

Get Tested Now...

Food sensitivities are delayed reactions to certain foods that can occur hours or even days after you have consumed a certain reactive food. They are not the same as Food Allergies. Allergies are immediate reactions and occur within minutes of consuming the reactive food.

Undetected food sensitivities could lead to symptoms and systemic changes that are associated with certain conditions.

- ✓ Gas
- ✓ Bloating
- ✓ Fever
- ✓ Fatigue
- ✓ Abdominal pain
- ✓ Rashes like eczema
- ✓ Nausea and vomiting
- ✓ Skin itchiness and redness
- ✓ Bronchitis and asthma symptoms
- ✓ Musculoskeletal joint pain
- ✓ Muscle stiffness and swelling
- ✓ Sweating and feeling weak

1

Vibrant tests for reactivity to 96 most commonly consumed foods including Dairy, Meat, Seafood, Fruits, Vegetables, Grains, Legumes, Nuts and Nightshades, amongst others.

2

Multiple food reactivity may be associated with Intestinal Permeability.

3

Expert dietitians to help guide your personalized nutrition.

For a complete list of foods: Scan here!!



Regulatory Statement

This information is provided for educational purposes only. Vibrant Wellness does not diagnose, treat or prescribe for any health condition. This test has been laboratory developed and its performance characteristics determined by Vibrant America, a CLIA-certified laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.



FOOD SENSITIVITY

Food for Thought



Phone:
1-866-364-0963



Email:
support@vibrant-wellness.com



Address:
1360 Bayport Ave, Ste.B
San Carlos, CA 94070

What Is Food Sensitivity?

Food Sensitivities are your body's response (IgG antibody reactions) to certain foods that occur hours to days after they are consumed. These responses are also called delayed food reactions.



Fish allergies cause immediate reactivity after consuming fish. Symptoms may include nausea, skin rash, stomach cramps etc.



Egg sensitivity causes a delayed reactivity, hours or days after consuming eggs. Symptoms may include belching, diarrhea, runny nose and skin reactions.

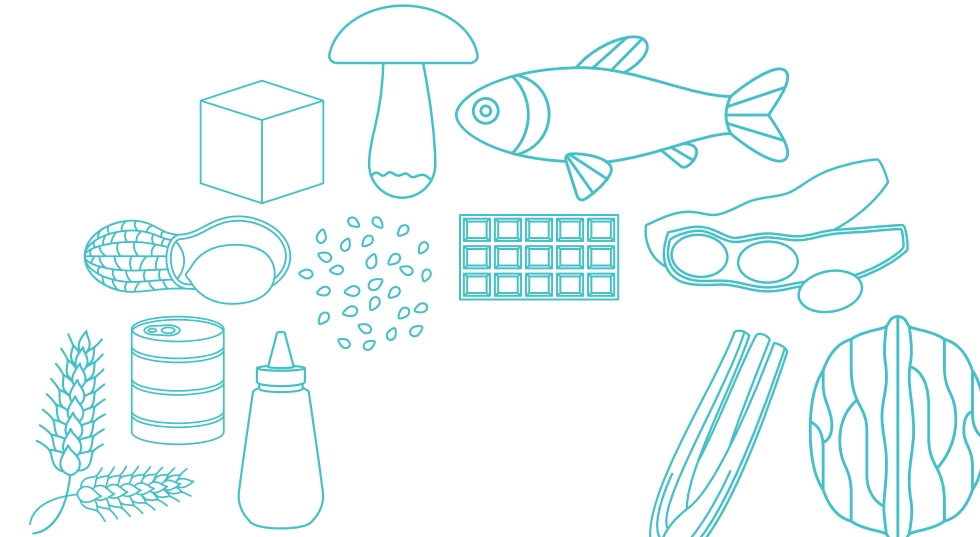
How Is This Different from Food Allergy?

Your immune system produces two types of antibodies commonly – Immunoglobulin E (IgE) and Immunoglobulin G (IgG) against certain foods.

Food Allergies are immediate reactions and can occur within minutes of consuming the reactive food. This involves IgE antibodies and may cause difficulty breathing, digestive disorders or skin rashes etc. On certain rare cases, it may be life threatening when it leads to anaphylaxis.



FAQ



How many Foods are tested?

Vibrant tests for the 96 most common foods that are consumed and includes Dairy, Meat, Seafood, Fruits, Vegetables, Grains, Legumes, Nuts and Nightshades, amongst others.

How to order this test?

Please contact your doctor or nutritionist to get this test ordered now. If you do not have one, we can help with finding doctors in our network who may be willing to order this test.

Do I have to avoid all the foods that show up as reactive?

Not necessarily. You may be on a rotation diet where you could still eat some foods. Your personalized report and session with our dietitians can help better plan your nutrition. However, if your reactivities are making you feel worse, it may be better to eliminate certain foods as necessary.

I have not eaten a particular food for many months, would it still show reactivity?

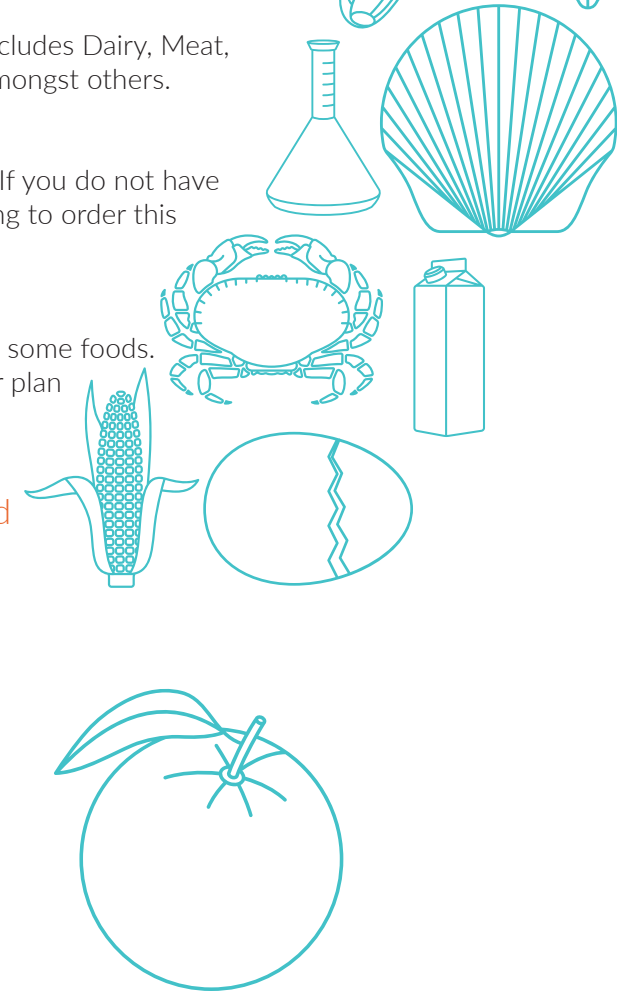
You are less likely to have antibodies to that food. In this case, a lack of reaction is most likely due to lack of exposure and does not necessarily mean the food is non-reactive.

Will this test show reactivity to foods I seldom eat or have never eaten?

Sometimes reactions appear for foods seldom or never eaten. For example: a child reacting to coffee. This may be due cross-sensitivity with a related food, or may result from inadvertent exposure to that food (hidden ingredient in packaged food item or sauce). Elevated IgG may also have a role in protecting against more serious IgE reactions. It is important to understand that having elevated IgG antibodies is not a concern if the reactive food is rarely eaten.

Where is the wellness testing performed?

Vibrant Wellness Food Sensitivity is performed at Vibrant America Clinical Lab, a CLIA and CAP accredited laboratory located in San Carlos, CA.





Why Vibrant:

Why Test for Food Sensitivities?

Since food sensitivities are delayed reactions, testing is the only way to determine which foods are responsible for the reaction.

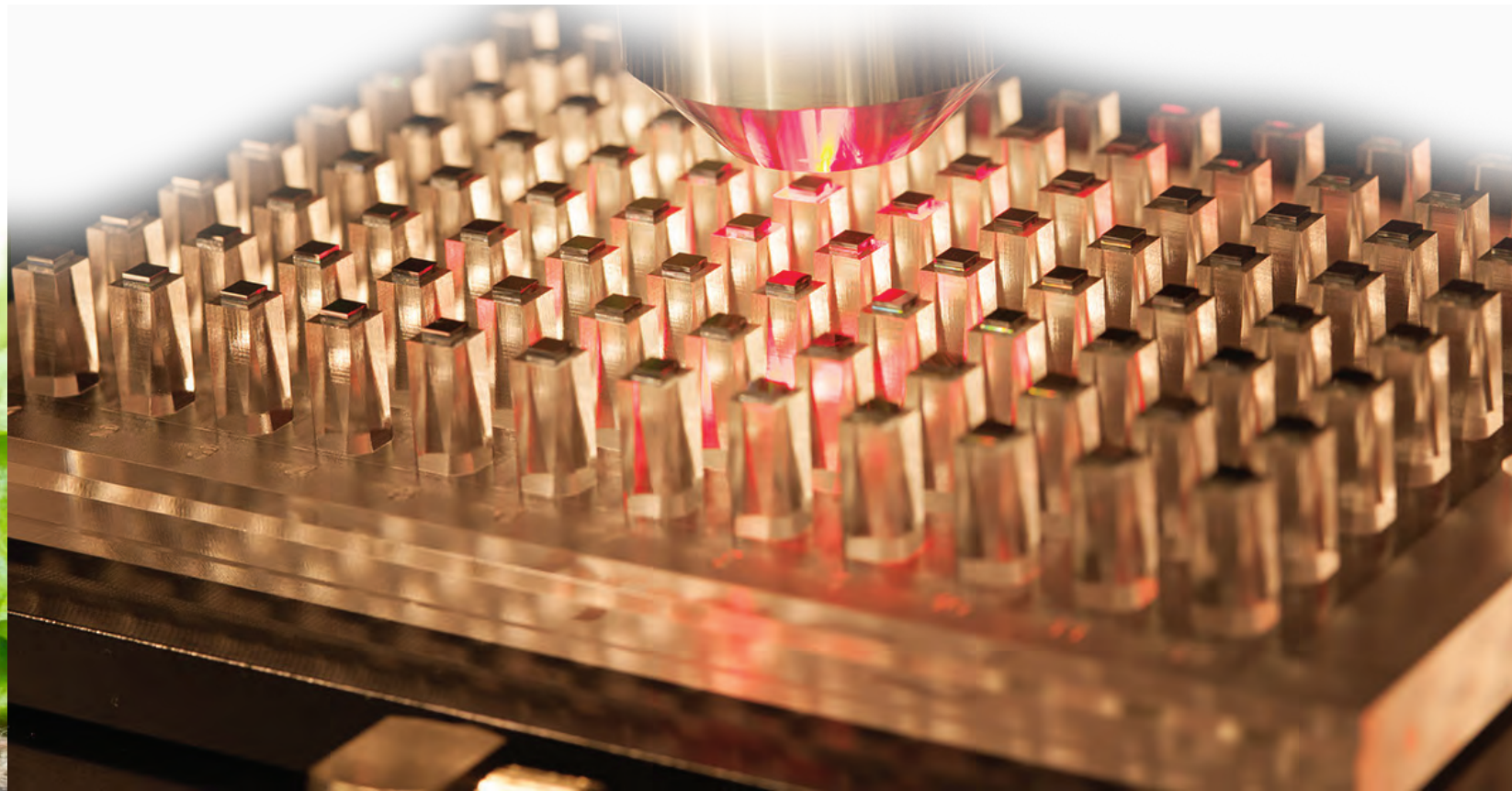
IgG reactions frequently occur to commonly consumed foods such as dairy, wheat, eggs, yeast, pork and soy.

Elimination diets (removing suspect foods for a period of time and then reintroducing and checking for reactions) are difficult to follow and can take months to complete.

Rotation diets can be implemented working with our team of clinical dietitians.



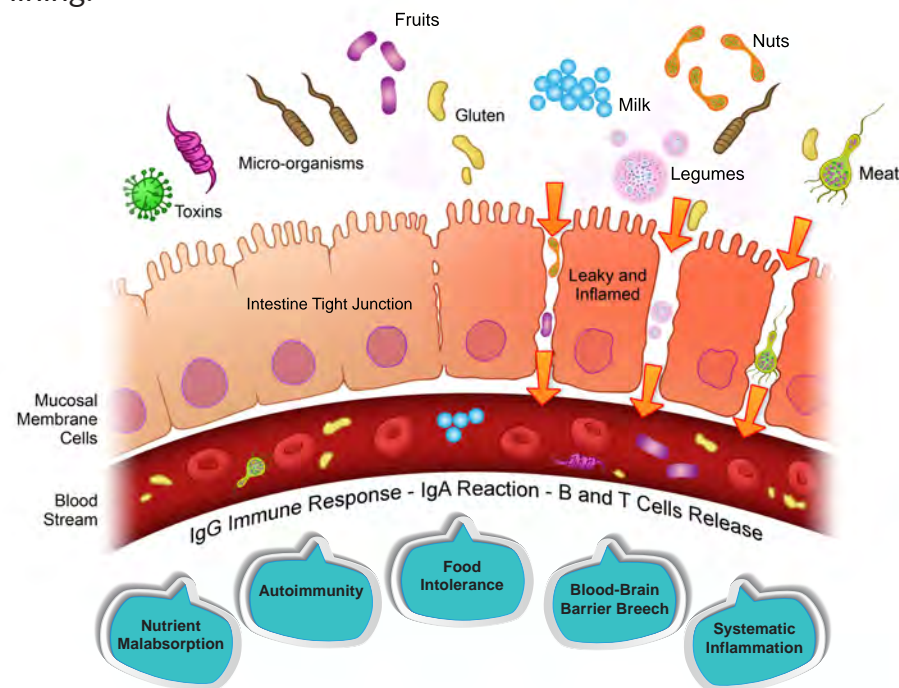
- ☞ Vibrant is the only company that utilizes a chemiluminescent method of detecting food sensitivities on a silicon chip. While other labs use ELISA methods, our proprietary technology enables us to provide the highest sensitivity of detection.
- ☞ All 96 tests are performed in a single reaction vessel enabling high accuracy and precision.
- ☞ We have a team of expert clinical dietitians who are trained on providing dietary recommendations based on your results, and delivering a personalized approach to work with your rotation plan and nutrition.
- ☞ Vibrant tests for IgG and IgA antibodies to food. IgA antibodies provide protection from mucosal damage. IgA reactivity to foods indicates mucosal damage. If IgG reactions are negative and you are still symptomatic, IgA reactivity helps provide solutions.
- ☞ Portal to visualize reports and easy access to blood draw.



Intestinal Permeability and Food Sensitivity

Your intestinal lining, in a healthy state will provide immunity against exposure to food antigens. Foods are not supposed to cross the intestinal barrier to enter your blood stream. However, factors such as inflammation in the gut lining, caused by abnormal gut flora, stress and certain drugs and alcohol can cause the food particles to breach the barrier and enter the bloodstream where they cause an IgG antibody response. In a case where you see reactivity to multiple foods, intestinal permeability may be the root cause.

If so, your healthcare professional may choose to order the Intestinal Permeability Panel to confirm and suggest treatments, in addition to dietary recommendations, to heal your intestinal lining.



Rotation Diet/ Elimination of Foods

Once you receive your results, your healthcare professional can help you formulate a plan to rotate your diet/eliminate the problem foods from your diet. Most people see improvement of symptoms within a few weeks of eliminating the reactive foods or after going on a rotation plan. However, it is important to understand that symptom improvement may take some time, and results vary from individual to individual. Removing reactive foods from the diet can sometimes result in withdrawal symptoms like headaches, fatigue, irritability and hunger.

Symptoms to Consider in Food Sensitivity Testing:

Abdominal pain, gas, bloating, nausea and vomiting, skin itchiness and redness, rashes like eczema, bronchitis and asthma symptoms, joint pain, muscle stiffness and swelling, fever, fatigue, sweating and feeling weak.

Undetected food sensitivities could lead to symptoms and systemic changes that are associated with certain conditions/illnesses.

Digestive disorders: Conditions like irritable bowel syndrome (IBS) and Crohn's disease have been linked to IgG food reactions. Research has shown that elimination of IgG reactive foods can alleviate IBS symptoms. A 2006 study data demonstrate that identifying and appropriately addressing food sensitivity in IBS patients not previously responding to standard therapy results in a sustained clinical response and impacts on overall well being and quality of life in this challenging entity.

Migraines: A research study, in 2010, showed that diet restriction based on IgG antibodies is an effective strategy in reducing the frequency of migraine attacks. A 2007 research study found that 43/65 patients, with migraine headaches, had complete remission of headaches after one month of eliminating reactive foods.



Mood/attention deficit disorders: Deposition of antibody antigen complexes in nervous system tissues may contribute to hyperactivity, depression, anxiety, inability to concentrate and other mood disorders. There is some evidence that eliminating IgG food antigens improves attentiveness in children.

Weight gain: Antibody-antigen complexes in tissue cause inflammation, which leads to fluid retention and weight gain. To fight inflammation, the body releases a chemical called ghrelin, which also happens to be an appetite stimulant. Thus, IgG food reactions may contribute to weight gain in two ways: fluid retention and increased appetite. Fatigue (less calories burned) and difficulty sleeping are associated symptoms of food sensitivities that also go hand-in-hand with weight gain.