

CLINICAL SPECIFICATIONS

EGG WHITE, COOKED

Antigen Made From:

Omega-3, organic Egg White softly boiled in water

Associated With:

Egg White immune reactivity
Egg immune reactivity
Bird-Egg syndrome¹⁵

Known Cross-Reactions: EBV anti-EBNA IgG;¹ Turkey, Duck, Goose and Seagull Egg Whites, Hen Egg Yolk, Chicken²

Clinical Significance:

One hundred grams of cooked egg whites contain 10.9% protein.³ 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.⁴⁻⁶

This array tests for IgG and IgA food immune reactivity.^{7,8} Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against cooked egg white antigens at optimal dilution, 25% 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.⁹⁻¹² Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.¹³ 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.^{13,14} Bird-egg syndrome, more common in adults than children, is the association between respiratory allergy to bird antigens and food allergy to eggs, and in some cases, meat from the same or different bird species.^{Reviewed in 15}

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.^{13,14}

References:

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