

IgG antibodies against food antigens are correlated with inflammation and intima media thickness in obese juveniles

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QUESTION

IgG antibodies to trigger food may provoke systemic low grade inflammation and thereby contribute to the development of obesity, insulin resistance, diabetes mellitus and atherosclerotic vascular disease. Can an IgG guided diet reduce this inflammation and help in weight loss and stabilization of the glucose metabolism?

METHODOLOGY

30 obese and 30 normal weight children were examined for IgG antibodies directed against food antigens and abdominal inflammation markers.

RESULT

Obese children had a significantly higher level of IgG antibodies and inflammation. The study shows a correlation between obesity, elevated IgG antibodies and inflammation. Thus, elevated IgG levels for food could be involved in the development of excess weight.

CONCLUSION

The study, performed with ImuPro, showed that IgG antibodies against food might play a role in low grade inflammation and excess weight.

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Abstract

OBJECTIVE: Systemic low grade inflammation may contribute to the development of obesity, insulin resistance, diabetes mellitus and atherosclerotic vascular disease. Food intolerance reflected by immunoglobulin G (IgG) antibodies may predispose to low grade inflammation and atherogenesis. We examined the relationship between IgG antibodies specific for food components, low grade inflammation and early atherosclerotic lesions in obese and normal weight juveniles.

RESEARCH METHODS AND PROCEDURES: We determined IgG antibodies directed against food antigens, C-reactive protein (CRP) and the thickness of the intima media layer (IMT) of the carotid arteries in 30 obese children and in 30 normal weight children.

RESULTS: Obese juveniles showed a highly significant increase in IMT ($p=0.0001$), elevated CRP values ($p=0.0001$) and anti-food IgG antibody concentrations ($p=0.0001$) compared to normal weight juveniles. Anti-food IgG showed tight correlations with CRP ($p=0.001/r=0.546$) and IMT ($p=0.0001/r=0.513$) and sustained highly significant in a multiple regression model.

DISCUSSION: We show here, that obese children have significantly higher IgG antibody values directed against food antigens than normal weight children. Anti- food IgG antibodies are tightly associated with low grade systemic inflammation and with the IMT of the common carotid arteries. These findings raise the possibility, that anti-food IgG is pathogenetically involved in the development of obesity and atherosclerosis.

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