

RIGHT FOOD.
BETTER HEALTH.

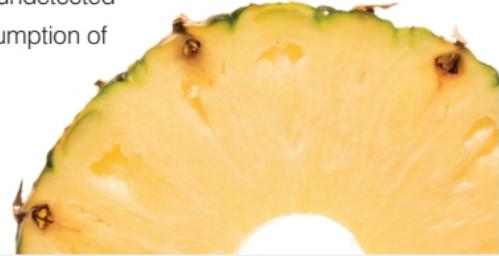


DIAGNOSIS & TREATMENT
OF IgG FOOD ALLERGIES
AS INDIVIDUAL AS YOUR PATIENTS SYMPTOMS



IgGFOOD ALLERGY

When you are suffering from a chronic complaint that just will not go away, the cause may be a delayed IgG food allergy (type III). IgG food allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a trigger food, making them **extremely difficult to identify**



Possible symptoms

GASTROINTESTINAL AILMENTS

- Bloating
- Constipation
- Crohn's Disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea

CHRONIC PAIN

- Headache
- Migraine

EXCESS WEIGHT

- Chronic weight problems
- Obesity

SKIN PROBLEMS

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

NERVOUS SYSTEM DISORDERS

- Attention deficit hyperactivity disorder (ADHD)
- Autistic spectrum
- Depression

Fortunately, a **reliable diagnostic test and nutritional concept can help: ImuPro**. With ImuPro, you will find out whether or not a delayed food allergy could be the cause of your chronic complaints.

What is an IgG food allergy? With type III food allergies, the immune system reacts to usually harmless food allergens and produces specific antibodies, called IgG antibodies. These antibodies can then cause inflammatory reactions which can lead to **various chronic complaints**. The symptoms are delayed.

Note: An IgG food allergy **should not be mistaken for a classic food allergy** (type I). If you have a type I allergy, your immune system produces IgE antibodies. These antibodies lead to an immediate allergic reaction. The symptoms appear within seconds or minutes: severe swelling, breathing difficulty, rash, itching skin or even anaphylactic shock. ImuPro does not detect IgE food allergies.

The origin of a large number of chronic complaints has not been identified yet. It is assumed that IgG-mediated food allergies (type III) play a role in some chronic ailments and thus might offer an interesting and promising therapeutic approach. On the other hand, a growing number of publications and a large amount of anecdotal evidence support the idea that elimination diets based on foodstuff specific IgG antibody measurements result in improved symptoms in patients.

- ImuPro Screen-22
- ImuPro Screen⁺ -44
- ImuPro Basic - 90
- ImuPro Basic⁺ - 180
- ImuPro Complete - 270
- ImuPro Vegetarian - 90

¹ caps. chinense

² caps. annum

³ caps. frutescens



THE ImuPro CONCEPT – DIAGNOSTICS AND GUIDANCE

1. Elimination phase

During the elimination phase, you may consume all the foods without raised levels of IgG antibodies in a **4-day rotation** cycle. This helps to prevent the development of new delayed food allergies and malnutrition. All foods with high levels of IgG-antibodies are avoided during this phase. By avoiding them, inflammatory processes can be reduced or even stopped.

2. Provocation phase

After the elimination phase, you start a **provocation diet** and gradually include the avoided foods one by one. The provocation phase helps to find your personal **trigger foods**. Only one new food at a time should be reintroduced in order to find out whether it might be responsible for your complaints.

3. Stabilisation phase

During the stabilisation phase, the trigger foods identified in the provocation phase are avoided for at least one year so that the IgG antibodies can degrade and **your body can recover**. Then you may start another provocation phase. You may find that there are one or two foods that you will have to avoid permanently.

ImuPro Screen (22 trigger food items)

- Brief (Qualitative) report containing accurate results for all the tested foods at a glance

ImuPro Screen+ (44 trigger food items)

- Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance

ImuPro Basic (90 trigger food items)

- Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide

ImuPro Basic + (180 trigger food items)

- Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance, as well as more meat, fruit, grain and legumes alternatives.
- Personalised nutritional guide
- Individual recipe book specifically tailored to your personal needs

ImuPro Complete (270 trigger food items)

- Comprehensive (Quantitative) report containing accurate results for all of your tested foods at a glance
- Personalised nutritional guide
- Individual recipe book specifically tailored to your personal needs

ImuPro Vegetarian Diet (90 trigger food items)

- Measure IgG antibodies to 90 vegetarian foods in blood.
- Comprehensive report containing accurate results for all tested foods at a glance.
- Personalized nutritional guidelines which include individual recommendations for 4-day rotation.
- Professional scientific and nutritional advice.





IgG FOOD ALLERGIES

IgG food allergies (type III) are causing more and more health challenges. Such IgG-mediated allergies often remain undetected because the symptoms only occur a few hours or even days after the consumption of a "trigger food", making them **extremely difficult to identify**.



Fortunately, a reliable diagnostic test and nutritional concept can help: ImuPro. With ImuPro, you will find out whether or not an IgG food allergy could be the cause of your patients chronic complaints.

How does an IgG food allergy develop?

With type III food allergies, the immune system reacts to harmless food allergens and produces specific IgG antibodies. Due to medicines, infections, mycosis, stress and environmental poisons, the integrity of the intestinal wall can be damaged and food components can slip between the intestinal cells. In some cases this triggers an immune response and the immune system starts to produce specific IgG antibodies against them.

These antibodies and the food antigens form immune complexes which can adhere to organs and tissues. When the immune complexes are destroyed by phagocytic cells and the complement system, the surrounding tissues can be damaged. This leads to **low-grade inflammatory conditions** which can become chronic. The symptoms are delayed.

POSSIBLE SYMPTOMS

Gastrointestinal Complaints

- Bloating
- Constipation
- Crohn's disease
- Diarrhoea
- Irritable Bowel Syndrome (IBS)
- Nausea

Chronic Pain

- Headaches
- Migraines

Excess Weight

- Chronic weight problems
- Obesity

Skin Problems

- Atopic dermatitis-like skin problems
- Eczema
- Psoriasis

IMUPRO SCREEN: 22 TESTED FOODS AT A GLANCE

MEAT	SWEETENERS	MILK PRODUCTS
Chicken	Honey (mixture)	Goat milk and cheese Milk (cow) Sheep milk and cheese
ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS	LEGUMES	YEAST
Rice	Green bean, pea Soyabean	Yeast (beer, bread)
CEREALS (WITH GLUTEN)	FISH & SEAFOOD	
Gluten	Lobster	COST : 10,500 - REPORT TAT : 3 WEEKS
VEGETABLES	EGG	
Carrots Sweet pepper Tomato	Chicken egg	
SPICES & HERBS	FRUITS	
Garlic Vanilla	Banana Orange Pineapple	
SEEDS & NUTS		
	Almond Hazelnut	

IMUPRO SCREEN: 44 TESTED FOODS AT A GLANCE

MEAT	Mustard seed Curry	Pistachio Poppy seeds Sunflower seed
Beef Chicken Pork	SWEETENERS	TEA, COFFEE & WINE
Barley Gluten Oats Rye Spelt Wheat	Honey (mixture)	Coffee
Celeriac, knob celery Cucumber Red cabbage Sweet pepper Tomato	LEGUMES	MILK PRODUCTS
	Soyabean	Milk (cow) Goat milk and cheese Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow)
VEGETABLES	FISH & SEAFOOD	YEAST
Broccoli Carrots	Crayfish Cod, codling	Yeast (beer, bread)
Celery, knob celery Cucumber Red cabbage Sweet pepper Tomato	EGG	
	Chicken egg	
MUSHROOMS	FRUITS	
Oyster mushrooms	Raspberry Cherry Pineapple Watermelon	COST : 16,500 - REPORT TAT : 3 WEEKS
SPICES & HERBS	SEEDS & NUTS	
Garlic Horseradish	Almond Flax, linseed Hazelnut Peanut	

IMUPRO BASIC: 90 TESTED FOODS AT A GLANCE

MEAT	SWEETENERS	MUSHROOMS	Seeds & Nuts
Beef Chicken Pork Lamb Turkey hen	Honey (mixture) Cane sugar	Meadow mushrooms	Almond Cashew kernels
ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS	SALADS	TEA, COFFEE & WINE	Cocoa bean Flax, linseed Hazelnut
Maize, sweet corn Millet Buckwheat Rice	Butterhead lettuce Lamb's lettuce	Peppermint	Peanut Pistachio
CEREALS (WITH GLUTEN)	LEGUMES	SPICES & HERBS	Poppy seeds pumkins seeds Sesame Sunflower seed
Barley Gluten Oats Rye Spelt Wheat	Soyabean Green bean Green pea	Garlic Horseradish Mustard seed Basil Cinnamon Nutmeg Oregano Paprika, spice Parsley Pepper, black Rosemary Thyme Vanilla	Walnut
VEGETABLES	FISH & SEAFOOD	FRUITS	
Broccoli Carrots Celeriac, knob celery Cucumber Red cabbage Sweet pepper Tomato Aubergine Beetroot Chili Cayenne Courgette Kohlrabi (turnip cabbage) Leek Olive Onion Potato	Crayfish Tunafish Ocean perch Pollock Salmon	Cherry Pineapple Watermelon Apple Apricot Banana Grape / Raisin Kiwi Lemon Nectarine Orange Strawberry	
	EGG		
	Chicken egg		
	MILK PRODUCTS		
	Milk (cow) Goat milk and cheese Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow)		
	YEAST		
	Yeast (beer, bread)		
	THICKENING AGENTS		
	Guar flour (E412)		
		COST : 26,500- REPORT TAT : 3 WEEKS	



COST : 26,500
REPORT TAT : 3 WEEKS

ImuPro Vegetarian Diet (90 trigger food items)

CEREALS AND ALTERNATIVES TO MILK PRODUCTS STARCH CEREALES

- Gluten
- Rye
- Oats
- Barley
- Spelt
- Wheat
- EGG**
- Chicken egg
- YEAST**
- Yeast
- Amaranth
- Buckwheat
- Millet
- Maize, sweet corn
- Quinoa
- Rice
- Sweet potato
- Milk (cow)
- Rennet cheese (cow)
- Sour-milk products (cow)
- Sheep: milk and cheese
- Goat: milk and cheese
- MUSHROOMS**
- Meadow mushrooms

LEGUMES

- Green pea
- Green bean
- Chickpeas
- Lentil

VEGETABLES

- Aubergine
- Cauliflower
- Broccoli
- Chili
- Fennel
- Cucumber
- Carrots
- Potato
- Cabbage
- Leek
- Maca
- Olive
- Sweet pepper
- Beetroot
- Celeriac, knob celery
- Soyabean
- Spinach
- Tomato
- Courgette
- Onion

FRUITS

- Acai
- Acerola
- Pineapple
- Apple
- Avocado
- Banana
- Pear
- Blueberry
- Cranberry
- Date
- Strawberry
- Goji
- Pomegranate
- Raspberry
- Cherry
- Kiwi
- Melone
- Orange
- Peach
- Grape / Raisin
- Lemon

SALADS

- Butterhead lettuce

ALGAE

- Red algae (nori)

SEEDS & NUTS

- Cashew kernels
- Chia seeds
- Peanut
- Hemp seeds
- Hazelnut
- Cocoa bean
- Coconut
- Pumpkin seeds
- Linseed
- Almond
- Sesame
- Sunflower seed
- Walnut

■ = Superfoods

FOOD ADDITIVES CURCUMIN (E100)



IMUPRO BASIC⁺: 180 TESTED FOODS AT A GLANCE

MEAT

Beef
Chicken
Pork
Lamb
Turkey hen
Deer
Duck
Goat meat
Goose
Hare
Ostrich meat
Quail
Rabbit
wild boar
Venison
Veal

Artichoke
Asparagus
Chinese cabbage
Kale, curled kale
Parsnip
Pumpkin
Radish red and white
Rutabaga
Savoy cabbage
Spinach
White cabbage

Carp
Gilthead bream
Haddock
Hake
Halibut
Herring
Mackerel
Plaice
Sardine
Shark
Sole
Squid, cuttlefish
Swordfish
Trout
Zander

TEA, COFFEE & WINE

Peppermint

ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS

Maize, sweet corn
Millet
Buckwheat
Rice
Amaranth
Arrowroot
Carob
Cassava
Fonio
Jerusalem artichoke
Lupine
Quinoa
Sweet chestnut
Sweet potato
Tapioca, cassava
Teff

SPICES & HERBS

Garlic
Horseradish
Mustard seed
Basil
Cinnamon
Nutmeg
Oregano
Paprika, spice
Parsley
Pepper, black
Rosemary
Thyme
Vanilla
Chive

EGG

Chicken egg
Chicken egg-white
Chicken yolk
Goose egg
Quail eggs

YEAST

Yeast

CEREALS (WITH GLUTEN)

Barley
Gluten
Oats
Rye
Spelt
Wheat

SWEETENERS

Honey (mixture)
Cane sugar

FRUITS

Cherry
Pineapple
Watermelon
Apple
Apricot
Banana
Grape
Kiwi
Lemon
Nectarine
Orange
Strawberry
Avocado

FOOD ADDITIVES

Guar flour (E412)

COST : 36,500- REPORT TAT : 3 WEEKS

VEGETABLES

Broccoli
Carrots
Celeriac, knob celery
Cucumber
Red cabbage
Sweet pepper
Tomato
Aubergine
Beetroot
Chili Cayenne
Courgette
Kohlrabi (turnip cabbage)
Leek
Olive
Onion
Potato
Brussels sprouts
Cauliflower

LEGUMES

Soyabean
Green bean
Green pea
Broad bean
Chickpeas
Lentil
Mung bean, green gram

SEEDS & NUTS

Almond
Linseed
Hazelnut
Peanut
Pistachio
Poppy seeds
Sunflower seed
Cashew kernels
Cocoa bean
Pumpkin seeds
Sesame
Walnut
Brazil nut
Coconut
Macadamia nut
Pine nut

FISH & SEAFOOD

Crayfish
Tunafish
Ocean perch
Pollock
Salmon
Cod, codling
Anchovy

IMUPRO COMPLETE: 270 TESTED FOODS AT A GLANCE

MEAT	Cauliflower Artichoke Asparagus Chinese cabbage Kale, curled kale Parsnip Pumpkin Radish red and white Rutabaga Savoy cabbage Spinach White cabbage Bamboo shoots Chard, beet greens Chili Habanero Chili Jalapeno Fennel Molokhia Okra, lady's finger Stalk celery	Wild garlic Curry	EGG	Pistachio Poppy seeds Sunflower seed Cashew kernels Cocoa bean Pumpkin seeds Sesame Walnut Brazil nut Coconut Macadamia nut Pine nut
ALTERNATIVES TO CEREALS AND STARCHY PRODUCTS	MUSHROOMS	SWEETENERS	FRUITS	Yeast (beer, bread)
Maize, sweet corn Millet Buckwheat Rice Amaranth Arrowroot Carob Cassava Fonio Jerusalem artichoke Lupine Quinoa Sweet chestnut Sweet potato Tapioca, cassava Teff	Oyster mushrooms Meadow mushrooms Bay boletus Cep (boletus) Chanterelle Shiitake	Butterhead lettuce Lamb's lettuce Chicory Endive Iceberg lettuce Lollo rosso Radicchio Rocket Romaine / cos lettuce Dandelion	Raspberry Cherry Pineapple Watermelon Apple Apricot Banana Grape Kiwi Lemon Nectarine Orange Strawberry Avocado Date Fig Lychee Mango Papaya Peach Pear Plum Yellow plum Blackberry Blueberry Cranberry Currant Gooseberry Grapefruit Guava Honeydew melon Lime Lingonberry Mandarin Pomegranate Prickly pear Quince Rhubarb Sea buckthorn	Agar-agar (E406) Benzoic acid (E210) Carrageen (E407) Curcumin(E100) Guar flour (E412) Pectin (E440) Sorbic acid (E200) Tragacanth (E413) Xanthan gum
CEREALS (WITH GLUTEN)	SPICES & HERBS	LEGUMES	ALGAE	Spirulina
Barley Gluten Oats Rye Spelt Wheat Kamut	Garlic Horseradish Mustard seed Basil Cinnamon Nutmeg Oregano Paprika, spice Parsley Pepper, black Rosemary Thyme Vanilla Chive Alfalfa Allspice Aniseed Bay leaf Capers Caraway Cardamom Chervil Clove Coriander Cumin Dill Garden cress Ginger Juniper berry Lavender Lemon balm Lovage Marjoram Pepper, white Saffron Sage Savory	Crayfish Tunafish Ocean perch Pollock Salmon Cod, codling Anchovy Carp Gilthead bream Haddock Hake Halibut Herring Mackerel Plaice Sardine Shark Sole Squid, cuttlefish Swordfish Trout Zander Angler, monkfish Blue mussels Eel Iridescent shark Lobster Octopus Oysters Red Snapper Scallop Sea bass Shrimp, prawn	FISH & SEAFOOD	Red algae (Nori) Spirulina
VEGETABLES			SPECIALS	Aloe vera Aspergillus niger Candida Candied lemon peel Vine leaves
Broccoli Carrots Celeriac, knob celery Cucumber Red cabbage Sweet pepper Tomato Aubergine Beetroot Chili Cayenne Courgette Kohlrabi (turnip cabbage) Leek Olive Onion Potato Brussels sprouts			TEA, COFFEE & WINE	Peppermint Coffee Camomile Nettle Rooibos tea Rose hip Tannin Tea, green Tea, black
			MILK PRODUCTS	Milk (cow) Goat milk and cheese Rennet cheese (cow) Sheep milk and cheese Sour-milk products (cow) Camel's milk Halloumi Kefir Mare's milk Milk cooked Ricotta
			SEEDS & NUTS	Almond Flax, linseed Hazelnut Peanut

COST : 45,000
REPORT TAT : 3 WEEKS

Imu~~x~~Pro

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