



## Basic Laboratory Testing Options

I've listed below almost all of the tests that I took during my healing journey. These tests are the basic tests that would be ordered by a competent functional medicine doctor. I am NOT recommending these tests. I am NOT a medical doctor. Consult with your health care provider before ordering tests.

Ideally, the tests are ordered at the same time because it gives the practitioner (or yourself) a more complete picture of what is happening across organ systems, as opposed to a snapshot that a single test would provide. Having more USEFUL data points allows for the pieces of your puzzle to be connected more easily. However, the tests can be expensive and improvements in health can often be made without the use of testing. So, the choice is yours.

As you know, reversing disease is possible. There are physical aspects to healing, such as addressing diet, gut dysbiosis and heavy metal toxicity. In addition, there are spiritual aspects to healing. I believe both are required to fully heal and to remain healed.

The laboratory tests listed below can help you address the physical aspects of your healing journey.

As always, I am not making medical recommendations. I am merely a source of information, support, and encouragement. I ask that you discern what is right for you and your family and disregard the information that does not resonate. This is your journey; choose what is right for you.

Below is a list of the BASIC tests recommended by some competent functional medicine doctors that I know:

**There are variations of these tests, but these provide a great BASIC foundation. I used all of these tests. Depending on your individual symptoms, additional tests may be required or desired.**

- Functional Vitamin/Mineral Deficiency Test
- Delayed Allergy Test (Food/chemical sensitivities)
- HLA-DQ (Genetic Test for gluten sensitivity)
- IgE (True Allergy Test)
- Heavy Metal Test
- Stool Analysis
- CBC, Chem Panel, Vit D, Iron, Ferritin, Amylase, Lipase, and sometimes a full thyroid panel

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**Out of those BASIC tests, the following tests can usually be ordered by a local MD:**

1. **25-hydroxy-Vitamin D** - Vitamin D deficiency or inadequacy has been linked with inflammatory and autoimmune disease
2. **IgE (True Allergy Test)** – Your local MD can select specific foods to test. I have listed commonly tested foods below. This list is just a suggestion; not all of the foods on that list need to be tested in every person. I just happen to test for all of them. In addition to that list, I asked my practitioner to test for foods I intuitively felt might elicit an allergic response in my body. Here are commonly tested foods:

- Dairy (Cow's)
- Egg
- Fish (Tuna)
- Shellfish (Shrimp, mussel, crab)
- Peanuts
- Hazelnut
- Almond
- Apple
- Soybean
- Wheat
- Strawberries
- Oranges
- Banana
- Barley
- Beef
- Buckwheat
- Celery
- Corn
- Garlic
- Lentil
- Peach
- Tomato
- Sesame Seed
- Navy Bean

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You can also order an IgE true allergy test yourself. Here are a few options:

[Questdirect.com](https://www.questdirect.com)

They have several allergy tests, including panels for: food, indoor allergy, nut allergy, seafood allergy, shellfish allergy, tree pollen allergy and weed and grass allergy test panels. Here is a [LINK](#) to the page that lists all of those test options. Their IgE food allergy test is called [Food Allergy Panel](#). It includes most of the food items listed above.

[Walkinlab.com](https://www.walkinlab.com)

Their test is called [Food Allergy Panel 2 IgE Blood Test](#). It includes most of the food items listed above.

[Truehealthlabs.com](https://www.truehealthlabs.com)

Their test is called Immediate IgE Food Allergy Test, Basic. It includes most of the food items listed above.

3. **CBC, Chem Panel, Vit D, Iron, Ferritin, Amylase, Lipase, and full Thyroid Panel** (Thyroid panel is usually ordered depending on your symptoms, such as: unexplained fatigue, weight loss or weight gain.) If the full Thyroid Panel is ordered, I would make sure the doctor measures the following markers:

Full Thyroid Panel, including:

TSH - this marker is one of the common markers used when testing for thyroid functioning, but it can be "normal" for 10-15 years while the body is making antibodies, therefore, additional markers are needed, including:

- TPO (Thyroid Peroxidase Antibody)
- Tg (Thyroglobulin)
- Tg Antibody (Thyroglobulin Antibody)

Out of the BASIC test panel, a local MD probably will not order the following tests:

- FIA (SpectraCell Vit/Min Deficiency test)
- EAB Allergy Test (foods/chemical sensitivities)
- HLA-DQ (Genetic Test for gluten sensitivity)
- Heavy Metals
- Stool Analysis

However, all of the tests in this last grouping can be ordered without a doctor. Below are companies that provide those tests. Other companies are available as well; I'm listing the companies I have utilized.

## FOOD & CHEMICAL SENSITIVITY TESTING

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Food sensitivities are different than food allergies. They work through different metabolic pathways, as described in your 5R-Treasure Map. Therefore, testing for only food allergies will not tell you if you have food sensitivities. Food sensitivities can be difficult to determine without a test because there is usually a delayed response to the offending food; the delay can be as long as three weeks. Testing for food sensitivities comes in handy because it detects those foods that cause delayed reactions as well as foods that cause no obvious symptoms.

The test I used was a Delayed Hypersensitivity Test (LRA).

The test can be ordered through the Gluten Free Society ([www.glutenfreesociety.org](http://www.glutenfreesociety.org)). The test is called Food Sensitivity Test.

#### CURRENTLY UNAVAILABLE

When ordering without a doctor, the individual orders the desired test online, the company ships the kit to that person, the person has their blood drawn, they ship the kit back to the lab (shipping materials are included in the kit), the lab runs the test, and then contacts the person with the results.

Side note: The test results will indicate how long these foods need to be removed from the diet in order to heal. I do not agree with the recommended time frame for removal of the reactive foods. If you'd like to discuss this in more detail, please ask me during the Live Q&A sessions.

Since that test is currently unavailable, until it comes back in stock, another option (although less reliable in my opinion) is:

<https://www.usbiotek.com/food-sensitivity-testing>

#### GLUTEN SENSITIVITY TEST:

The Gluten Free Society offers a genetic test using a cheek sample. An individual can order the test without a doctor ([www.glutenfreesociety.org](http://www.glutenfreesociety.org))

Gluten does not need to be consumed prior to taking the test because the test is looking for a specific gene pattern. This is the most accurate test currently available to determine gluten sensitivity. It is common to test negative for Celiac disease and/or gluten sensitivity in a western doctor's office because of the type of test they use. The test only detects a handful of antibodies to gluten. Usually, the antibody that is tested is alpha-gliadin, which is only one type of gluten. But we know there are close to 1,000 different types of gluten proteins. Therefore, the best test is the genetic test.

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## HEAVY METALS:

The heavy metals test I used was purchased through Doctor's Data (3755 Illinois Avenue, St. Charles, IL; [www.doctorsdata.com](http://www.doctorsdata.com)). It is a urine test. You collect a urine sample then take a chelator and collect urine again for a duration of time. Your doctor would need to order the test if you use Doctor's Data.

We tested for the following metals in my urine: Aluminum, Antimony, Arsenic, Barium, Beryllium, Bismuth, Cadmium, Cesium, Gadolinium, Lead, Mercury, Nickel, Palladium, Platinum, Tellurium, Thallium, Thorium, Tin, Tungsten, and Uranium.

Another option is to order a heavy metal test yourself through WalkInLab.com. They offer the Doctor's Data heavy metal test, which is called "Toxic Metals Random Urine – Doctor's Data Test Kit." The kit does not contain a chelator. You will need to ask your medical provider to prescribe the chelator. When you order the test, tell the company you are collecting pre and post-urine samples.

A pre-urine collected and a post-provocation urine collection is needed to determine heavy metal levels in the body if you are using a urine test.

## STOOL TEST:

WalkInLab.com offers a stool test, which is called "Comprehensive Stool Analysis Plus Parasitology x3 - Doctor's Data Test Kit." When you order the kit, choose the 3-day collection. Here is the link:

<https://www.walkinlab.com/products/view/dd-comprehensive-parasitology-x3-doctors-data-test-kit>

Here is a sample of what the test results look like:

<https://site-akiajqrf22xmaqzsiz6q.s3.amazonaws.com/DDI+Website/Sample+Reports/Sample+Report+CS+AP21.pdf>

This test is useful for people with autoimmune conditions because roughly 70-80% of the immune system is found in the gastrointestinal tract. This type of stool tests allows the practitioner to determine if there are "infections", microbial imbalances, or other issues occurring in the gastrointestinal tract.

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## MICRONUTRIENT DEFICIENCY TEST:

Most standard western medicine laboratory tests are not accurate in detecting many micronutrient deficiencies (an exception, for example, is vitamin D level).

Instead, a functional test is often a better approach because it measures functional deficiencies as opposed to a snapshot of nutrients in your blood or plasma. My western doctors repeatedly ran lab tests, which all showed no deficiencies. Using the functional test listed below, we were able to determine I had deficiencies in 15 micronutrients; 2 were so severe I was borderline for both beriberi and pellagra – both of those diseases can lead to death.

What's even more mind-blowing is that I was consuming a multivitamin and mineral supplement every day but was not able to absorb the nutrients. Therefore, testing can be helpful.

The test I took was called "Comprehensive Micronutrient Test" and was offered through the company SpectraCell: <https://www.spectracell.com>

You can order this test yourself using this website:

<https://shop.spectracell.com/micronutrient-test/>

Direct-to-consumer laboratory testing is not permitted in the following states: CA, MD, MA, NJ, NY, PA, and RI. Therefore, specimens cannot be collected and lab results cannot be delivered to residents in these states.

This test can also be ordered through Gluten Free Society. They ship to all states except New York.

<https://www.glutenfreesociety.org/nutrient-deficiency-test-kit/>

Again, this list includes testing options that are commonly used in functional medicine. They are not required nor am I recommending them. I'm providing them for educational purposes only because it is good to know you have options so you can make informed decisions for yourself and your family.

- Dr. Sina McCullough

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