Scammy food allergy test? Why the most prominent US allergy association recommends against relying on popular IgG serological panels

A test that claims to be able to diagnose food sensitivities and is commonly available is the food IgG test.

... It is important to understand that this test has never been scientifically proven to be able to accomplish what it reports to do. The scientific studies that are provided to support the use of this test are often out of date, in non-reputable journals and many have not even used the IgG test in question. The presence of IgG is likely a normal response of the immune system to exposure to food. In fact, higher levels of IgG4 to foods may simply be associated with tolerance to those foods.

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Due to the lack of evidence to support its use, many organizations, including the American Academy of Allergy, Asthma & Immunology and the Canadian Society of Allergy and Clinical Immunology have recommended against using IgG testing to diagnose food allergies or food intolerances/sensitivities.

It is understandably frustrating while looking for ways (especially natural, non-medicinal ways) to feel better, but patients need to know if the advice they are following is based on tests that have been proven or on tests that are controversial and have not been proven.

This is an excerpt. Read the original post here