

**FOOD REACTIONS & TESTING:**  
***Clearer Choices Lead to Better Outcomes***

Food reactions can be difficult to navigate. There are endless options for assessment, and the benefits and drawbacks of each form of testing are not always clear. Dr. Glynn has created a document to help elucidate options for families and individuals, and allow for clearer billing and treatment choices.

Dr. Glynn makes a concerted effort to stay up-to-date on test pricing and details, but she does not work for any of testing companies and is not always notified of changes to testing options and pricing. For this reason, **it is essential for each patient/family to call the testing company or their own insurance to check on coverage and pricing. Dr. Glynn is not responsible for lack of coverage by insurance companies, as their algorithms for test coverage do not often correlate with what Dr. Glynn believes to be valuable comprehensive and preventive testing.**

Some of the tests below are considered “experimental” by insurance companies; remember that insurance companies are private enterprises and prefer not to cover testing and treatment whenever it is an option. (It should also be noted that tests like Vitamin D serum testing are also still in this “experimental” category despite countless years of research correlating low Vitamin D levels with various disease states.) Dr. Glynn does not make money on any of these testing options, and is not contracted with any of the labs offered in her office. Dr. Glynn makes a commitment to only offer testing in her office that she has seen to clinically benefit patients.

Testing options available at through Dr. Glynn are listed below.

**USBiotech IgG Food Sensitivity Testing**

What it tests:

- IgG antibody levels to many common foods, ranked by mild, moderate and severe
- antibody levels, signifying immune reactivity, for nearly 100 foods

What it does not test:

- IgE antibody or “true” (anaphylactic) allergy
- histamine sensitivity or intolerance
- lactose intolerance (low levels of lactase enzyme)
- SIBO/small intestinal bacterial overgrowth

- blood sugar imbalance related to processed or high carbohydrate food ingestion

Other considerations:

- can be completed via blood draw or finger stick (helpful for kids)
- out-of-pocket cost of \$159 (sent directly to lab)
- cannot be billed to insurance
- results available in 2-3 weeks
- must be followed by an elimination/challenge diet of foods positive on testing

Helpful for those:

- experiencing vague or severe symptoms seemingly brought on by eating (including neurological, emotional or psychological in some cases)
- not experiencing typical allergic symptoms of hives or breathing issues

Not helpful for those:

- not interested in changing their diets
- who cannot monitor symptoms due to age or time-constraints

### Quest Labs 81 IgG Food Sensitivity Testing

What it tests:

- IgG antibody levels to many common foods, ranked by mild, moderate and severe
- antibody levels, signifying immune reactivity, for 81 foods

What it does not test:

- IgE antibody or "true" (anaphylactic) allergy
- histamine sensitivity or intolerance
- lactose intolerance (low levels of lactase enzyme)
- SIBO/small intestinal bacterial overgrowth
- blood sugar imbalance related to processed or high carbohydrate food ingestion

Other considerations:

- must be completed via blood draw at a Quest Diagnostics lab; find a location at <https://secure.questdiagnostics.com/hcp/psc/jsp/SearchLocation.do?newSearch=FindLocation>

- Dr. Glynn sends an electronic lab slip to Quest that is emailed to the patient; **patient is responsible for calling his/her insurance company to check on coverage**
- may be fully covered by insurance (possible to have no out-of-pocket cost)
- results available in 1-2 weeks
- must be followed by an elimination/challenge diet of foods positive on testing

Helpful for those:

- experiencing vague or severe symptoms seemingly brought on by eating (including neurological, emotional or psychological in some cases)
- not experiencing typical allergic symptoms of hives or breathing issues

Not helpful for those:

- not interested in changing their diets
- who cannot monitor symptoms due to age or time-constraints

### Blood/Serum IgE or Skin Scratch "True Allergy" Testing

Because skin scratch testing is typically most accurate, patients interested in this form of testing should make an appointment at an allergist's office. Swedish Allergy Clinic and Northwest Asthma & Allergy are the most common clinics used; parents often go to an appointment and complete testing, bringing the results back to Dr. Glynn for a naturopathic interpretation and plan. **Patients need to discontinue any allergy or steroid medications three days prior to testing for most accurate results.**

Helpful for those with:

- chronic sinus conditions
- seasonal allergies
- eczema
- hay fever
- asthma
- chronic ear conditions
- environmental reactions

### Lactose Intolerance Testing

What it tests:

- lactose intolerance based on levels of hydrogen gas exhaled through breath testing

- lactase enzyme deficiency/lactose intolerance leading to indigestion with dairy

What it does not test:

- IgE antibody or “true” (anaphylactic) allergy to foods
- IgG antibody food sensitivity testing
- histamine sensitivity or intolerance
- blood sugar imbalance related to processed or high carbohydrate food ingestion

Other considerations:

- must be completed via scheduled, fasting breath test at a LabCorp lab location; learn more or schedule at <https://www.labcorp.com/help/patient-test-info/lactose-tolerance-tests>
- Dr. Glynn sends an electronic lab slip to LabCorp that is emailed to the patient; **patient is responsible for calling his/her insurance company to check on coverage**
- may be fully covered by insurance (possible to have no out-of-pocket cost)
- results available in 1-2 weeks

Helpful for those:

- experiencing vague or severe symptoms seemingly brought on by eating; often more rapid and severe in nature than food sensitivity (example: cramping or diarrhea within a few hours after dairy ingestion)
- not experiencing typical allergic symptoms of hives or breathing issues

Not helpful for:

- patients who are not interested in changing their diets

### Genova GI Effects Stool Testing

What it tests:

- gastrointestinal sources of infection (including bacterial, fungal and parasitic), bacterial and yeast balance/imbalance, blood in the stool, inflammatory markers for IBD/inflammatory bowel disease, and protein/fat absorption
- see sample test result at <https://www.gdx.net/core/sample-reports/GI-Effects-Comprehensive-SR.pdf>
- optional add-on testing for H.pylori, zonulin (“leaky gut”) and other functional parameters (\$10 each); see test overview at <https://www.gdx.net/product/gi-effects-comprehensive-stool-test>

What it does not test:

- IgE antibody or "true" (anaphylactic) allergy to foods
- IgG antibody food sensitivity testing
- histamine sensitivity or intolerance
- lactose intolerance (low levels of lactase enzyme)
- blood sugar imbalance related to processed or high carbohydrate food ingestion

Other considerations:

- can be completed at home and then shipped (helpful for kids); supplies, directions, and shipping envelope all inside kit
- out-of-pocket cost of \$189 (sent directly to Genova) if billed to certain insurance companies; **patient must call Genova to confirm pricing with insurance applied**
- results available in 2-3 weeks

Helpful for those:

- desiring more information on gastrointestinal health and function including assessment of the microbiome (bacterial balance)
- experiencing vague or severe symptoms they believe to be related to GI health
- who "haven't been well" since antibiotic treatment, a severe illness, or gastroenteritis ("food poisoning" or "traveler's diarrhea")
- experiencing ongoing GI or extra-intestinal symptoms that have not been accurately diagnosed

Not helpful for those:

- not interested in changing their diets or taking supplements/medications to remedy an imbalance
- with severe, acute diarrhea (as this cannot be analyzed by the lab accurately)

*By signing below, you acknowledge that you have received and reviewed this document.*

Patient name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient (or guardian) signature: \_\_\_\_\_