

## CLINICAL SPECIFICATIONS

# ASPARAGUS, COOKED

### Antigen Made From:

Asparagus spears boiled in water

### Associated With:

Asparagus immune reactivity

**Known Cross-Reactions:** Anti-*B. burgdorferi* antibodies;<sup>1</sup> Onion, Leek, Chive, Garlic<sup>2</sup>

### Clinical Significance:

One hundred grams of cooked asparagus contains 2.4% protein.<sup>2</sup> Studies on food immune reactivities predominantly use raw food antigens. However, some researchers have noted that heating, or combining, food proteins can change the antigenicity.<sup>3-6</sup>

This array tests for IgG and IgA food immune reactivity.<sup>7,8</sup> Equivocal or out-of-range results indicate antibody reactivity to the tested food antigen. We tested 288 blood donor sera against cooked asparagus antigens at optimal dilution, 29.1% 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.<sup>9-12</sup>

Data suggests that eliminating foods identified using IgG antibody food testing can play a role in improvement of symptoms.<sup>13</sup> 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.<sup>13,14</sup>

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.<sup>13,14</sup>

### References:

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