

Recommended Integrative Testing Protocol

1) Labwork- through Quest- labs will evaluate blood sugar, iron deficiencies, lipid profile. thyroid, kidney, and liver function, mineral deficiencies, vitamin deficiencies and other markers that indicate inflammation associated w depression and anxiety.

*** covered by most insurances

2) Organic Acids Test - urine test that looks for markers (yeast , bacteria, acids, microorganisms) -comprehensive metabolic snapshot- vitamins, mineral levels, oxidative stress, neurotransmitter levels- cost 299.00. some insurance plans cover.

3) Metals Hair Test- hair test- detects exposure to toxic metals, mineral deficiencies - cost 79.00

4) ION panel- blood or urine test- amino acid profile, fatty acid profile, The ION Profile is a nutritional analysis that measures over 125 key nutrient biomarkers and ratios that can help identify nutritional shortfalls that may be a root cause of complex chronic conditions. The ION Profile evaluates organic acids, fat-soluble vitamins, Coenzyme Q10, homocysteine, oxidative stress markers, nutrient and toxic elements, fatty acids, and amino acids.

Nutritional analysis using the ION Profile allows for personalized treatment plans to improve nutritional status, which can enhance other treatments and increase the resolution of complex chronic conditions.

Effective for Patients Experiencing:

Over time, functional nutritional inadequacies can contribute to a variety of chronic health conditions. Clinical indications for testing include- depression and anxiety conditions, fatigue, digestive issues.

Cost- 225.00 w insurance - 465.00 w/o insurance

5) Kryptopyrrole- urine test- to detect high levels of Kryptopyrrole- which result in a dramatic deficiencies in ZINC and B6 - symptoms associated w high levels of Kryptopyrrole include- poor tolerance to physical/emotional stress, poor anger control, mood swings, behavior disorders, ADHD, depression, aggression and more. Cost- 82.00 w/o insurance

6) Genetic Testing-cheek swab

The test identifies patient-specific genetic markers that affect how patients may react to medications and other treatments. It is an easily administered cheek swab test that analyzes up to 24 key genes. These genes were selected based on FDA prescribing information, consensus expert guidelines, and data derived from hundreds of studies showing that variations in these genes may inform treatment decisions. optimizes treatment plan. Cost - some insurances cover partial cost- out of pocket cost 300.00

7) Other tests that may be individualized depending on symptoms- including food allergy testing, hormone testing, etc.

Testing is combined with medical and mental health history, and symptoms to develop an individualized treatment plan.