

IBS & CROHN'S DISEASE AND IGG FOOD ALLERGIES



Scientific Publications

There are studies performed with ImuPro showing the effect of the ImuPro based diet for patients with IBS and Crohn's disease.

Irritable Bowel Syndrome

1. L. Ostrowska et al. (2021) compared the effectiveness of dietary treatment of three different diet plans in patients diagnosed with mixed irritable bowel syndrome in an open label study. The ImuPro-based elimination rotation diet achieved a superior result in reducing IBS symptoms compared to the other diets
2. Aydinlar et al. (2013) could show in a double-blind, randomized cross-over trial study that an elimination diet based on ImuPro could significantly improve patients IBS symptoms and ease the pain while eating the identified trigger foods deteriorated the symptoms.

Crohn's disease

1. Bentz et al. (2010) performed a double-blind cross-over study with 40 Crohn's disease patients and the ImuPro based elimination diet showed a significant reduction in stool frequency and abdominal complaints as well as an improvement of the general well-being compared to the control group.
2. Uzunismail et al. (2012) observed increasing inflammatory markers within Crohn's disease patients in remission when following a provocation diet with positive tested foods. The authors concluded that the consumption of foods with raised IgG titers can boost inflammation and worsen symptoms.

These studies underline the potential of the ImuPro IgG food allergy test and the ImuPro concept for patients with IBS and Crohn's disease

- L. Ostrowska , D. Wasiluk, C. Lieners, M. Gałęcka, A. Bartnicka, D. Tveiten (2021). IgG Food Antibody Guided Elimination-Rotation Diet Was More Effective than FODMAP Diet and Control Diet in the Treatment of Women with Mixed IBS - Results from an Open Label Study: J. Clin. Med. 2021, 10(19), 4317.
- Aydinlar, E. I., Dikmen, P. Y., Tiftikci, A., Saruc, M., Aksu, M., Gunsoy, H. G., Tozun, N. (2013). IgG-based elimination diet in migraine plus irritable bowel syndrome. Headache: The Journal of Head and Face Pain, 53(3), 514-525.



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- Bentz, S., Hausmann, M., Piberger, H., Kellermeier, S., Paul, S., Held, L., Falk, W., Obermeier, F., Fried, M., Schölmerich, J., Rogler, G. (2010). Clinical relevance of IgG antibodies against food antigens in Crohn's disease: a double-blind cross-over diet intervention study. *Digestion*, 81(4), 252-264.
- Uzunismail, H., Cengiz, M., Uzun, H., Ozbakir, F., Göksel, S., Demirdağ, F., Can, H., Balci, H. (2012). The effects of provocation by foods with raised IgG antibodies and additives on the course of Crohn's disease: a pilot study. *The Turkish journal of gastroenterology: the official journal of Turkish Society of Gastroenterology*, 23(1), 19-27.

