezing and congestion; red ears, nose or cheeks; or hives, are more apparent than the IgG delayed reactions described above. Identifying and removing the sources of IgE reactions may reduce the need for antihistamine medications.

If you need assistance in interpreting the test results, GPL provides a staff consultant who is available on Monday, Wednesday and Friday. Call GPL's main number-- 913-341-8949 to schedule an appointment.

Recommended for the following disorders:

- ☀ Autism and developmental disorders
- ☀ Attention deficit disorder / hyperactivity
- ☀ Learning difficulties, handwriting problems
- ☀ Language problems
- ☀ Seizures
- ☀ Psychosis, violent and aggressive behaviors
- ☀ Anxiety or excessive stress
- ☀ Depression
- ☀ Sleep disorders
- ☀ Migraines
- ☀ Multiple sclerosis
- ☀ Rheumatoid arthritis
- ☀ Endometriosis
- ☀ Leaky gut syndrome
- ☀ Crohn's disease
- ☀ Candidiasis
- ☀ Acne, eczema, rashes
- ☀ Chronic infections
- ☀ Chronic fatigue / fibromyalgia

Food and Inhalant Allergies



Complete list of products included in the Great Plains Food Allergy Test:

- IgG Food Allergy Test List:** Almond, Apple, Apricot, Asparagus, Avocado, Banana, Barley, Beef, Beet, Blueberry, Broccoli, Buckwheat, Cabbage, Cane Sugar, Carrot, Cashews, Casein, Celery, Cheese, Chicken, Cocoa, Coconut, Cod fish, Coffee, Corn, Crab, Cranberry, Eggplant, Egg White, Egg Yolk, Flax, Garbanzo Beans, Garlic, Gliadin, Goat's Milk Cheese, Grape, Grapefruit, Green Bean, Green Pepper, Halibut, Hazelnut, Honey, Kidney Bean, Lamb, Lemon, Lentil, Lettuce, Lima bean, Lobster, Milk, Millet, Mozzarella Cheese, Mushroom, Oat, Onion, Orange, Papaya, Pea, Peach, Peanut, Pear, Pecan, Pineapple, Pinto Bean, Pistachio, Plum (Prune), Pork, Potato, Pumpkin, Radish, Rice, Rye, Salmon, Sardine, Sesame, Shrimp, Sorghum, Soybean, Spinach, Strawberry, Sunflower, Sweet Potato, Tomato, Tuna, Turkey, Wheat Gluten, Walnut, Watermelon, Wheat, Whey, Yeast (Bakers), Yeast (Brewers), Yogurt
- IgE Food Allergy Test List:** Almond, Apple, Barley, Bean (White), Beef, Chicken, Chocolate, Corn, Egg (Whole), Garlic, Milk, Oat, Onion, Orange, Peanut, Pork, Potato, Rice, Shellfish Mix (Cod, Shrimp, Mussel, Tuna, Salmon), Soybean, Tomato, Tuna, Vegetable Mix (Green Bean, White Bean, Carrot, Potato), Wheat, Yeast (Bakers)
- IgE Inhalant Allergy Test List:** Alder (Speckled), Alternaria, Ash (White), Aspergillus, Beech (American), Bermuda Grass, Birch (Common Silver), Box Elder (Maple), Burning Bush, Cat, Cladosporium, Cocklebur, Cockroach, Cottonwood Tree, Dog, Elm (White), Hickory (White), House Dust, Lamb's Quarters, Marsh Elder (Rough), Meadow Fescue, Mite (D. Farinae), Mugwort, Nettle, Oak (White), Orchard Grass/ Cocksfoot, Penicillium, Pigweed, Pine Ponderosa, Plantain (English), Privet, Ragweed (Short), Rye (Perennial), Sheep Sorrel, Sycamore (American), Timothy Grass

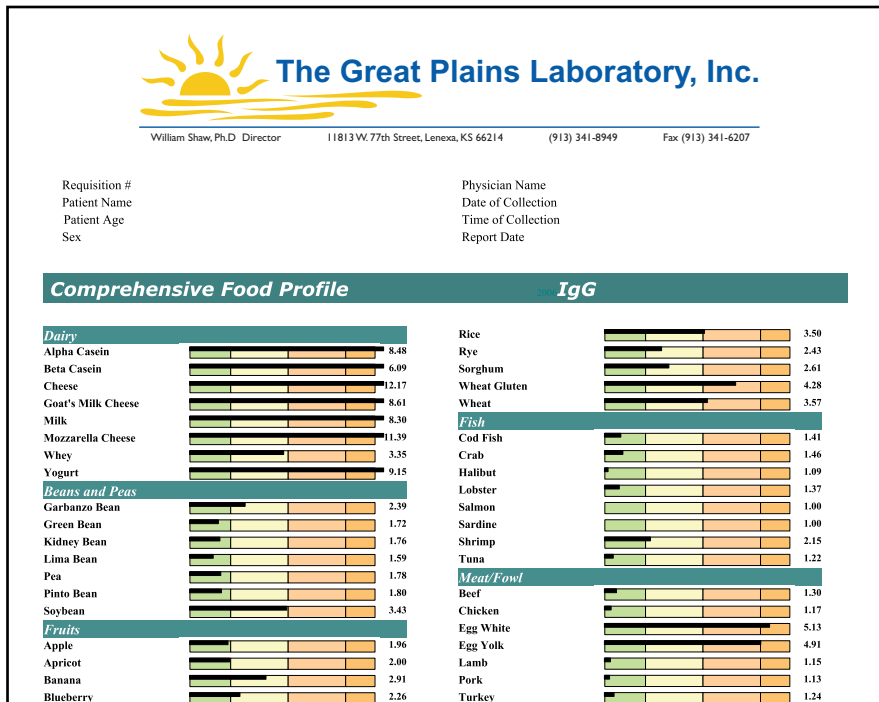
Testing Protocol

You can contact The Great Plains Laboratory, Inc. via phone, fax, e-mail, or from our website to order a test kit. In just a few days, you will receive the test kits, along with complete shipping materials, sample requirements and instructions.

Follow the instructions to collect the sample, fill out test request form, have this form signed by a health professional and send us the sample by express overnight courier (shipping cost is included in the price for U.S. clients only). Please indicate the payment method or insurance information on the order form. We are able to file for reimbursement from insurance companies in the United States. Patients from other countries have to provide the payment up front and later can try to obtain the reimbursement from their insurance company.

The results will be faxed with detailed explanations to your health professional and mail them to you approximately three to four weeks after receiving your samples. You may schedule a free phone consultation with our nutritional consultant after receiving the results.

Sample Lab Report



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