

CLINICAL SPECIFICATIONS

TOFU

Antigen Made From:

Organic, firm Tofu

Associated With:

Soy immune reactivity
Infantile food protein-induced enterocolitis syndrome⁵

Known Cross-Reactions: Anti-*B. burgdorferi* antibodies;¹ Triiodothyronine (T3), Thyroxine (T4);² Lima Bean;³ Birch Pollen;^{4,5} Cow's Milk Casein⁶

Clinical Significance:

One hundred grams of organic firm tofu contain 6.9% of protein.⁸ Studies on food immune reactivities predominantly use raw food antigens. However, some researchers have noted that heating or combining food proteins can change their antigenicity.⁹⁻¹¹

This array tests for IgG and IgA food immune reactivity.^{12,13} Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against organic firm tofu antigens at optimal dilution, 21.8% of these donors were IgG and IgA reactive.

Due to cross-reactivity, possible connections between food antigens and human autoimmunity has been previously suggested because proteins in nature can have a similarity in sequence and structure to certain human tissues.¹⁴⁻¹⁷

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.¹⁶ Because certain food components can lead to gut flora changes and gut permeability, eliminating specified food antigens should result in the reduction of antigenic stimuli and the improvement of symptoms.^{18,19}

The results of this food array may be used to develop and implement an immune targeted dietary plan, which includes the avoidance of triggering and known cross-reactive foods. Furthermore, when followed over time, avoidance/prevention treatment plans tailored and supervised by the ordering healthcare professional, may help: (a) repair the gut barrier; and (b) re-establish oral tolerance to the offending food.^{18,19}

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