

How to Choose Your Food Zoomers

The **Vibrant Food Zoomers** offer a deep dive into true food sensitivities. Unlike most tests that measure reactions to whole proteins, our tests hone in on immune responses to specific peptides found within antigenic foods. This is closer to what our bodies encounter during digestion.

The Vibrant Food Zoomer menu includes:

Wheat Zoomer: Assesses sensitivity to thousands of peptides in gluten and wheat, as well as potential celiac disease, "leaky gut", and wheat allergy.

Corn Zoomer: Measures sensitivity to peptides in corn, both GMO and non-GMO.

Dairy Zoomer: Detects sensitivity to peptides in cow's milk.

Egg Zoomer: Targets reactions to peptides in both egg whites and yolks.

Grain Zoomer: Reveals sensitivity to many common grains.

Lectin Zoomer: Evaluates reactions to 17 high-lectin and 7 high-aquaporin foods.

Nut Zoomer: Analyzes sensitivity to various tree nuts.

Peanut Zoomer: Measures reactions to known antigenic peptides in peanuts.

Soy Zoomer: Examines sensitivity to soy peptides, including GMO and non-GMO soy.

These tests can be ordered at a **special discounted price** when four or more are bundled for the same patient on the same draw.

Which Food Zoomers Are Right For Your Patient?

To decide which Food Zoomers are right for your patients, it's essential to consider their unique diets, symptoms, environments, and health histories.

General reasons for running a Food Zoomer bundle may include:

- Observable sensitivities after eating certain foods, such as rashes, coughs, sneezes, hives, itching, and headache.
- Presence of an autoimmune disease.
- Persistent issues despite intervention efforts, such as difficulty losing weight despite great efforts or chronic heartburn in the absence of spicy foods.
- Altered bowel functions, such as symptoms of IBS, SIBO, heartburn, constipation, diarrhea, or excessive gas/pain.
- Relentless psychological symptoms, including panic attacks, anxiety, OCD, schizophrenia, or other serious psychological or cognitive issue (as well as PANDAs).
- Other neurological symptoms, even without gastrointestinal symptoms.

The Wheat Zoomer is a foundational test that should be included in all Food Zoomer bundles run on first-time patients.

Besides assessing wheat sensitivity, it delivers the most in-depth assessment of intestinal permeability, which is linked to gliadin in gluten-containing grains.

It can even distinguish between permeability caused by gluten and that caused by gram-negative bacteria.

To further refine your testing choices, it's important to understand a patient's dietary habits. Ask about their daily, weekly, and monthly eating habits to uncover eating patterns and determine the best foods to test for sensitivity.

Even if patients believe they don't eat a certain food, they might unknowingly be exposed to foods and ingredients commonly found in the food supply.





To select the right Food Zoomers for your patients, it's helpful to match the test with their symptoms. Each Zoomer targets specific sensitivities, evident through certain signs and symptoms. Here's a brief guide to help you choose:

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| Wheat Zoomer | <ul style="list-style-type: none"> • Gastrointestinal discomfort • Skin rashes • Neurological symptoms • Ataxias or balance issues • Vitamin D deficiency • Nutrient malabsorption • Migraines • Brain fog • Joint pain • Autoimmune diseases |
| Corn Zoomer | <ul style="list-style-type: none"> • A history of gluten sensitivity or celiac disease • Frequent consumption of gluten-free packaged foods • Specific gastrointestinal issues • Mold/mycotoxin exposure or toxicity |
| Dairy Zoomer | <ul style="list-style-type: none"> • Gastrointestinal discomfort • History of type 1 diabetes • Autoimmune diseases • Neurological symptoms, particularly gross motor associated • Gluten sensitivity or celiac disease • Eczema • Demyelinating antibodies on Neural Zoomer Plus results |
| Egg Zoomer | <ul style="list-style-type: none"> • Eczema • Gastrointestinal discomfort • Heartburn • Nausea |

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| Grain Zoomer | <ul style="list-style-type: none"> • Heavy consumption of gluten-free packaged foods • Gastrointestinal discomfort • Mold/mycotoxin exposure or toxicity • Skin rashes • Nutrient malabsorption • Migraines • Brain fog • Joint pain • Autoimmune diseases • History of type 1 diabetes • Neurological symptoms, particularly gross motor associated • Gluten sensitivity or celiac disease • Eczema • |
| Lectin Zoomer | <ul style="list-style-type: none"> • Autoimmune diseases • Gastrointestinal discomfort • Chronic fatigue • Neurological disorders • Joint pain • Migraine headaches • A Neural Zoomer Plus result with positive <i>Aquaporin 4 antibodies</i> • Nausea |
| Nut Zoomer | <ul style="list-style-type: none"> • History of allergy to nuts or peanuts • Hives • Nasal congestion • Gastrointestinal discomfort • Migraines • Patients following a ketogenic diet high in nuts and nut-based fats |
| Peanut Zoomer | <ul style="list-style-type: none"> • History of nut sensitivity • Asthma • Gastrointestinal discomfort • Eczema |
| Soy Zoomer | <ul style="list-style-type: none"> • History of nut sensitivity • Patients following a vegan or vegetarian diet • Significant packaged food consumption • Asthma |



You can also approach bundling the Food Zoomers from a disease state perspective, based on diagnoses or symptom patterns. Below are some suggested bundles of Food Zoomers based on clusters of symptoms by organ system affected:

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| Gastrointestinal | Wheat Zoomer, Dairy Zoomer, Grain Zoomer, Lectin Zoomer, Corn Zoomer, Soy Zoomer |
| Neurological/Cognitive | Wheat Zoomer, Dairy Zoomer, Grain Zoomer, Lectin Zoomer, Soy Zoomer, Corn Zoomer, Peanut Zoomer |
| Skin | Wheat Zoomer, Dairy Zoomer, Grain Zoomer, Corn Zoomer, Peanut Zoomer, Egg Zoomer |
| Joint Pain/Connective Tissue Disorders | Wheat Zoomer, Dairy Zoomer, Grain Zoomer, Lectin Zoomer, Corn Zoomer, Soy Zoomer |
| Respiratory | Dairy Zoomer, Corn Zoomer, Soy Zoomer, Peanut Zoomer, Nut Zoomer |
| Autoimmune | Wheat Zoomer, Dairy Zoomer, Grain Zoomer, Lectin Zoomer, Corn Zoomer, Egg Zoomer |

Revised 4/1/2024