

CLINICAL SPECIFICATIONS
EGG YOLK, RAW + COOKED
Antigen Made From:

Omega-3, organic Egg Yolk softly boiled in water

Associated With:

 Egg Yolk immune reactivity
 Egg immune reactivity

Known Cross-Reactions: A β ₄₂ peptide;¹ *Salmonella* enteritidis²
Clinical Significance:

Egg yolk is one of the sources of lecithin, lutein, zeaxanthin, phosphatidylcholine, choline, and omega-3. In individuals unable to properly digest egg yolk, the immune system may be activated into mounting an immune response and produce antibody against it. The presence of IgG antibodies to Egg Yolk is an indication of the onset of food immune reactivity. Egg immune reactivity is more common in children than in adults.³ Since many children eventually develop immune tolerance, they may outgrow immune reactivity to Egg.⁴ Cooked egg introduced at 4 to 6 months of age may protect against egg allergy/sensitivity.⁴ Adult onset of Egg allergy has been reported.⁵ For those with a delayed immune response, IgG, there are other consequences. In an amyloid beta cross-reactivity study, Egg Yolk showed 34% similarity or cross reactivity with neuronal cell antigens.¹ Due to cross-reactivity with amyloid beta peptide,¹ patients with circulating antibodies to egg yolk may be at greater risk for Alzheimer's disease and other neurological disorders when the blood-brain barrier is breached. To prevent autoimmunity and neurodegeneration, the offending food and its known cross-reactive foods should be eliminated from the diet.

References:

1. Vojdani and Vojdani. Immunoreactivity of anti-A β P-42 specific antibody with toxic chemical food antigens. *J Alzheimers Dis Parkinsonism*, 2018; 8(3):1-11.
2. Biswas et al. Cross-reactivity of anti-*Salmonella* egg-yolk antibodies to *Salmonella* serovars. *J Environ Sci Health*, 2010; 45(8):790-795.
3. Savage et al. The natural history of egg allergy. *Clin Immunol*, 2007; 120(6):1413-1417.
4. Koplin et al. Can early introduction of egg prevent egg allergy in infants? A population-based study. *Australia Allerg Clin Immunol*, 2010; 126(4):807-813.
5. Ünsel et al. New onset egg allergy in an adult. *Investig Allergol Clin Immunol*, 2007; 17(1):55-58.