



MENO CLINIC
CENTER FOR FUNCTIONAL MEDICINE

IgG, IgA, IgE Explanation

IgE reactions to Food

These are histamine-mediated reactions and are considered a true 'allergy' rather than an intolerance. The best known of these is the 'peanut allergy', and the anaphylactic response is an example of a severe IgE reaction. These reactions are immediate after eating the food.

IgG Reactions to Food

These reactions are often a sign of leaky gut. Normally, when the GI tract is healthy, the food that we eat stays inside of the GI tract the whole way through the digestive process. But when inflammation occurs (as is caused by an IgG reaction to a certain food), there is also often microscopic damage to the tight junctions between cells in the GI tract, and the intestines become leaky and food particles can enter the bloodstream where the immune system reacts to it as a foreign substance, causing IgG reactions. The more an IgG positive food is eaten, the more severe the reaction and damage can become over time, but when the food is removed from the diet, the immune reaction will fade over time. IgG reactions are not permanent or life-threatening but can be leading contributor to the bigger picture and can prevent optimal health. An individual can 'feel' the effects of an IgG reaction systemically, and they can occur 2-3 days after the food is eaten.

IgA Reactions to Food

These are usually a direct intestinal reaction to a certain food. IgA lines the intestines and mucous membranes of the body like a protective layer where it can kill and trap and kill the invading organisms that enter our GI tract or nose and sinuses before they have a chance to make us sick. However, if IgA becomes reactive to certain foods it can cause intestinal reactions such as abdominal pain or diarrhea when that food is eaten. Like the IgG reactions, IgA reactions are also delayed reactions and they can lead to IgG reactions over time.