

**How Food Sensitivities Cause Inflammation**

Sensitivities can involve both innate and adaptive immune pathways, multiple triggering mechanisms and multiple classes of white blood cells. Pathogenic reactions ultimately lead to the release of proinflammatory and proalgesic mediators from associated white cells with resulting subclinical and clinical inflammatory effects.

**Triggering Mechanisms**

* Food antigens
* Food chemicals
  + Haptens
  + Amines
  + Pharmacologic
* Immune Complexes
  + IgG
  + IgM
* Lectins

**Cellular Activation**

* Lymphocytes
  + Sensitized T-cells
  + T-Cells
  + NK Cells
  + K Cells
* Eosinophils
* Basophils
* Monocytes
* Neutrophils

**Mediator Release**

* Cytokines
  + Interleukins
  + Chemokines
  + TNFs
  + Interferons
* Leukotrienes
* Histamine
* ECP, MPE, Amines
* Prostaglandins
* Others

Migraine

Depression

ADD/ADHD

Autism Spectrum Disorder

Epilepsy

Urticaria (chronic)

Otitis Media

Fibromyalgia

GERD

Arthritis (Inflammatory)

Asthma

Ulcerative Colitis

Irritable Bowel Syndrome

Crohn's Disease

Atopic Dermatitis

Pathophysiologic Effects

* Inflammation
  + Subclinical
  + Clinical
* Tissue damage

Cyclic Vomiting Syndrome

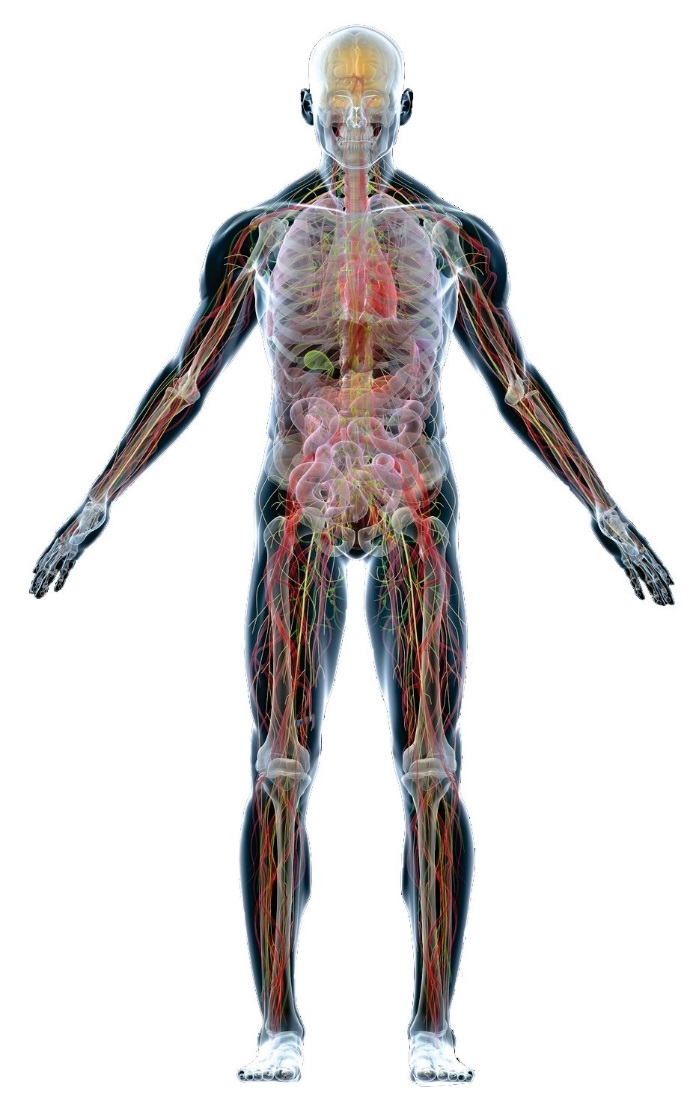
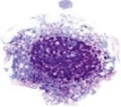
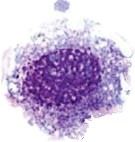
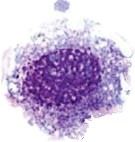
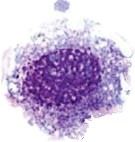
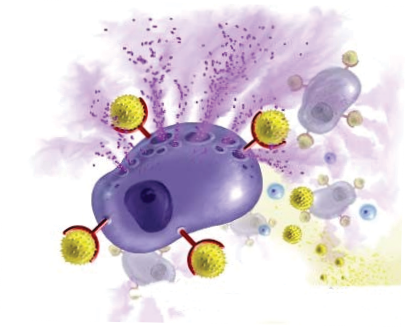
* Pain receptor activation

Polycystic Ovary Syndrome

* Smooth muscle contraction
* Edema
* Excess mucous

Interstitial Cystitis

* Neurological
* Endocrine
* Increased gut permeability



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