

## 食得健康

昨日的早餐 = 今天的身體不適？！  
數之不盡的美食，竟帶來意想不到的不適症狀

俗語有云：「病從口入」。要擁有健康生活，一般人都會視少油、少鹽及少糖這「三少」為金科玉律。不過，照著做就真的代表自己飲食健康？其實，每個人都有適合或不適合自己的食物。即使你已經跟足「三少」這金科玉律，都可能得到其他因食物引起的健康問題 — 食物過敏。

## 甚麼是過敏？

過敏是人體免疫系統對外來無害物質產生的免疫反應，致敏抗原會經血液系統進入人體，產生發炎反應。全球患上過敏人數的比率有增加趨勢，影響超過 30-35% 的總人口，常見於英、美及歐洲國家。以英國為例，估計約超過 50% 的小童都被診斷患有不同種類的過敏情況<sup>(1)</sup>。

研究顯示，香港人患上過敏的數字亦有上升趨勢，三分之一的小童至少會患有其中一種過敏症狀<sup>(2)</sup>。總體來說，患上過敏症的人會有不同種類的食物過敏，包括哮喘、皮膚問題及過敏性鼻炎等，病症多樣化，嚴重者更會有生命危險。

## 食物過敏是甚麼？

有食物過敏的人，他們的免疫系統會誤把食物當成對身體有害的物質，從而產生免疫反應，導致身體組織發炎。由 IgE 抗體產生的過敏反應通常被稱作「即時性食物過敏反應」(IgE Food Allergy)，而由 IgG 抗體產生的過敏反應通常被稱作「延遲性食物過敏反應」(IgG Food Sensitivity)。

## 即時性食物過敏 (IgE) vs 延遲性食物過敏 (IgG)

即時性食物過敏 (IgE) 的症狀非常明顯，會在即時或短時間內發生，我們從而能夠知道哪種食物對自己有明顯反應。與即時性食物過敏不同，延遲性食物過敏 (IgG) 的症狀不明顯，並會持續或延遲幾日才發生，所以我們難以清晰知道哪種食物對自己有負面影響。<sup>(表1)</sup>



表 1 - 即時性食物過敏 vs 延遲性食物過敏

過敏分類	IgE (即時性食物過敏反應)	IgG (延遲性食物過敏反應)
發病時間	進食後幾分鐘	進食後幾天
持續時間	幾小時	幾天
牽涉食物種類	很少	大部分一般食物
反應度	劇烈 (可導致生命危險)	反應時有強弱
防範措施	終生戒口	戒口至少三個月，在症狀改善後經專業人士指導下，或能重新進食致敏食物

## 延遲性食物過敏測試的重要性

由於延遲性過敏反應通常較遲出現，我們往往忽略了延遲性過敏反應的症狀對自身身體的危害<sup>(表2)</sup>，而選擇不解決有關症狀，令健康情況慢慢惡化。知道自己的延遲過敏情況，就能避免延誤診治，所以知道自身的「延遲性過敏反應」尤其重要。

表 2 - 延遲性食物過敏症狀

影響身體	症狀
全身	發熱、疲勞、出汗、畏寒、無力
消化道	腹痛、腹脹、噁心、嘔吐、腹瀉
肺部	食物引起的支氣管炎和哮喘
關節、肌肉及結締組織	食物過敏性關節炎、疼痛、四肢僵硬及腫脹
皮膚	癢癢、皮疹、麻疹、加厚、發紅、腫脹、鱗屑 (如濕疹或牛皮癬)
腦部	思維扭曲、感覺雜亂無章、記憶障礙或行為問題

注意：以上圖表內容只作參考

## 如何知道自己受延遲性食物過敏困擾？

透過量度受測者對各種食物的抗體濃度，我們就能知道受測者進食哪種食物有更大的健康風險。

延遲性食物過敏測試 (IgG Food Sensitivity Screening Test)，採用微陣列 (Microarray-based ELISA) 技術，將受測者的血液加到特製的微陣列晶片中，再經過特定的檢測程序及數據分析，受測者就會得到專屬個人的延遲性食物過敏報告。

延遲性食物過敏測試採用的 Microarray-based ELISA 技術已在全球超過 100 間實驗室內廣泛應用。自 2007 年推出以來，數以萬計的測試已經為受測者提供極具價值的營養資訊，從而改善健康。

延遲性食物過敏測試 (IgG Food Sensitivity Screening Test) 包含超過 220 種的食物/元素，囊括絕大部分(九大類)飲食，是香港目前提供較多食物數量種類的延遲性食物過敏測試。



每種檢測食物旁邊都顯示了一個顏色外框的數字，代表由每種食物檢測出免疫球蛋白 G (IgG) 的濃度。濃度愈高，表示身體對該類食物產生較多的抗體，潛在影響較大。根據食物抗體的反應，分類為：



對自己好一點：了解自己對食物的風險。不少人都會試過「食完先知出事」的經歷，假如出現一發不可收拾的情況，浪費金錢時間事小，傷害身體事大。我們相信預防勝於治療，所以我們應盡早掌握對自己有益及有害的食物，為自己帶來健康。人體時刻吸收營養，一日不可不食，獲得一份自己獨有的延遲性食物過敏檔案，就能為自己健康出多一分力。

透過營養基因體學和保健食品科學，及運用科學數據技術和豐富的知識來為您增進健康，更添美麗。如有查詢，請和我們聯絡：

備註：  
此測試可作參考，並不適用於診斷或/及治療之用。  
(1) 建議 2 歲以上才進行延遲性過敏測試。  
(2) 如受測者曾服用類固醇 (Steroid) 或/及免疫調節劑 (Immunosuppressant)，或有機會影響測試結果。  
參考：  
(1) Allergy UK, <https://www.allergyuk.org/why-is-allergy-increasing/why-is-allergy-increasing>  
(2) Gary WK Wong, TF Leung. How Common Are Allergies in Hong Kong. *Allergy in Hong Kong: The Medical Diary*, 2015; 20(5):5-6  
(3) Mullin GE et al. Testing for Food Reactions: The Good, the Bad, and the Ugly. *Nutr Clin Pract*, 2010; 25(2):192-8  
(4) Eysink PE, et al. Relation between IgG antibodies to foods and IgE antibodies to milk, egg, cat, dog and/or mite in a cross-sectional study. *Clin Exp Allergy*, 1999;29(5):604-10  
(5) Gaby AR. The role of hidden food allergy/intolerance in chronic disease. *Altern Med Rev*, 1998;3(2):90-100





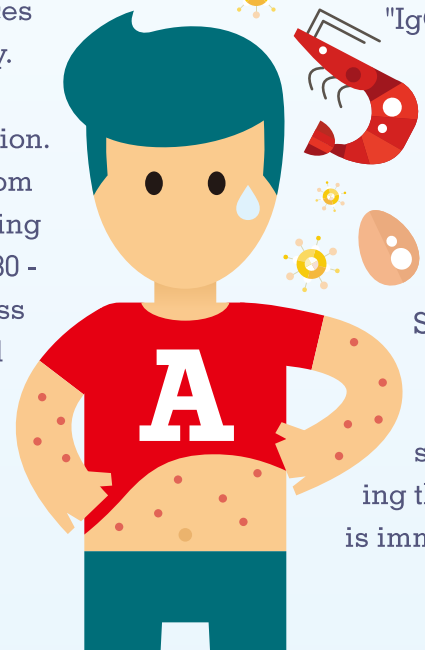
## Are you eating healthily?

Yesterday's breakfast = Today's illness?!  
That tasty treat could unexpectedly bring an illness you've never even considered.

There is an old Chinese proverb, "Illness comes in by mouth...". In order for people to lead a healthy life, they will usually follow the gold standard of "less salt, sugar and oil". However, can we really achieve a healthy diet by conforming to this "gold standard"? In fact, everyone has different kinds of food that can be worked into a healthy diet. Unfortunately, despite reduced intake of salt, sugar and oil you might still encounter an illness that is a result of what you eat – food allergy.

## What is Allergy?

Allergies develop when the body's immune system reacts negatively to substances that are usually harmless to our body. Allergenic antigens enter into our blood stream, resulting in inflammation. The proportion of people suffering from allergies worldwide is on an increasing trend, currently affecting more than 30-35% of the total population. The illness is most common in Britain, the United States and some European countries. In Britain, for example, it was estimated that more than 50% of children are diagnosed with different types of allergies<sup>(1)</sup>.



Studies have shown that the number of people suffering from allergies in Hong Kong is also on the rise, with an estimated one-third of children suffering from at least one symptom of allergy<sup>(2)</sup>. In general, individuals with allergies have different types of food allergy symptoms, including asthma, skin problems and allergic rhinitis; there are various types of allergy cases and in more severe cases, it is life-threatening.

## What is Food Allergy?

A food allergy manifests when the immune system mistakenly treats food as a substance that is harmful to the body, producing a response that causes inflammation of the body. An allergic reaction produced by an IgE antibody is commonly referred to as an "IgE Food Allergy" and an allergic reaction produced by an IgG antibody is often referred to as an "IgG Food Sensitivity".

## Immediate Allergic Response (IgE) vs Delayed Allergic Response (IgG)

Signs from an Immediate Allergic Response are obvious, and symptoms usually manifest within a short period of time after consuming the trigger food. Since the reaction is immediate, it is far easier to identify the food responsible.

However, reactions from Delayed Allergic Response may not occur for a few days after consuming the trigger food. This makes it more difficult to identify the specific food that is causing problems in our body. <sup>(Table 1)</sup>

Table 1 - IgE Food Allergy vs IgG Food Allergy

Allergy types	IgE Food Allergy (Immediate allergic response)	IgG Food Allergy (Delayed allergic response)
Effects trigger in	A few minutes	A few days
Symptoms last for	A few hours	A few days
Types of food involved	A few	Most common food
Level of response	Severe (life-threatening)	Sometimes strong, sometimes weak
Precautions	Lifetime straight diet	Straight diet for at least three months; when situation improves individuals may be able to intake the food that originally caused the allergic reaction

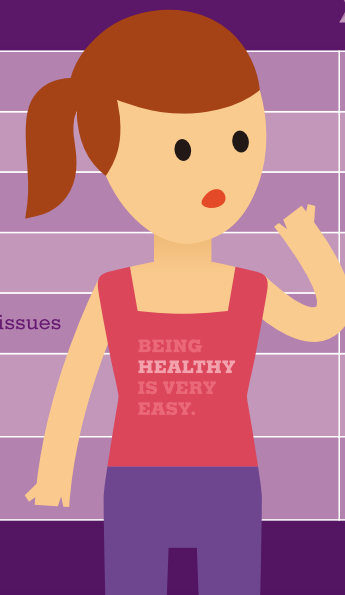


## Why it is important to take the IgG Food Sensitivity Screening Test

Since the symptoms of IgG food sensitivity usually occur much later than the moment of ingestion, individuals often ignore the damage that has affected their body <sup>(Table 2)</sup>. They choose not to resolve the symptoms, delaying their treatment, which can gradually lead to a bad health condition. In order to allow individuals to get a clearer picture of their own allergies situation, understanding one's own IgG food sensitivity is particularly important.

Table 2 - Symptoms of IgG Food Sensitivity

Affects	Symptoms
Whole body	Fever, fatigue, sweating, chills, dizziness or feeling faint
Digestive system	Abdominal pain, bloating, nausea, vomiting, diarrhea
Lungs	Food-induced bronchitis and asthma
Joints, muscles, and connective tissues	Food-induced arthritis, pain, stiffness and swelling of the limbs
Skin	Itching, rash, hives, dermatitis, angioedema, swelling, scaling (such as eczema or psoriasis)
Brain	Thinking becomes distorted, feeling disorderly, memory disorders or behavioral problems



Remarks: The above tables are for reference only.

## How do you know if you suffer from IgG Food Sensitivity?

By measuring the test subjects' concentration of antibodies to various foods, we can deduce which foods will prove a greater health risk to each individual.

The technique, **Microarray-based ELISA**, is used in IgG Food Sensitivity Screening Test, where the test subject's blood sample is applied onto a specially designed microarray chip and put through a specific testing procedure and data analysis. After the process is complete, the test subject will receive a report on their own delayed allergic response.

Microarray-based ELISA technology for the IgG Food Sensitivity Screening Test is utilized in more than 100 laboratories worldwide. Since 2007, tens of thousands of tests were provided to individuals containing valuable nutritional information that is instrumental in improving their health.

IgG Food Sensitivity Screening Test contains over 220 foods/elements that cover the vast majority of the nine categories on daily diet (see sample image). It is the only test in Hong Kong that entertains such a wide variety of food types during the IgG Food Sensitivity Screening Test.



Each type of tested food will show a number that has a different color, representing each food's IgG concentration.

A higher concentration rate means that our body has more antibodies against that food, thereby creating greater potential effects on our body. The food antibody responses are categorized as follows:



Treat yourself better; understand how food may put your body at risk. Many people have experienced feeling sick after eating. In the worst-case scenario, it will cost a lot of time and money, and most importantly of all, our health.

We believe in preventing rather than undergoing treatment. In order to keep ourselves in good health, we must understand which kinds of food are potentially harmful to us. We need sustenance to keep surviving, so we cannot stop eating. Therefore having a copy of one's unique delayed allergic response report, can point you in the right direction to generally better health.

We provide you with the tools to bring beauty and good health by using *Nutrition Genomics and Food Science*, supported by solid scientific data and our extensive knowledge.

For any further inquiries, please contact us at:



### Remarks:

This test is for reference only, and is not suitable for diagnostic and/or treatment use.  
(1) The IgG Food Sensitivity Screening Test is only suitable for individuals 2 years or older.  
(2) Test results may be affected if individuals have already used steroid and / or immunosuppressant.

### References:

- (1) Allergy UK, <https://www.allergyuk.org/why-is-allergy-increasing/why-is-allergy-increasing>
- (2) Gary WK Wong, TF Leung. How Common Are Allergies in Hong Kong. *Allergy in Hong Kong: The Medical Diary*, 2015; 20(5):5-6
- (3) Mullin GE et al. Testing for Food Reactions: The Good, the Bad, and the Ugly. *Nutr Clin Pract*, 2010; 25(2):192-8
- (4) Eysink PE, et al. Relation between IgG antibodies to foods and IgE antibodies to milk, egg, cat, dog and/or mite in a cross-sectional study. *Clin Exp Allergy*, 1999;29(5):604-10
- (5) Gaby AR. The role of hidden food allergy/intolerance in chronic disease. *Altern Med Rev*, 1998;3(2):90-100

