

Neurologic & Mental Health

Exploring gut-brain-immune connections to support clinical reasoning in neurologic and mental health presentations.



Many patients with anxiety, low mood, brain fog, or headaches also have gut symptoms — bloating, irregular digestion, or food-related discomfort. Research shows the gut and brain are in constant communication through immune, nerve, and hormonal pathways, meaning gut disturbances can directly affect how a person thinks and feels. IgG Food MAP measures immune reactivity to specific foods and may help identify dietary patterns worth exploring when symptoms appear food-linked.^[1-3, 8]



When Might Providers Consider the IgG Food Map

Brain Fog & Cognitive Fluctuation: Patients reporting variable concentration, mental fatigue, or reduced cognitive resilience — particularly when symptoms fluctuate with meals or bowel pattern changes.^[1,8]

Mood & Anxiety with GI Overlap: Presentations of anxiety, irritability, low mood, or stress intolerance that co-occur with bloating, bowel irregularity, or post-meal distress.^[2,3,7,8]

Sensory & Behavioral Food Patterning: Food aversion, restricted eating, post-meal behavioral shifts, or sensory reactivity — especially when GI symptoms or neurodevelopmental factors are present.^[9,10]

Migraine or Headache with Dietary Triggers: Patients with recurrent headaches or migraine who suspect food-related symptom patterns.^[5]

Autonomic / Visceral Dysregulation: Post-meal malaise, nausea, palpitations, or bowel urgency with anxiety-like symptoms may reflect gut-brain dysregulation.^[8,15]

Neuroimmune Symptom Amplification: Cyclical or flare-based fatigue, myalgias, cognitive slowing, or inflammatory symptom clusters coexisting with GI complaints and stress sensitivity.^[2,3,16]

What the IgG Food Map Measures

Analyte Class	What It Reflects	Neurologic Relevance
Food-Specific IgG Antibodies (190 food antigens)	Dairy, gluten-containing grains, eggs, soy, nuts, nightshades, legumes, and common dietary staples ^[4,6]	May reflect recurrent immune activation at the gut mucosa; contextualizes food-symptom relationships in delayed or non-IgE presentations ^[4,5]
Candida albicans IgG Reactivity	Dietary sugars, refined carbohydrates, fermented foods — conditions favoring yeast overgrowth ^[8]	Elevated Candida IgG has been associated with gut dysbiosis and mucosal immune activity, which may intersect with systemic and neurologic symptom patterns ^[8,11]
Saccharomyces cerevisiae IgG Reactivity	Baker's yeast, brewer's yeast, fermented foods, bread products ^[11,12]	IgG reactivity to <i>S. cerevisiae</i> has been explored in the context of inflammatory and psychiatric conditions; may help inform dietary and probiotic considerations ^[11,12]

Related Conditions

Condition	Clinical Encapsulation
Major Depressive Disorder & Anxiety	Mechanistic plausibility via gut-brain, inflammatory, and intestinal barrier-related pathways; IgG Food MAP may support hypothesis-generation in patients with concurrent GI and mood symptom patterns ^[2,3,8]
Irritable Bowel Syndrome with Mood Comorbidity	Associative evidence supports the strongest clinically relevant overlap model; IgG-guided elimination has demonstrated symptom reduction in controlled trials, with high rates of comorbid anxiety and depression ^[4,7,8]
Migraine	Emerging clinical evidence — a double-blind, randomized crossover trial found that an IgG-guided restriction diet was associated with fewer attacks and reduced medication use in migraine patients ^[5]
Autism Spectrum Disorder	In emerging evidence gut barrier dysfunction, immune activation, and gut-brain signaling alterations have been reported, and higher food-specific IgG has been associated with more pronounced stereotyped behaviors. ^[9,10]
Non-Celiac Gluten Sensitivity / Brain Fog	Mood symptoms, cognitive complaints, and behavioral effects have been associated with gluten sensitivity outside of celiac disease in some observational data ^[12]

How the IgG Food Map Supports Clinical Reasoning

Structures Dietary Hypothesis-Testing

Results can guide a supervised elimination and reintroduction diet protocol when food-symptom relationships are suspected but unclear, offering a more organized clinical approach than trial-and-error exclusion.^[4,5]

Contextualizes Multisystem Symptom Patterns

In patients with overlapping GI, neurologic, and mood symptoms, IgG reactivity data may help contextualize the broader clinical picture and prompt integrative dietary and lifestyle interventions.^[1,2,3,8]

Supports Patient Engagement & Adherence

Providing patients with individualized food-reactivity data can increase motivation for dietary modification and improve adherence to elimination protocols when symptom attribution has been ambiguous.^[4,5]

How to Order

To order the IgG Food Map test, contact your Mosaic Diagnostics representative or visit [www.mosaicdx.com]. Specimen collection kits and requisition forms are available through your account portal. For clinical support or interpretation questions, contact our clinical education team.

This document is intended for licensed healthcare professionals and is for informational and educational purposes only. The test results are not intended to diagnose, treat, cure, or prevent disease. All clinical interpretation should be done by a qualified healthcare professional in the context of the individual patient. Statements regarding associations between health symptoms and conditions do not constitute diagnostic claims.

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