



Catawba Natural Healing

Food allergy vs Food intolerance/sensitivity

Any skin prick test is testing for the immunoglobulin IgE. There's even a blood test for IgE food allergies too.

The ones that are tested through US Biotek is the immunoglobulins IgA and IgG. Immunoglobulins are antibodies.

What are the differences?

IgE reactions are "true" immune mediated responses to an allergen (whether it be food related or not).

When your body reacts to the allergen shown to be positive on a test, you can get symptoms within minutes to hours. Such as urticaria (skin wheals), angioedema, oral tingling, itching and/or swelling, laryngeal swelling, nausea, abdominal cramping, vomiting, diarrhea, facial swelling, allergic rhinoconjunctivitis, asthma, etc.. Most of the time you think about those who have an allergy, become exposed to or does eat the allergen and get anaphylaxis where then they need epi-pen and immediate medical attention. Anaphylaxis is an explosive systemic reaction to the allergen.

IgA/IgG reactions are known as delayed response reactions. These are more indicative of intolerance and sensitivity whereas IgE are indicative of an allergy. These reactions may not happen immediately and can take hours up to days to manifest. They can manifest causing you to have skin issues (eczema, psoriasis, etc), GI issues, inflammation, headaches, fatigue, brain fog, joint pain, mood irritability, inability to focus, etc..

IgA immunoglobulins are located in our mucous membranes. They are the first line of defense in our gut. When we eat something that our body recognizes as an allergen, IgA increases in number and react accordingly, causing inflammation - which in return if repeatedly occurs, then it can cause damage to our gut lining.

IgG immunoglobulins attach themselves to the food antigens. Antigens are like little protein markers on a food indicating what it is. When combined, they create what's called an antibody-antigen complex. These complexes are typically removed by specific cells in our body but, if there's a high number and a constant number of these complexes, our body can become overwhelm and not perform like it should be. Therefore, these complexes accumulate and get deposited in different parts of our body tissue. From there, it causes inflammation.

Being able to have the results for IgE, IgA, and IgG gives a more complete picture of what foods to eliminate for decreasing inflammation and improving overall health. You have results from all three.

Lactose intolerance: Lactose is actually an enzyme that your body makes. If you are lactose intolerant then your body lacks the enzyme, lactase. It's not a food allergy or sensitivity. It's because you don't have the enzyme. There are lactase pills that you can purchase over the counter to take to make up for what your body is not making, if dairy is something you want to add back into your diet. However, because dairy is a common intolerance, do not overdo consumption if you choose this route.

Dr Amy Lor
46 Cloninger Mill Rd NE
Suite E
Hickory, NC 28601
828-999-4800