Alcat vs. IgG Testing, by Cell Science

Overwhelmed by the plethora of food sensitivity tests your patients ask about? The Alcat Test for Food and Chemical Sensitivities is the most reliable. But is it an IgG test?

Nutrition is biochemistry and one size does not fit all

When it comes to achieving good nutrition and being on the path to optimal health, individualization is crucial. As described by Roger Williams, author of Biochemical Individuality, we respond differently to what we ingest. Our nutritional needs are linked with our biological diversity. This is why what works for one person might not work for another.

As a practitioner dedicated to helping your patients promote optimal health through personalized nutrition, you want the most effective and practical strategies available. There are many factors that you consider while personalizing a food and supplement plan. Identifying foods that are causing adverse reactions is one very important consideration in order to effectively determine the best repertoire of foods for each one of your patients.

Adverse reactions include true food allergies (an IgE mediated response), intolerances (the inability to metabolize, digest or absorb a food component), and sensitivities (non -IgE mediated immune responses). ***Our focus here is food sensitivity testing.***

Testing for food sensitivities has become increasingly popular for assisting individuals in the identification and elimination of food and chemical triggers. There are different types of food sensitivity testing available, IgG testing and The Alcat Test are the most popular. Which test is best for reliably identifying food sensitivity triggers?

We are often asked if the Alcat Test is an IgG test. ***The Alcat Test is not an IgG immunoglobulin/antibody test.***. IgG immunoglobulin testing does not assess or measure a pathological process and may simply reflect exposure and tolerance (not intolerance).

The most reliable food sensitivity test, The Alcat Test, is a leukocyte activation test that analyzes direct, immediate, pro-inflammatory cellular responses of the innate immune system.

Take a look at the differences between the Alcat Test and IgG testing. You'll see what makes the Alcat Test the best choice for uncovering your patients' food and chemical triggers.

The Alcat Test (Leukocyte Activation)

Determines the reactivity of the "first responders" -cells of the **innate** immune system
Identifies foods that provoke an inflammatory response from innate immune cells
Uses precise impedance flow cytometry
WBCs are exposed to foods, herbs, spices, chemicals, and additives. When WBCs are activated by an offender, changes in number, and size of WBCs are detedted.
Yale School of Medicine research supports the Alcat Test as a tool to idenfiy

foods/compounds that trigger the inflammatory reactions associated with food sensitivity
Research correlates leukocyte activation results with biomarkers indicative of an immune inflammatory response.
Research has demonstrated that the Alcat Test picks up known inflammatory pathways (PKC/NF-kB)
Demonstrated high correlation with double blind oral challenges (the gold standard)
Research confirms the high reproducibility, sensitivity, and specificity of the Alcat Test.
Identifies reactivity to over 450 foods, ingredients, molds, chemicals, and botanicals.

IgG / IgG4 (Immunoglobulin G / antibody)

Measures antibodies, a parameter of the specific immune system
Identifies exposure to foods, not a pathological process/sensitivity
May indicate tolerance to the food rather than an intolerance
Uses the ELISA (Enzyme Linked Immunosorbent Assay) method
Mainly directed at protein agents
Contemporary research suggests that the presence of IgG antibodies indicates exposure and tolerance. IgG4 antibodies may actually help sustain tolerance to a food or compound.
IgG class antibodies may block negative effects of IgE antibodies
Expert committees of international scientific socieities do not recommend the use of IgG antibody testing for the dection of food sensitivities.
Poor specificity (high flase positive results)
Unnecessary dietary restrictions
Not an indicator of food allergy or food sensitivity, but a natural physiological response of the immune system to food / allergen exposure.

References:
https://cellsciencesystems.com/education/news/alcat-vs-igg-testing/