FOOD ZOOMERS

from Vibrant Wellness Laboratories

- *When to choose zoomers over other food sensitivity tests*
- *How to choose your bundles*
- *How to choose your add-ons*
- *Re-testing strategies and additional tests*

THERE IS NO PERFECT FOOD SENSITIVITY TEST!

Rules of the Road

- Don't be a test groupie!
- Know the pros and cons of different testing options
- Be aware of the "blind spots" of every test you use (because every test has them)
- Never mistake your tools for your craft - clinical skills are more important than the tests you use.

MRT

- Primarily whole food antigens
- Prone to false negatives
- Doesn't reflect current antigen exposures
- Vulnerable to cross-reactive positives
- Doesn't account for changes in protein structure

Basic IgG Tests

- Primarily whole-food antigens
- Don't provide total serum IgG measurement
- Misses "one-off", recent exposures (IgA)
- Vulnerable false negatives
- Vulnerable to cross-reactive positives
- Doesn't account for changes in protein structure

Cyrex Array 10

- As a stand-alone test, it can miss sensitivities to some of the most inflammatory antigens - wheat, corn, dairy, and other grains

Cyrex Array 3

- Lacks total immunoglobulins info**
- Less specificity regarding non-gluten proteins

Cyrex Array 4

- Primarily a whole-food antigen test

When to choose Zoomers over other food sensitivity tests

- Clients with verified gluten sensitivity or Celiac disease
- Clients adhering to a "medically necessary" GF diet
- Clients with autoimmune disease
- Clients who "do all the right things" but get poor health outcomes
- When you suspect autoimmunity even though your client has no diagnosis.
- Strong family history of autoimmune issues
- When seeking detailed information regarding specific inflammatory foods

Limitations of Zoomers

- Cost-prohibitive for some clients
- Provides less "generalized and wide-ranging" data**

CHOOSING YOUR FOUR-ZOOMER BUNDLES

ALWAYS choose the Wheat Zoomer

- Screens for Celiac disease
- Identifies wheat, gluten, and WGA sensitivity
- Includes intestinal permeability assessment

HEADS UP! *Always ask for the Total Immunoglobulins add-on. It's FREE but you have to ask for it!*

ALWAYS choose the Corn Zoomer

- Corn is harder to avoid than wheat/gluten
- Helps identify corn/wheat cross-reactions

Choose the Dairy Zoomer when...

- Client consumes cow dairy
- Client avoids cow dairy but sometimes "cheats"

Choose the Lectin Zoomer when...

- Autoimmune disease
- Family hx of autoimmune disease
- Significant cognitive symptoms
- Concern about OR family history of AD, Dementia, brain autoimmunity, etc.

CHOOSING YOUR FOUR-ZOOMER BUNDLES

Choose the Grain Zoomer when…

- Client consumes grains
- Autoimmune disease
- Concern about gluten cross-reactivity

Choose OTHER Food Zoomers based on dietary intake…

- Egg
- Nut
- Seafood
- Mammalian Milk

Food Zoomers I rarely consider…

- Soy
- Peanut

CHOOSING YOUR ADD-ON TEST

Food Panel 1

- When you're interested in general food sensitivity screening for commonly consumed foods
- Tests for yeast (cross-reacts with gluten)

Food Panel 2

- When you're interested in general food sensitivity screening for commonly consumed foods
- Tests for millet (cross-reacts with gluten)

Neural Zoomer

- When BBB or brain autoimmunity is suspected

Food Additive Panel

- When client's diet is already clean and anti-inflammatory (like Paleo) but they're not seeing expected improvements.

IBSSure

- IBS-D and/or SIBO is suspected

57 y.o. post-menopausal female with Hashimoto's, stubborn weight gain, brain fog, poor memory, numbness/tingling in hands and feet, headaches, fatigue, joint pain, and anxiety. Taking Armour Thyroid and has been GF for 3 years. Latest thyroid test indicates slight elevation of TPO antibodies.

Total Immunoglobulins

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Total IgA (mg/dL)	66			61~356		≤60 ≥357	
Total IgG (mg/dL)			572	767~1590		≤766 ≥1591	
Total IgE (IU/ml)	16.10			≤87.00		≥87.01	
Total IgM (mg/dL)			499	45~281		≤44 ≥282	

IgA mild suppression

IgG clinically low

IgM clinically elevated

Look for IgA & IgG false negatives and IgM false positives

Intestinal Permeability Panel

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Zonulin (ng/mL)	20.8			≤45.3	45.4~55.3	≥55.4	
Anti-Zonulin IgG			1.14	≤0.89	0.90~1.10	≥1.11	
Anti-Zonulin IgA	0.27			≤0.89	0.90~1.10	≥1.11	
Anti-Actin IgG			2.05	≤0.89	0.90~1.10	≥1.11	
Anti-Actin IgA	0.32			≤0.89	0.90~1.10	≥1.11	
Anti-LPS IgA (U/ml)	22.1			≤30.0		≥30.1	
Anti-LPS (IgG + IgM) (U/ml)	255.3			≤281.0		≥281.1	

- Increased paracellular and transcellular permeability
- Anti-zonulin - leaky gut caused by non-bacterial triggers
- Anti-actin - autoimmunity against gut tissue (common w/ celiac disease)
- Anti-LPS - dysbiosis, inflammation, metabolic disorder (LPS @ trigger for heart disease, thyroid storm, chirrosis, metabolic syndrome, depression, neurological issues, autoimmunity)

- Alpha gliadin - common w/ celiac disease
- Omega gliadin - correlates with increased risk of brain AI

Gliadin Panel

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Alpha Gliadin IgG			1.95	≤0.89	0.90~1.10	≥1.11	
Alpha Gliadin IgA	0.74			≤0.89	0.90~1.10	≥1.11	
Alpha-Beta Gliadin IgG	0.42			≤0.89	0.90~1.10	≥1.11	
Alpha-Beta Gliadin IgA	0.20			≤0.89	0.90~1.10	≥1.11	
Gamma Gliadin IgG	0.75			≤0.89	0.90~1.10	≥1.11	
Gamma Gliadin IgA	0.79			≤0.89	0.90~1.10	≥1.11	
Omega Gliadin IgG			2.00	≤0.89	0.90~1.10	≥1.11	
Omega Gliadin IgA	0.72			≤0.89	0.90~1.10	≥1.11	
Gluteomorphin IgG	0.59			≤0.89	0.90~1.10	≥1.11	
Gluteomorphin IgA	0.61			≤0.89	0.90~1.10	≥1.11	
Prodynorphin IgG	0.23			≤0.89	0.90~1.10	≥1.11	
Prodynorphin IgA	0.50			≤0.89	0.90~1.10	≥1.11	

Glutenin Panel

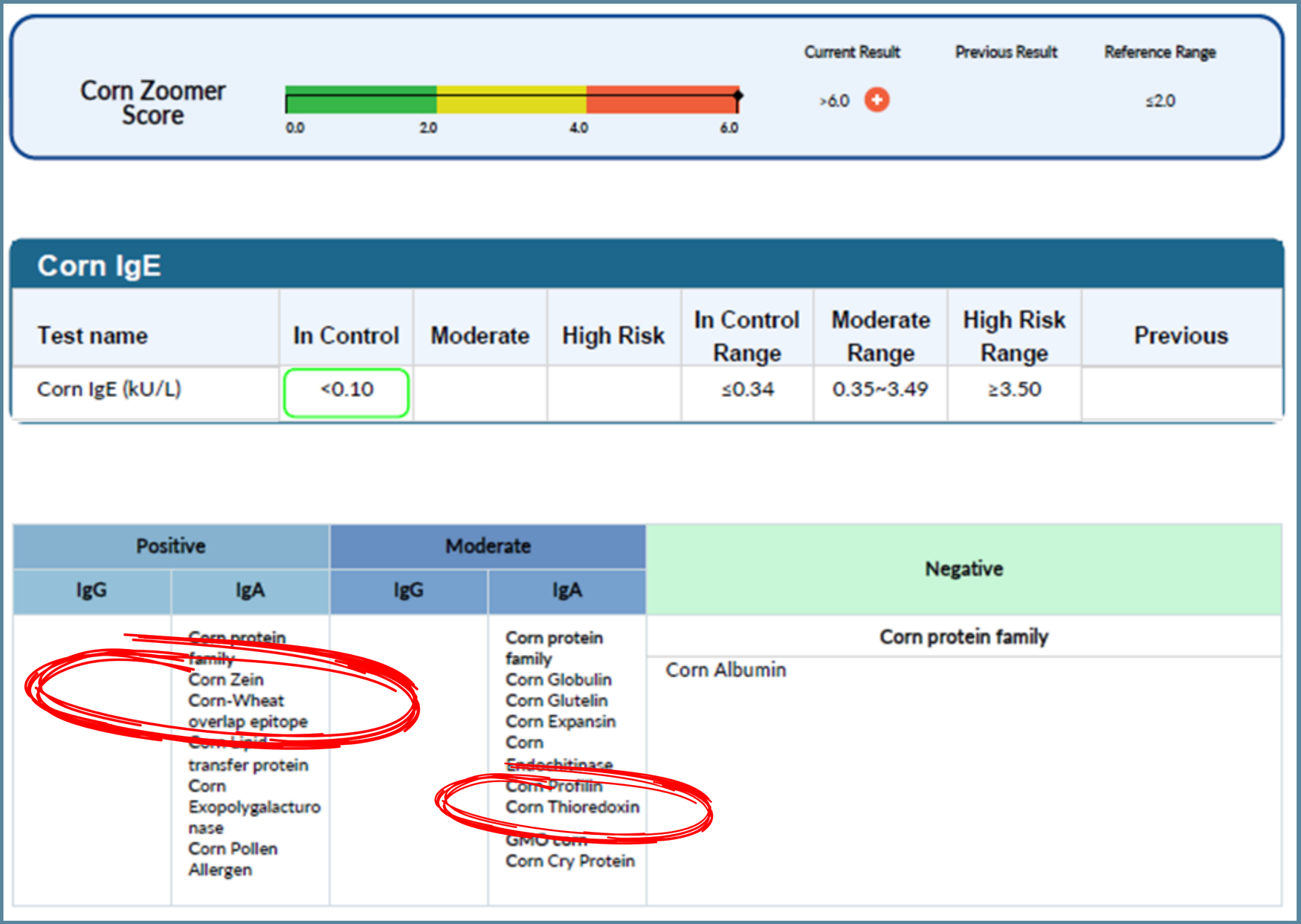
Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
HMW Glutenin IgG			1.94	≤0.89	0.90~1.10	≥1.11	
HMW Glutenin IgA	0.31			≤0.89	0.90~1.10	≥1.11	
LMW Glutenin IgG	0.62			≤0.89	0.90~1.10	≥1.11	
LMW Glutenin IgA	0.57			≤0.89	0.90~1.10	≥1.11	

Confirmed exposure and reaction to gluten peptides

Non-Gluten Wheat Panel

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Serpin IgG	0.20			≤0.89	0.90~1.10	≥1.11	
Serpin IgA	0.64			≤0.89	0.90~1.10	≥1.11	
Farinins IgG			2.23	≤0.89	0.90~1.10	≥1.11	
Farinins IgA	0.31			≤0.89	0.90~1.10	≥1.11	
Amylase/Protease Inhibitors IgG	0.63			≤0.89	0.90~1.10	≥1.11	
Amylase/Protease Inhibitors IgA	0.43			≤0.89	0.90~1.10	≥1.11	
Globulins IgG		0.92		≤0.89	0.90~1.10	≥1.11	
Globulins IgA	0.57			≤0.89	0.90~1.10	≥1.11	
Purinin IgG	0.60			≤0.89	0.90~1.10	≥1.11	
Purinin IgA	0.36			≤0.89	0.90~1.10	≥1.11	

Confirmed exposure and reaction to non-gluten wheat peptides



Corn IgE

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Corn IgE (kU/L)	<0.10			≤0.34	0.35~3.49	≥3.50	

Positive		Moderate		Negative
IgG	IgA	IgG	IgA	
	Corn protein family Corn Zein Corn-Wheat overlap epitope Corn Lipid transfer protein Corn Exopolygalacturonase Corn Pollen Allergen		Corn protein family Corn Globulin Corn Glutelin Corn Expansin Corn Endochitinase Corn Profilin Corn Thioredoxin GMO Corn Corn Cry Protein	Corn protein family Corn Albumin

Confirmed exposure & reaction to most corn peptides - cross-reactivity likely

Exposure and reaction to lectins of rye, soy, and peanut

Positive		Moderate		Negative			
IgG	IgA	IgG	IgA				
Lectin Peanut Soybean			Lectin Rye	Lectin			
				Barley Cucumber Pea Kidney Bean	Bell pepper Lentil Potato	Chickpea Lima bean Rice	Corn Mung Tomato
				Aquaporin			
				Corn Tomato	Soybean Potato	Spinach Bell pepper	Tobacco

- Damage intestinal barrier causing leaky gut
- Penetrate the gut lining and infiltrate the blood stream
- Disrupt the immune system and increase inflammation
- Attach to organ tissues and “fool” the immune system into attacking your own tissue
- Bind to sugar, traveling anywhere that sugar goes – brain, muscles, organs
- Damage the pancreas and increase risk of Type 2 diabetes
- Mimic insulin and encourage the body to store more glucose as fat
- Promote muscle wasting and neurological disorders like dementia
- Contribute to decreased fertility
- Cause nutrient deficiencies
- Bind to red blood cells, contributing to anemia

Exposure and reaction to lectins of rye, soy, and peanut

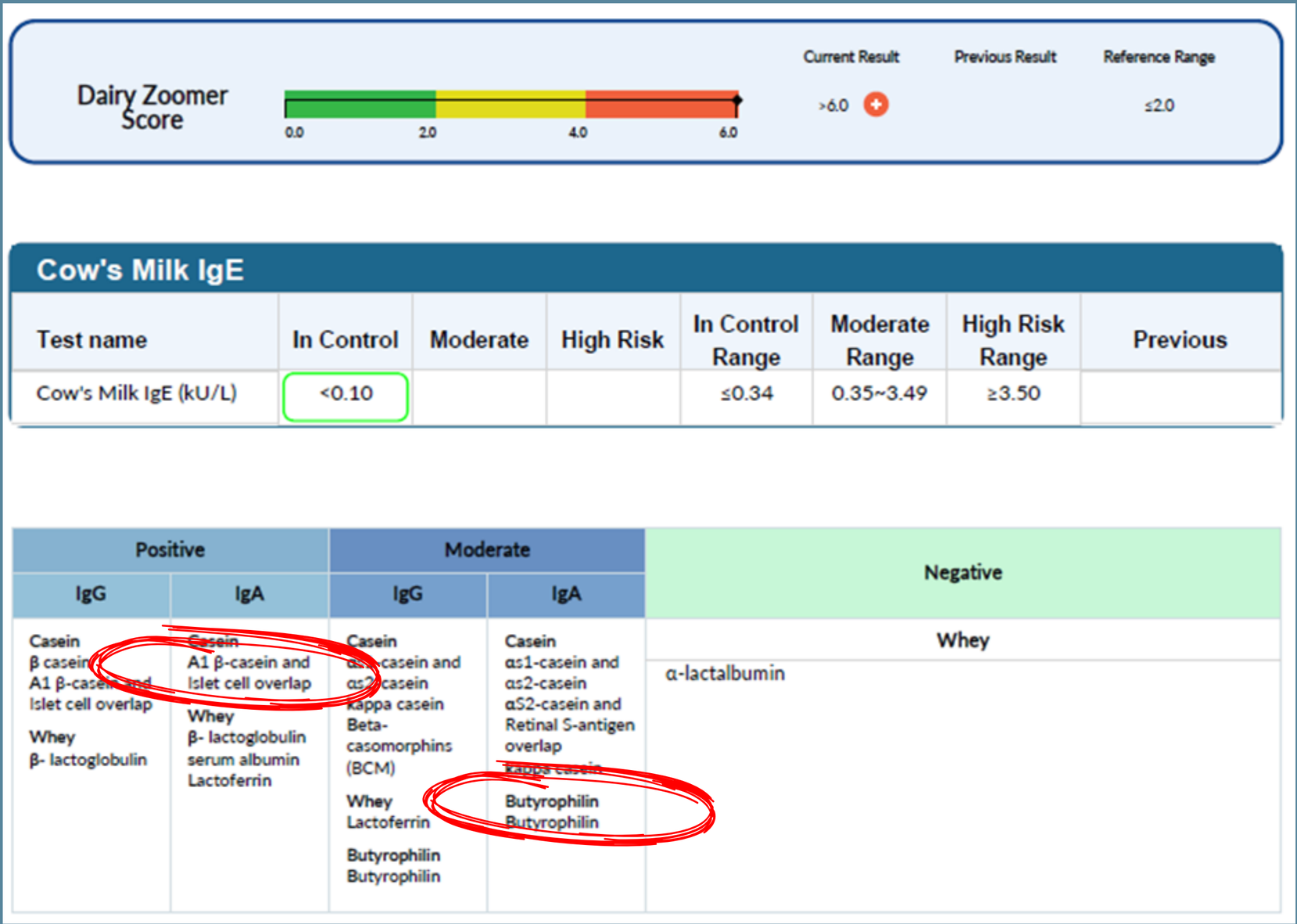
Positive		Moderate		Negative			
IgG	IgA	IgG	IgA				
Lectin Peanut Soybean			Lectin Rye	Lectin			
				Barley Cucumber Pea Kidney Bean	Bell pepper Lentil Potato	Chickpea Lima bean Rice	Corn Mung Tomato
				Aquaporin			
				Corn Tomato	Soybean Potato	Spinach Bell pepper	Tobacco

Peanut lectin

- This lectin can attach to the following tissues: skin, buccal mucosa, parietal cells, cartilage, liver, prostate, skeletal muscle, breast, pituitary, and eye.
- Promotes cancer cell metastisis
- Peanuts cross react with soy and all dietary gums

Soybean lectin

- This lectin can attach to the following tissues: skin, buccal mucosa, parietal cells, intestinal brush border, thyroid, cartilage, liver, prostate, skeletal muscle, cardiac muscle, breast, pituitary, and eye.
- Soy cross-reacts with cow dairy



Cow's Milk IgE

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Cow's Milk IgE (kU/L)	<0.10			≤0.34	0.35~3.49	≥3.50	

Positive		Moderate		Negative
IgG	IgA	IgG	IgA	Whey
Casein β casein A1 β-casein and Islet cell overlap Whey β- lactoglobulin	Casein A1 β-casein and Islet cell overlap Whey β- lactoglobulin serum albumin Lactoferrin	Casein αs1-casein and αs2-casein Kappa casein Beta-casomorphins (BCM) Whey Lactoferrin Butyrophilin Butyrophilin	Casein αs1-casein and αs2-casein αS2-casein and Retinal S-antigen overlap Kappa casein Butyrophilin Butyrophilin	α-lactalbumin

Exposure and reaction to most dairy peptides - increased risk of brain AI and cross-reactivity

Brain Autoimmunity

Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Anti-HSV1 (IgG + IgA)			28	≤10	11~20	≥21	
Anti-HSV1 IgM	1			≤10	11~20	≥21	
Anti-Cerebellum (IgG + IgA)	4			≤10	11~20	≥21	
Anti-Cerebellum IgM	5			≤10	11~20	≥21	
Anti-Purkinje cell (IgG + IgA)	1			≤10	11~20	≥21	
Anti-Purkinje cell IgM	4			≤10	11~20	≥21	

- Increased risk of AD and brain autoimmunity
- Out of range result can indicate reactivation

Recommendations

- Eliminate wheat/gluten, corn, and cow dairy from entire household
- Avoid peanut and soy
- Implement mucosal barrier protocol
- Switch from Armour to compounded (clean) thyroid hormone replacement

Follow-up tests

- Re-test Food Zoomers in six months
- Order Neural Zoomer Plus ASAP
- Check APOE4 genetics ASAP
- Comprehensive thyroid panel in 3 months
- Consider adding celiac genetics to future blood chem & encourage biological children to run zoomers

When ordering via MDP program, always specify:

- *Specific food zoomers you want to bundle*
- *Free add-on test*
- *Total Immunoglobulins (available with blood draw only)*

***Fingerprick options currently limited to Wheat Zoomer and Food Sensitivity Panels*

- Each individual Zoomer is $238.80 USD
- A Celiac Genetics panel can be added for $30
- **Bundle pricing – Each Zoomer bundle includes a free add-on. Please signify either the VW Food Sensitivity Test Profile 1, Profile 2, Food Additive Panel or the Neural Zoomer (Not Neural Zoomer Plus)**
  - **4 Zoomer Bundle** – One of the above tests plus 4 additional food Zoomers = $480 plus $150 MDP fee
  - **5 Zoomer Bundle** – One of the above tests plus 5 additional food Zoomer = $600 plus $150 MDP fee
  - **6 Zoomer Bundle** – One of the above tests plus 6 additional food Zoomer = $720 plus $150 MDP fee
  - **7 Zoomer Bundle** – One of the above tests plus 7 additional food Zoomer – $840 plus $150 MDP fee

Clinical Advising Sessions

- 60-minute CA session with every zoomer bundle
- Highly recommended d/t the extent of the data
- Zoomer bundles can be difficult to review with clients. FDNs typically need guidance on how best to present data and recommendations.
- It's unrealistic to attempt to review zoomer bundles in a page-by-page manner.

Lainey (Amy Myers MD)

Aug 9, 2022, 2:41 PM CDT

Hi Whitney,

Thank you for contacting Dr Myers' Customer Success Team! I am happy to help you out today :)

Per your request, I went ahead and provided the list of products that contain corn:

List of Products Containing Corn/Corn Derivatives

Astaxanthin

Histazyme

The Kids Chewable Multivitamin

Leaky Gut Revive

Leaky Gut Strawberry Lemonade

Complete Enzymes capsule

Chewable Complete Enzymes (derivative)

Adrenal Support

Candifense

CardioGuard

EstroProtect

HCL

ImmuneSynergy

Magnesium Citrate

Methylation Support

Microb-Clear

NeuroCalm Mag

Paleo Proteins: Birthday Cake and Cookies & Cream, Salted Caramel, Peppermint Mocha, Vanilla

100 Billion & 30 Billion Probiotic

Myers' way Multivitamin

Vitamin D3/K2 capsules

Radiance

Rest and Restore

Rest and Restore Max

Lean

Liver Support

SynoComplete

ZenAdapt

Please let me know if there is anything else I can help you with.

Have a fantastic day!

Wishing you great health!

Lainey

Amy Myers MD Customer Success Team