

CASE STUDY

Mosaic Diagnostics' IgG Food MAP Profile Helped Monica **Discover the Source of Her Digestive Discomfort**

PATIENT OPPORTUNITY

Monica is a 42-year-old woman with digestive discomfort. Over the past 4 years, she has consulted doctors from various specialties and undergone laboratory tests, ultrasounds, and endoscopies with no answers. The detail that made the difference was that her nutritionist advised her to consume 4 or more eggs daily as a source of protein, which Monica had been doing for over 5 years. It was suspected that the excess and monotony of a specific food—namely, eggs—might be causing her issues. MosaicDX's IgG Food MAP test revealed HIGH CLEAR EGGS.

APPROACH

I chose MosaicDX's IgG Food MAP test because I wanted to evaluate the patient's immunological response to her symptoms, particularly given her high consumption of highly allergenic protein such as ovalbumin and ovomucoid, which were the primary suspects. With the test results in hand, Monica consulted with a sports nutritionist to ensure she still received enough protein, given her high level of physical activity. It was decided that she should eliminate eggs for 21 days, then gradually reintroduce them, consuming them in moderation as part of a balanced Mediterranean-style diet.

RESULTS

The patient reported that her symptoms completely resolved: her headaches ceased, her daily bowel movements improved, the abdominal distension fully disappeared, and she no longer experienced fatigue.



Pablo Peña, MD
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ABOUT MONICA

42-Year Old Female

Symptoms:

Intense holocranial headaches
Nausea
Loss of appetite
Fatigue
Intense abdominal distension
Infrequent bowel movements

"For the past 10 years, I have used these tests—especially the IgG Food MAP—with excellent results in patients like this. In my experience, it serves as an additional diagnostic tool and means to improve patients' health."



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