

**Dr. Amauri Caversan Wellness Center offers you**  
**[Blood Work Walk in Clinic](#) here in Toronto. Contact**  
**us (416) 922-4114**



## **Lab Testing Services**

### **About Our Functional Medicine Lab Testing**

Many patients have undergone conventional health testing, such as blood work and diagnostic tests (i.e. MRI, x-ray, etc.). However, sometimes these test results may not help patients fully understand why they still feel unwell.

At Dr. Amauri Wellness Centre, we are able to provide patients with further testing to help assess your current health status. This allows our health practitioners to track the progress of your treatments.

Our clinic offers a wide variety of functional medicine testing methods to comprehensively assess your health. By applying the [principles of functional medicine](#), our health care providers analyze the body as a “whole system.” We do not merely focus on the symptoms of patients, we also emphasize on treating the causes. Each patient’s health concerns will be listened to in full detail. Discussions on family health history will occur, as well as how genes, lifestyle, diet, and environmental surroundings effect chronic disease development and long-term health.

The following tests are available for our patients:

# **URINE TOXIC ELEMENT CLEARANCE PROFILE AND NUTRIENT ELEMENT STATUS**

## **About this test**

This instrumental test assesses numerous hazardous or potentially hazardous elements from a urine sample. This test helps identify how much toxic metals have been retained in the body due to chronic or acute toxic exposure. These results may help health care providers determine the development of a detox regiment and the status of nutrients in the body during treatments.

## **Who should consider this test?**

Toxic metals can disrupt your health, negatively affecting the organs and nutrient balance within the body. Studies have indicated that toxin exposure (chronic) may impact: energy levels; reproduction; cognition; emotional health; respiratory, hepatic, cardiac, immune functions; and more health issues and conditions. If you experience these health issues and have been exposed to excessive toxins, this test may be useful for you.

If you are nervous about toxic metal exposure in the workplace, this test may also benefit you. Toxin build-up can occur in the body due to occupational exposure from air, water, soil, or industrial waste toxins. Exposure to toxic elements can occur from: welding and metal shaping; plumbing; electronics/computer manufacturing; handling the disposal of wastes; plating and parts manufacturing in aerospace and machine tool industries; weapon use from military or police services; and more.

# **SIBO (SMALL INTESTINE BACTERIAL OVERGROWTH) TEST**

## **About this test**

This test may help diagnose the causes of unsolved abdominal symptoms through a breath test; it captures hydrogen (H<sub>2</sub>) and methane (CH<sub>4</sub>) gases that have been exhaled after ingesting a lactose liquid. Any bacterial overgrowth from the small intestine may be determined in the tests results. Outcomes from this test may help health care providers treat SIBO patients with various treatments, such as nutrient supplementation and dietary changes.

## **Who should consider this test?**

If you are showing the symptoms of SIBO (i.e. unexplained diarrhea, bloating, indigestion, etc.), you may consider this test. SIBO (small intestine bacterial

overgrowth) is a common clinical condition that affects many populations. SIBO symptoms are generic and include flatulence, stomach pains, and diarrhea.

Take note: if you have been diagnosed with the following conditions, SIBO has been known to be associated with them: Celiac disease, diabetes, fibromyalgia, irritable bowel syndrome/irritable bowel disease, Parkinson's disease, rosacea, obesity. Risk factors for the development of SIBO include: gut microflora changes due to elderly age and medications (i.e. recurrent antibiotics); the dysfunction of organs; structural and/or anatomic issues; and more.

## **IgG FOOD ANTIBODY ASSESSMENT**

### **About this test**

Each body has a unique response to food. Unfavourable food reactions can cause various symptoms and chronic conditions; in fact, sometimes it's hard to determine which foods may be the culprit, but testing can help health care providers identify those "difficult" foods.

Our clinic can provide patients with an Immunoglobulin G (IgG) food antibody blood test, which measures the presence of IgG antibodies from frequently consumed foods. The results of this test may help health care providers and patients understand which foods to remove from the daily diet, which may help subside symptoms.

### **Who should consider this test?**

If you suspect that foods are causing unwanted symptoms, but you're unsure which foods are responsible, this test may provide you with insight.

Take note: irritable bowel syndrome (IBS), migraines, skin rashes (i.e. eczema), joint pain, autoimmune disease, obesity, major depressive disorder and Crohn's disease have been shown to have links to IgG food sensitivity. Additionally, IgG antibodies to food may indicate [leaky gut syndrome](#). This condition occurs when large substances leak through the tight junctions of the gut's barrier (known as increased intestinal permeability). As a result, you produce IgG antibodies to the food you've eaten. Other factors behind leaky gut syndrome include high stress, chronically using NSAIDs, excessively drinking alcohol, and more.

## **COMPREHENSIVE STOOL ANALYSIS**

### **About this test**

It's not uncommon for patients to have concerns over gastrointestinal health. This test helps pinpoint the causes of chronic health conditions and gastrointestinal indicators; it evaluates inflammation, absorption and digestion markers. Your health care provider may help identify the root source of digestive issues using these test results.

By examining a stool sample, this test examines both pathogenic and beneficial microorganisms (i.e. yeast, parasites and both anaerobic and aerobic bacteria). Antimicrobial susceptibility testing will also occur along with this test; this specific test will help your health care provider recognize what type of antimicrobial treatment is effective against specific types of bacteria, fungi or parasites.

### **Who should consider this test?**

If you suffer from gas, diarrhea, bloating, constipation, and other digestive symptoms, this test may be advantageous in helping you receive proper treatment. You may also consider this test if you have recently been exposed to parasites (i.e. through contaminated food, water, oil, exposures to insects that are carriers of disease, etc.).

## **DUTCH TESTS**

### **About these tests**

Known as the "Dried Urine Test for Comprehensive Hormones," DUTCH tests report hormonal imbalance symptoms, which may allow your health care provider to address hormonal health concerns.

Offering versatile dried urine samples, DUTCH tests provide extensive hormone profiles that otherwise may not be collected from saliva, serum and 24-hour urine tests. DUTCH tests evaluate the following: sex hormones and metabolites (estrogens, progesterone, androgens, testosterone and their metabolites). They also measure for daily free cortisol, cortisone and their metabolites, organic acids (dopamine metabolite, glutathione threshold, oxidative stress and melatonin levels), and more.

These tests help health care providers evaluate hormonal malfunctions and inflammation.

**These DUTCH tests are available at our clinic for various hormonal health concerns:**

- **Adrenal Function DUTCH Test:** Stress, fatigue, lack of energy, inflammation and obesity may be related to the amount of cortisone produced in the body. This test measures cortisol production and metabolites from urine samples taken through various times of one day. The results from this specific DUTCH test may help health care providers determine the next course of action in treating adrenal concerns.
- **Male Hormone DUTCH Test:** Men may experience “male menopause”, also known as andropause. This occurs when there is hormonal loss from the adrenal glands and gonads. As a result, men may experience symptoms including low sex drive, depression, fatigue, and weight gain. This test provides a thorough insight on metabolites and sex and adrenal hormones. Results may help health care providers determine hormone imbalances and help monitor hormone replacement therapy results.
- **Female Hormone DUTCH Test:** Hormonal imbalances in women may be a concern if they are misdiagnosed. Symptoms include PMS, depression, mood swings, fatigue, low sex drive, weight gain and menopause. This test may help health care providers identify the root cause of hormonal imbalances by analyzing metabolites and sex and adrenal hormones. In turn, these test results may provide female patients with the appropriate treatment for hormonal concerns.

### Learn More About Our Lab Tests

As previously mentioned, we practice [integrative functional medicine](#). This form of treatment considers each body as a “whole system.” Because we focus on treating the cause over symptoms, each patient is provided with a personalized approach to optimal healthcare outcomes.

If you're interested in a specific test and cannot find it listed on our website, please don't hesitate to contact us. (Appointments may be conducted in person or via phone consultation). You're welcome to book an appointment to learn more on how functional medicine tests may help identify the root cause of disease. Call us at 416-922-4114 or [email your request here](#).



Book an appointment now for your blood tests at  
our Toronto clinic:

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