

CLINICAL SPECIFICATIONS

GREEN TEA, BREWED

Antigen Made From:

Brewed Green Teas equally mixed (Trader Joe's®, Tazo® green tea from Starbucks®, and Bigelow® Classic Blends)

Associated With:

Green Tea immune reactivity

Known Cross-Reactions: Anti-*B. burgdorferi* antibodies¹

Clinical Significance:

There are hundreds of varieties of tea plants and are from the same species. However, all tea plants are essentially the same and contain 0.1% protein.² The differences between the end products of teas are due to the methods of preparation. 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.³⁻⁵

This array tests for IgG and IgA food immune reactivity.^{6,7} Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against green tea antigens at optimal dilution, 15.6% 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.⁸⁻¹¹

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.¹² 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.^{12,13}

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.^{12,13}

References:

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