

ImuPro

FOOD ALLERGY TYPE III (IgG)

FOOD CAN MAKE YOU ILL!

Recommended by Patrick Holford
and Dr. James Braly in their book
"HIDDEN FOOD ALLERGIES"

Extract "Finding out what I'm allergic to with the IgG allergy test has transformed my life. For the first time in 13 years I'm pain free". - Denise Lewis, Olympic Gold medal winner



MOLECULAR DIAGNOSTIC SERVICES (PTY) LTD

Website: www.mdsafrika.net



ImuPro

INTRODUCTION

Molecular Diagnostic Services (PTY) Ltd are the Southern African laboratory and partners of Evomed Germany, who are the developers of ImuPro Tests.

ABOUT MDS

Molecular Diagnostic Services (PTY) Ltd was established in September 1997. The company has as its focus the use of the most advanced technologies to provide a diagnostic service to the human and veterinary fields. All tests are quality controlled and are highly accurate and sensitive. The laboratory has medical control council certification and provides a diagnostic service internationally and nationally.

ABOUT EVOMED

The developers of ImuPro tests

Since 2000 Evomed MedizinService GmbH, Germany, has been dedicated to the development of blood tests, "ImuPro", an innovative diagnostic test system is the trade name of a test that is designed to reveal foods which can cause chronic inflammatory reactions. ImuPro is a combination of the words "Immune" and "Profile". Test results are compiled so that each patient receives their personalised "Immunity Profile". Evomed's vision is to evaluate the immunological effect of food on the human organism. To meet this objective, the company cooperates with specialised therapists and scientists in several countries and has incorporated the most modern laboratories into its network of partners. The ImuPro tests are CE approved and linked to WHO standards.

FOOD ALLERGIES

ImuPro tests deal with food allergy type III (IgG) which is a delayed allergic reaction.

Increasing importance of food allergies

Allergies can cause a number of health problems. The familiar IgE (type I allergic response) is thought to affect approximately 2% of the population. It is estimated, however, that up to 40% of the population in USA and Europe have a **delayed allergic reaction, type III (IgG)** to food. This allergic reaction occurs 2-72 hours following the consumption of offending foods.



ImuPro

Delayed food allergies - Possible cause of many chronic complaints, Allergy type III (IgG)

If the small intestine is damaged (e.g. by stress, infections and medicines) food elements can reach the blood stream and be recognised as "antigens" by the immune system and result in the production of IgG antibodies to these foods. This leads to the development of immune complexes which can settle in different tissues, organs and vascular systems. Immune complexes can result in an inflammatory reaction. If this recurs frequently it can lead to a chronic process.

Many chronic complaints can be caused by such inflammatory reactions. This is particularly if no cause of the inflammation is found by classical diagnosis. It is quite probable that certain foods could trigger health problems such as:

- **Chronic gastro-intestinal problems:** Irritable bowel syndrome (IBS), Crohn's disease, diarrhoea, flatulence, celiac disease
- **Skin problems** such as neurodermatitis, psoriasis, acne
- **High blood pressure**
- **Migraine and headaches**
- **Overweight, obesity and adiposity (Morbid obesity)**
- **AD(H)D Attention Deficit (Hyperactivity) Disorder**
- **Chronic fatigue syndrome**
- **Diabetes mellitus type II**
- **Rheumatic ailments**
- **Joint ailments**
- **Fibromyalgia**



ImuPro is a blood test designed to reveal IgG antibodies against foods which potentially cause chronic complaints.

TYPE I (IgE) and TYPE III (IgG) Allergies (ImuPro Tests)

One must clearly differentiate between allergies of type III and "classical" allergies of type I. Both are caused by an



ImuPro



ImuPro



ImuPro



immunological reaction but type III is mediated by **IgG antibodies** whereas type I is mediated by IgE antibodies. Immune reactions of type III are **delayed** from 2-72 hours after eating. Thus it can happen that symptoms appear on Thursday and are caused by a food eaten on Monday. Such a delayed reaction can remain undetected for an entire life. Type III allergies are characterised by **inflammatory processes** which can become chronic. It is estimated that 40% of the population in Europe and U.S. suffer from delayed food allergies. Many people are not aware of the fact that **chronic health problems** are often related to an allergic reaction against food.

It is important to distinguish between type I and type III allergies:

Allergy Type I	Allergy Type III
Immediate reaction	Delayed reaction (several hours up to 3 days)
Acute	Chronic
Approx. 1-2% of adult population	Approx. 40% of adult population
Formation of IgE antibodies	Formation of IgG antibodies
Histamine release	Inflammatory syndrome

The blood test, ImuPro, identifies the IgG antibodies which are directed against food.

HOW DOES ImuPro FUNCTION?

In a detailed blood analysis the ImuPro test identifies heightened quantities of specific IgG antibodies against food. Thus, with the ImuPro tests, an individual's immune profile can be drawn up thereby determining with certainty which food stuffs the patient's body can't cope with. The test system creates this immune profile by searching for IgG antibodies that emerge after the consumption of allergenic foods. Food stuffs, ingredients and additives are tested by way of an immunoassay-method (IgG ELISA).

ImuPro AND CHRONIC DISEASES

The important question is: What are the causes of the existing complaints and how are they induced? Only if

these questions are answered can the complaints be addressed successfully – instead of treating symptoms for years. Immunological studies show that food allergies type III often cause inflammatory processes resulting in a number of chronic diseases. Therefore it is important to ascertain exactly what the cause of this inflammation is because there are many possible triggers. If no bacterial or viral agents can be found, it is highly probable that foods could cause these diseases. If that is the case and a food is the cause then the symptoms may improve after a specific diet or even disappear completely.

For foods to cause inflammation then specific antibodies against these foods must be present. These antibodies can be detected by ImuPro.

WHEN COULD ImuPro BE A POSSIBILITY FOR YOU?

- You can't tolerate certain foods.
- You often feel tired after a meal.
- You are afflicted by flatulence, constipation, by diarrhoea or by irritable bowel syndrome.
- You have weight problems and/or your weight changes quite drastically from day to day.
- Your symptoms improve after fasting.
- You suffer from migraine, chronic fatigue or even depression.
- You have to cope with Hyperactivity and /or Attention Deficit problems.

THE ADVANTAGES OF ImuPro

- The test method fulfills the highest scientific laboratory standards.
- We focus on causes not on years of treatment.
- You will receive your results and individual documentation within 2 weeks of the laboratory receiving the blood sample.
- A personalised report.
- A detailed analysis of foods, colourants and preservatives.
- A patient handbook with background information.

THE TEST PROCEDURE

1. Your health practitioner or advisor will inform you whether it is likely that you have a type III (IgG) food allergy.
2. Depending on the diagnosis, a blood sample is taken and sent to:
MOLECULAR DIAGNOSTIC SERVICES (PTY) LTD
3. Your blood is analysed for IgG antibodies in our laboratory followed by a detailed result assessment.
4. You will receive a result document including a patient manual and depending on the test an individual recipe book.

IMPLEMENTATION IN THREE STEPS

1. Avoidance of foodstuffs with increased quantities of IgG antibodies

With ImuPro your blood is analysed for IgG antibodies against a list of foods. Once identified, these foods must be strictly avoided for a certain period of time. This period depends on the reaction level measured during the blood analysis which represents the quantity of antibodies in the blood. The avoidance period ranges between 2 months and up to one year. Together with the results you will receive helpful instructions concerning what you have to avoid, where certain food elements can be found and how you can replace them with attractive alternatives.

2. Rotation Diet with the remaining foodstuffs

A diversified diet is as important as the strict avoidance of identified foods; i.e. the necessity to rotate the individually remaining foodstuffs. Thus you should not consume chicken and salad today and again the next day but alternate. For example chicken and salad today and tomorrow beef and vegetables. This principle prevents the formation of new food allergies.



3. The avoidance period is over – a gradual reintroduction of foodstuffs

During the avoidance period, you have to completely do without particular foodstuffs. The IgG antibodies to the respective foodstuffs should now have been broken down to a high extent or eliminated completely. You are now allowed to gradually introduce the avoided foodstuffs one by one into your menu. This however, should be planned carefully in order to minimise the risk of a new reaction. The reintroduction (provocation) and observation of symptoms is a well-known principle of elimination diets. It allows a detailed assessment of the foodstuffs which are responsible for your complaints. The experience shows that eventually there are only very few foodstuffs really causing health problems. The attractiveness of the ImuPro concept is based upon the fact that only very few foodstuffs need to be avoided.

ImuPro TESTS

(Refer to your Medical Aid regarding claims)

- *• ImuPro PreScreen- 3 Food pool groups- R 390.00(Incl.VAT)
- ImuPro Derma- 46 Food Allergens- R1300.00(Incl.VAT)
- ImuPro AD(H)D- 90 Food Allergens- R1950.00(Incl.VAT)
- ImuPro Slim- 145 Food Allergens- R2500.00(Incl.VAT)
- *• ImuPro 100- 90 Food Allergens- R1950.00(Incl.VAT)
- *• ImuPro 300- 271 Food Allergens- R4550.00(Incl.VAT)

*(We can within 30 days with the same blood sample upgrade from ImuPro 100 to 300 at an additional cost of R2600.00)

***(The PreScreen test cost of R390.00 will be deducted if the ImuPro 300 test is undertaken within 30 days.)

•ImuPro PreScreen (R390.00 Incl.VAT) (3 Food Pool Groups)

This is a quick and cost effective method to confirm or to rule out the presence of a food type III(IgG) allergy

The test consists of 3 Food pool groups namely:



Pool 1: Milk, eggs, yeast, cheese; Pool 2: Cereals, fish, meat; Pool 3: Nuts, fruit, vegetables. The results will assist you in deciding whether it is necessary and useful to have a further comprehensive test for food incompatibility(ImuPro 100, 200 or 300).

•ImuPro Derma (46 Food Allergens) (R1300.00 Incl.VAT) Dermatological Problems

Typical symptoms of chronic inflammatory diseases of the skin are: dry skin, itchiness (puritus), psoriasis and the formation/development of eczema (neurodermatitis). Given the appropriate genetic disposition, foods can trigger off or aggravate a type I allergy by IgE-antibodies.

Yet some patients concerned also show **strongly increased values of IgG-antibodies** which indicate a **delayed food allergy type III**. In that case it does make sense to measure the IgG-antibodies in order to identify possible triggers in the form of certain foods. The advisable therapy then is an elimination diet that can relieve the symptoms. This can be a useful supplement to the regular treatment of the symptoms.

ImuPro Derma can be the right diagnostic tool for you to detect possible causes of chronic inflammatory skin diseases.

•ImuPro AD(H)D(90 Food Allergens) (R1950.00 Incl.VAT)

Attention Deficit Hyperactivity Disorder

“Finally a normal child again”

Attention Deficit Hyperactivity Disorder AD(H)D is one of the most common disorders that develop in children. AD(H)D may cause considerable reduction in the powers of concentration and attention, impulse control disorders or marked hyperactivity and restlessness. In particular the children and the parents suffer from the consequences, but also the school and the social environment (family and friends). If untreated, the disorder



can have long-term adverse effects into adolescence and adulthood.

Possible causes

According to the current level of knowledge, AD(H)D is explained by an abnormal brain metabolism where several messenger substances (neurotransmitters) are produced or released in the wrong quantity or in an uncontrolled manner.

Until recently, diagnosis often took place by means of psychological questionnaires and IQ tests. Current standard therapy consists of psychiatric drugs. The power of concentration and integration is increased through the use of common drugs but at the risk of adverse side effects.

Therefore, physicians and parents are constantly searching for better cures to understand the causes of the disorder.

New diagnostics for AD(H)D – for a better therapy

These findings resulted in a multi-step diagnostic approach. This is the first diagnostic procedure that provides the attending physician with a detailed insight into the causes of AD(H)D. The first step is a new blood test - the nanoparticle analysis (NPA) - that shows characteristic changes of metabolic pathways within the human body. The NPA differentiates what could have triggered the symptoms in the specific case. Generally known are the central disorder - classic AD(H)D - on one hand (a genetically determined disturbance of neurotransmitter homeostasis) and psychological disorders on the other. However, NPA also allows the detection of psychosocial disorders. Currently three factors are identified: certain



metabolic disorders, gastro-enteropathies and immunological disorders.

Search for causes instead of treatment of symptoms

Depending on the kind of disorder there will either be immediate therapy (e.g. in the case of gastro-enteropathies) or further laboratory diagnostics (e.g. if food allergies type III or cryptopyrrolury are suspected). The NPA results often indicate that there might be a **food allergy type III**. In these cases **ImuPro AD(H)D is done**. This blood test detects whether there are IgG-antibodies to certain foods. The 90 allergens selected for the test take into account the favourite foods of children. If the evaluation of the NPA indicates a possible cryptopyrrolury a urine test for cryptopyrrol is done.

This increases the chances that the ideal therapy will be chosen for each child. Depending on the fact whether ADHD is due to a genetic or psychosocial disorder, a metabolic disorder, the condition of the intestine or the immunologic processes in the body, the physician will then be able to individually take the necessary measures.

•ImuPro Slim (145 Food Allergens) (R2500.00 Incl.VAT)

Overweight issues

Obesity and **adiposity** can be triggered by metabolic disorders. A cause can be found in the fat tissue itself: Fat cells form messengers (TNF-alpha, Interleukin-6, Leptin) that stimulate the liver to produce inflammatory proteins. Thus an increase in weight can lead to a chronic inflammatory condition.

Food type III allergies can enhance the inflammatory reactions. Since chronic inflammation causes or increases fat storage in fat and muscle tissue, a first step is to identify the respective foods by a blood test. An elimination of

these foods can influence the inflammatory process positively and consequently lead to weight loss.

***•ImuPro 100-(90 Food Allergens) (R1950.00 Incl.VAT)**

***•ImuPro 300-(271 Food Allergens) (R4550.00 Incl.VAT)**

Gastro-intestinal Diseases

By doing the **Imupro 100** or **ImuPro 300** tests one will establish which foods are incompatible and need to be omitted.

Some of the common conditions include: Irritable bowel syndrome

Irritable bowel syndrome (IBS) is a disorder characterised by **cramping, abdominal pain, bloating, constipation and diarrhoea**. IBS causes a great deal of discomfort and stress, for some people it can even be disabling. They may be unable to work, attend social events or even travel short distances. IBS is the most common disease diagnosed by gastroenterologists. Repeated studies indicate that there are various ways to relieve the set of IBS symptoms. Therapy consists mostly of medication like stool softeners and laxatives that keep the symptoms under control. Since the set of symptoms is often linked to the consumption of certain foods, people affected with IBS often develop complicated diet plans that restrict them severely.

There is strong indication that some symptoms of IBS may be the result of a **food type III(IgG) allergy**. If indeed there is an immune response to foods, these specific foods can be identified by the **ImuPro100 and 300 panel tests**. An elimination diet on the basis of the test result can substantially decrease symptoms of IBS. Following the nutritional guidelines, the patient can still have enjoyable meals.

ImuPro100 and 300 can be the right diagnostic tool for you to detect possible causes of IBS.

Crohn's Disease

Crohn's disease is an inflammatory bowel disease that causes chronic inflammation of the intestinal tract. Most commonly it affects the lower part of the small intestine. It can occur in all age groups but it is more often diagnosed in people between the ages of 20 and 30. Like ulcerative colitis, Crohn's disease can be both painful and debilitating, causing severe bouts of **watery or bloody diarrhoea and abdominal pain**. Recent studies indicate that foods can cause such inflammations.

A diet based on the elimination of such foods could supplement the standard drug therapy with anti-inflammatory medications such as corticosteroids.

ImuPro 100 and 300 can be the right diagnostic tool for you to detect possible causes of Crohn's disease.

PAYMENT

Per cheque, credit card, bank deposits or electronic transfer with name reference.

Please note that no results will be submitted without payment having been made.

MOLECULAR DIAGNOSTIC SERVICES (PTY) LTD

Bank: FNB, Westville
Account Number: 62109297912
Branch Number: 223526

DO YOU HAVE ANY FURTHER QUESTIONS?

We will be happy to give you further information regarding tests and prices which are detailed in the brochure. Please contact:



MOLECULAR DIAGNOSTIC SERVICES (PTY) LTD

6 Ribston Place, Pvt.Bag X20, Westville 3630, South Africa
Tel: +27 31 267 7000, Fax: +27 31 267 7005
E-mail: wellness@mdsafrica.net
Website:www.mdsafrica.net