



SEROLOGICAL INVESTIGATION OF IGG AND IGE ANTIBODIES AGAINST FOOD ANTIGENS IN PATIENTS WITH IBD

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Crohn's disease (CD) and ulcerative colitis (UC) are relapsing inflammatory gut diseases that are usually referred to as Inflammatory Bowel Disease (IBD). It may be triggered by an imbalance in immune response in response to environmental factors such as diet. The aim of this retrospective study was to evaluate the presence of IgG and IgE mediated antibodies to food antigens in IBD patients.

137 IBD patients participated in this study, including 40 UC patients and 97 CD patients against 50 healthy controls to test serum IgG antibodies to 14 specific food antigens and serum IgE antibodies to 14 specific food antigens.

There were significantly higher IgG antibodies in response to food antigens in CD patients than in UC patients and healthy controls. Food antigens such as tomato, corn, egg, rice, and soybean exhibited varying levels of IgG antibody responses in CD patients and UC patients. Smokers were more likely to develop IgG reactions.

Further robust research is needed to examine more IgG-specific food antigens to help manage IBD with an elimination rotation diet. The results of this study can help healthcare professionals understand the importance of diagnosing food intolerances when treating IBD.



IGG FOOD ANTIBODY GUIDED ELIMINATION-ROTATION DIET WAS MORE EFFECTIVE THAN FODMAP DIET AND CONTROL DIET IN THE TREATMENT OF WOMEN WITH MIXED IBS-RESULTS FROM AN OPEN LABEL STUDY.

Ostrowska, L ; Wasiluk, D ; Lieners, CFJ ; Gałęcka, M ; Bartnicka, A ; Tveiten, D
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IBS, also known as irritable bowel syndrome, is a debilitating condition characterised by abdominal pain, irregular bowel movements, and changes in the consistency of stool. Symptoms of IBS may appear shortly after eating a meal. Excluding foods high in FODMAP carbohydrates, such as fermentable oligo- and di-saccharides, mono- and disaccharides, and polyols, or following an elimination rotation diet to reduce IgG-dependent food hypersensitivity, which has been shown to improve IBS symptoms previously. The purpose of this open-label study is to investigate the effectiveness of a low-FODMAPS diet and an elimination rotation diet based on IgG as well as a control diet in reducing symptoms of IBS.

During the eight-week study, 73 female subjects with a mix of IBS were assigned to either of the three dietary treatments. Compared to the other diet groups, the IgG based elimination rotation diet group showed a significant improvement in the IBS symptoms and comorbid symptoms after the intervention period. In order to determine whether IgG-mediated food hypersensitivity plays a role in IBS and the efficacy of an IgG-dependent elimination rotation diet in the general population, further robust research is required. Healthcare professionals, however, can make use of these results to gain a better understanding of how an IgG based elimination diet tailored to each individual can improve IBS symptoms.

FOOD-SPECIFIC IGGs ARE HIGHLY INCREASED IN THE SERA OF PATIENTS WITH INFLAMMATORY BOWEL DISEASE AND ARE CLINICALLY RELEVANT TO THE PATHOGENESIS

Xiao, N ; Liu, F ; Zhou, G ; Sun, M ; Ai, F ; Liu, Z
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Inflammatory bowel disease (IBD) is an umbrella term incorporating ulcerative colitis (UC) and Crohn's disease (CD). The exact reasons for the development of IBD are still being debated, however food allergy has been implicated. Diagnosis of food allergy is normally performed looking at the body's immediate immune response, however the delayed immune response may be of importance in IBD.

This study of 301 IBD patients and 178 healthy controls looked at the delayed immune response following the introduction of certain foods. It also looked at the efficacy of a drug treatment, infliximab (IFX) on this immune response. The results showed that the delayed immune response to egg, milk, wheat, corn, rice, tomato, codfish, and soya was increased in those with CD compared to those with UC and healthy control. Infliximab treatment was effective in suppressing this immune response in individuals with CD.

It was concluded that in individuals with IBD, measuring the delayed immune response to foods may be an important diagnosis and management tool. This study could be used by healthcare professionals to understand that measuring the immediate immune response to certain foods in individuals with IBD, may not be sufficient. Measuring the delayed immune response in combination with the immediate immune response may give a better picture of foods which should be avoided in those with IBD. Infliximab treatment may be an effective treatment in patients with IBD and a delayed immune response to certain foods.



EFFECTS OF DIET BASED ON IGG ELIMINATION COMBINED WITH PROBIOTICS ON MIGRAINE PLUS IRRITABLE BOWEL SYNDROME

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The causes of irritable bowel syndrome (IBS) are complex and not fully understood, yet the occurrence of migraine has been linked with this disease. As they have an association, therapies used for either disorder may have a direct impact on both. Food sensitivities have been shown to affect both migraines and IBS and the elimination of foods may be of benefit to both disorders. This randomised cross-over trial of 60 individuals with migraine and IBS assessed immune reactions to certain foods and aimed to determine the effect of eliminating these foods and the addition of probiotics on individuals with IBS and migraine. The results showed that after 14 weeks of treatment, only elimination diet combined with probiotics improved migraine and IBS symptoms, resulting in a decrease in the use of medications.

Individuals treated with elimination diet or probiotics only did show an improvement in comparison to the start of the trial, however not when compared to the combination treatment. It was concluded that elimination diet in combination with probiotics may be of benefit to relieve symptoms of migraine and IBS. This study could be used by healthcare professionals to understand possible causes of IBS and migraines, and that treatments may involve targeting both illnesses.

