

CLINICAL SPECIFICATIONS

WHEAT + ALPHA GLIADINS

Antigen Made From:

Whole Wheat and Alpha Gliadins, purchased from an antigen supplier, and mixed together

Associated With:

Wheat immune reactivity
Gliadin immune reactivity

Known Cross-Reactions: Rye, Barley, Soy;¹ 21 Hydroxylase, Asialoganglioside, Corn, Cytochrome P450, Dairy proteins, Glutamic Acid Decarboxylase, Myelin Basic Protein, Millet, Myocardial Peptide, Oats, Osteocyte, Ovary, Rice, Synapsin, Thyroid Peroxidase, Yeast;³ Cerebellar^{2,3}

Clinical Significance:

One hundred grams of whole wheat contain 12.45% protein;⁴ it is the leading source of protein for humanity. Gliadin is a protein in wheat and other cereals, and consists of α , γ , and ω gliadin. Gliadin and glutenins are the two main components of the gluten fraction of the wheat seed.

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.⁵⁻⁷

This array tests for IgG and IgA food immune reactivity.^{8,9} Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against wheat and alpha gliadin antigens at optimal dilution, 21.9% 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.¹⁰⁻¹³

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.¹⁴ 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.^{14,15}

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.^{14,15}

References:

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