



The clinical value of the KBMO Food Intolerance Test



Hi, I'm Dr. Sodano, the director of clinical support and education at Evexia Diagnostics.



As you most likely know, food sensitivities and related diseases affect millions of individuals worldwide. Research indicates that the prevalence of food sensitivities has increased to more than 50% in adults and more than 70% in children in the past few years. Food-related reactions cause a wide variety of illnesses ranging from skin rashes and headaches to chronic intestinal diseases. Although the symptoms of food sensitivities may differ, antigens, or foreign protein from food, food additives or environmental sources cause the production of antibodies, as well as interact with the intestinal mucosa lining causing gastrointestinal dysfunction.

Immune hypersensitivity to food and other substances refers to a misdirected immune reaction. It's important to know that the immune system doesn't usually mistake food for an aggressive allergen for several reasons such as cooking denatures proteins; proteolytic enzymes cleave proteins into tri-peptides, dipeptides, and amino acids that are easily absorbed and generally non-antigenic; and finally, proteins and peptides that escape digestion are prevented from entering circulation due to a healthy mucosal barrier and an adequate level of immunoglobulins such fecal secretory IgA. What's also is becoming clear is that intact intestinal microflora is important in preventing damage to the mucosa and the subsequent generation of leaky gut which may contribute to food sensitivities.



FOOD INTOLERANCE TEST

The Food Inflammation Test or FIT test improves sensitivity by measuring all four subclasses of IgG immunoglobulin IgG and immune-complex complement C3d. As food allergens can enter the bloodstream, they can stimulate the production of IgG. As the IgG antibodies are released into the bloodstream, they bind to antigens forming an immune complex (IC). The IC (foreign protein and IgG) can activate complement, ultimately forming IC-C3d (IC + complement). It's the tissue-associated IC-activated complement that causes inflammation and symptoms associated with food sensitivities.



The FIT test also includes the "GUT Barrier Panel". This panel assesses the integrity of the GI mucosal lining by measuring immunoglobulin A1 and A2, total IgG and complement for candida, zonulin, occludin and lipopolysaccharide (LPS). Zonulin and occludin are gatekeepers of tight junction proteins in the gut, and when functioning properly, they prevent large molecules from crossing the intestinal barrier into blood stream, where they can elicit an immune response.

Learn more about the KBMO FIT Test by [clicking here](#).
Learn more about the Evexia Nutraceuticals by [clicking here](#).
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Here are some Evexia Nutraceuticals™ recommendations related to hormone balance for your patients:

CURCUMIN ESSENTIALS – Curcumin Essentials is a proprietary blend of three bioactive curcuminoids designed for optimal absorption. Curcumin extracts have shown benefit for immune system regulation, anti-inflammatory properties, antimicrobial properties, protecting and healing the GI tract, cardiovascular health, antioxidant protection, liver protection, brain protection, and bile support. Specific conditions in which curcuminoids have been beneficial include allergies, autoimmune disease, GI ulcers, GI inflammatory conditions, leaky gut, and high cholesterol

D-ZYMES PLUS – A special formula to support optimal digestion, D-Zymes Plus combines betaine hydrochloride (HCl) along with a proprietary blend of digestive enzymes which includes dipeptidyl peptidase IV (a special enzyme which aids in the breakdown of gluten and casein - hard-to-digest proteins); lactase (the enzyme which helps digest lactose, known as the “milk sugar”); and ox bile extract and lipase (to emulsify and digest fats and fat-soluble vitamins).

GASTROBALANCE PLUS – GastroBalance Plus is a blend of botanical extracts and nutrient complexes which support a healthy gastric microbial balance and help maintain a healthy gastric mucosa. This formula may be helpful in managing occasional heartburn, bloating, abdominal pain, or upset stomach. It’s offered in a quick-release capsule which dissolves easily for fast action.



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