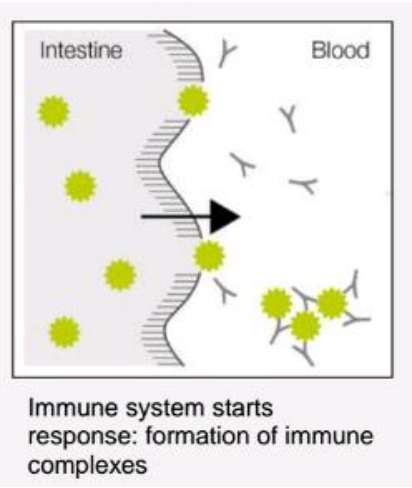
Could your diet be slowing you down?



Immune system starts response: formation of immune complexes

When undigested food proteins pass into the bloodstream, the immune system can mistake them for foreign proteins, producing specific IgG antibodies to 'fight off' the invaders in the same way the body protects us against infection and disease. This process can lead to local or systemic inflammation, with negative side effects impacting on your health and performance (mental and physical). Intestinal ischemia can also occur due to red blood cell mobilisation in the muscles, restricting blood supply to the gastrointestinal tract and leading to an increase in gut permeability. This may put you at higher risk of food reactions.

Unlike a typical allergic reaction, the symptoms of IgG-mediated food allergy are delayed by several hours or even days. Inflammation can even occur without necessarily producing a physical symptom. It is virtually impossible to identify the trigger foods without conducting a test as it is very difficult to associate a food you have eaten two days ago with symptoms appearing today. If continued, trigger foods consumed on a regular basis can lead to chronic inflammation and even disease down the track.

How could this be affecting my performance?

Chronic inflammation can lead to...

- reduced access to oxygen, due to clumping of red blood cells. Oxygen transfer is impaired, increasing the anaerobic phase faster.
- reduced availability of sugar in the muscle cells. TNF-α, a strong inflammatory mediator, blocks the insulin receptor so your muscle can't produce enough energy.

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- formation of AGE products (Advanced Glycation End). This creates stiffness of the tendons and muscle fibers, thus increasing the risk of injury.
- Anxiety, depression, and loss of self-confidence.

In a double-blind crossover study with swimmers over 45 days, it was demonstrated that with an ImuPro guided diet (excluding personal IgG trigger foods), patients were able to:

- show an average increase of 10% of the VO2 max (44% in one case)
- lower their lactate level by 50%
- reduce body fat by 4.5% (even 24% in one case)
- reduce body weight by 2.5% (6.3% in one case) compared to a general diet which included their personal IgG-trigger foods
- enable faster recovery, documented by a reduced heart rate of -16%

After going back to the general diet, all athletes returned to their initial value, proving the efficacy of an ImuPro guided change of diet.

An American study also showed an increase of the cognitive capacities of students after excluding trigger foods from their diet.

ImuPro may help to...

- increase your VO2 max
- increase energy levels
- lower fatigue
- improve your recovery
- facilitate your fat burning
- optimize your body composition
- decrease your lactate

An IgG food allergy should not be mistaken for a classic food allergy (type I, IgE mediated). If you have a type I allergy, your immune system produces IgE antibodies. These antibodies lead to an immediate allergic reaction (swelling, hives, and in severe cases anaphylaxis). ImuPro does not detect IgE food allergies.

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