

## Why ImuPro helps your patients with IBS / Irritable Bowel Syndrome & Crohn's disease

Irritable Bowel Syndrome (IBS) & Crohn's disease are both diseases without clearly defined origin. Both show symptoms such as stomachache, bloating, diarrhoea and constipation and in both, the immune system plays a major role. Depending on the severity, the patient might be suffering heavily and even be unable to do sports, travel or go to work.

Treatment is often only symptomatic and not causal; the diagnostics for IBS are based on symptoms, not a diagnostic test and it is assumed, that a low grade inflammation plays a major role. Similar is true for Crohn's disease, a chronic inflammatory disease affecting the end of the small bowel and the beginning of the colon. Diagnostics is defined by several methods and treatment depends on the individual condition of the patient. Consumed foods can influence the immune system in the gut and trigger chronic inflammations; everybody with a disturbed gastro intestine knows that the consumed foods influence the symptoms and well-being a lot. With the ImuPro IgG antibody testing and the personal nutritional guidance based on the test result, inflammation decreases and the symptoms improve.

There are studies performed with ImuPro showing the effect of the ImuPro based diet for patients with IBS and Crohn's disease:

- Irritable Bowel Syndrome

1. Aydinlar et al. (2013) could show in a double-blind, randomized cross-over trial study that an elimination diet based on ImuPro could significantly improve patients IBS symptoms and ease the pain while eating the identified trigger foods deteriorated the symptoms.

- Crohn's disease

2. Bentz et al. (2010) performed a double-blind cross-over study with 40 Crohn's disease patients and the ImuPro based elimination diet showed a **significant reduction in stool frequency and abdominal complaints as well as an improvement of the general well-being** compared to the control group.
3. Uzunismail et al. (2012) observed increasing inflammatory markers within Crohn's disease patients in remission when following a provocation diet with positive tested foods. The authors concluded that the **consumption of foods with raised IgG titers can boost inflammation and worsen symptoms.**



These studies underline the potential of the ImuPro IgG food allergy test and the ImuPro concept for patients with IBS and Crohn's disease.

Aydinlar, E. I., Dikmen, P. Y., Tiftikci, A., Saruc, M., Aksu, M., Gunsoy, H. G., Tozun, N. (2013). IgG-based elimination diet in migraine plus irritable bowel syndrome. *Headache: The Journal of Head and Face Pain*, 53(3), 514-525.

Bentz, S., Hausmann, M., Piberger, H., Kellermeier, S., Paul, S., Held, L., Falk, W., Obermeier, F., Fried, M., Schölmerich, J., Rogler, G. (2010). Clinical relevance of IgG antibodies against food antigens in Crohn's disease: a double-blind cross-over diet intervention study. *Digestion*, 81(4), 252-264.

Uzunismail, H., Cengiz, M., Uzun, H., Ozbakir, F., Göksel, S., Demirdağ, F., Can, H., Balci, H. (2012). The effects of provocation by foods with raised IgG antibodies and additives on the course of Crohn's disease: a pilot study. *The Turkish journal of gastroenterology: the official journal of Turkish Society of Gastroenterology*, 23(1), 19-27.

