

Clark Wellness, PLLC

FUNCTIONAL MEDICINE TESTING

Comprehensive Stool Analysis: We recommend having this test as a baseline because most illnesses and ailments start in the gut. **The GI Effects® Comprehensive Stool Profile** is a group of advanced stool tests that provide immediate, actionable clinical information for the management of gastrointestinal health. Utilizing cutting-edge technologies and biomarkers, this profile offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome. It assesses levels of good and bad bacteria, fungi, viruses and parasites. In addition, it tests for markers of inflammation, barrier function and malabsorption. This is an essential test for those with IBS, Crohn's, ulcerative colitis, cardiovascular disease, diabetes, fatigue, brain fog, body aches, autoimmune issues and weight problems. <https://youtu.be/UcTOMAgDlog>.

Advanced Celiac and Gluten Sensitivity Profile: 1 out of 7 Americans suffer from a wheat related disorder. This test is designed to distinguish how your body reacts to wheat—whether it is celiac disease, non-celiac gluten sensitivity, non-gluten wheat sensitivity or other autoimmune responses triggered by gluten. This profile also includes markers of intestinal permeability (leaky gut) including zonulin, actin and LPS. (The intestinal permeability portion is also available as a standalone test).

Adrenal Testing: We use Saliva or Urine. This test measures the effect of stress on your body. It measures Cortisol pattern throughout the day. Stress includes emotional, dietary, infectious, or inflammatory type. It is an important tool for evaluating adrenal imbalances that may be impacting a patient's health. Adrenal imbalances are often at the root of many other hormone imbalances such as sex hormones and thyroid hormone. It is also crucial in fatigue, insomnia, mood disorders and autoimmune disease.

Organic Acid Testing: The Organic acid testing provides a view into the body's cellular metabolic processes and the efficiency of metabolic function. Organic acids are metabolic intermediates that are produced in pathways of central energy production, detoxification, neurotransmitter breakdown, or intestinal microbial activity. Marked accumulation of specific organic acids detected in urine often signals a metabolic inhibition or block. The metabolic block may be due to a nutrient deficiency, an inherited enzyme deficiency, toxic build-up or drug effect. Several of the analytes are markers of intestinal, bacterial, or yeast overgrowth.

Micronutrient Testing: Micronutrient testing is an innovative assessment of a patient's nutritional status. Core nutrients are measured such as antioxidants, B Vitamins, digestive support, essential fatty acids, and minerals. Nutritional deficiencies are often at the root of many chronic diseases



Clark Wellness, PLLC

and symptoms such as: mood disorders, depression, anxiety, sleep disturbances, fibromyalgia, and fatigue, diabetes, and heart disease. It can also be used to optimize health and fitness for athletes.

Advanced Cardiometabolic Testing: Traditional cholesterol testing is not adequate to assess an individual's true risk factors for heart disease. It's been found that about 50% of patients who have heart attacks have "normal" cholesterol and furthermore high cholesterol in most populations is not always cause for alarm. The other risk factors include the types and size of cholesterol particles, markers of inflammation, endothelial dysfunction and metabolic function. Advanced cardiometabolic testing can reveal these risk factors and direct preventive care.

Toxic Metals Testing: We live in a very toxic world where we encounter chemical and toxins daily. In some occupations, the risk for heavy metals and toxin poisoning is much greater. Evidence suggests that chronic toxic element exposure can adversely affect energy levels, reproductive function, cancer risk of all kinds, neurological development and function, respiratory, cardiac, liver, and immune functions, cognitive and emotional health, and degenerative conditions. Chronic toxin exposure may masquerade as many different diseases as possible.

Food Allergy and Sensitivity Profile : This test measures levels antibodies specific to many foods causing patient reactions. IgG antibodies are associated with "non-allergic" or "delayed" food reactions that can worsen or contribute to many health conditions. It may also indicate the presence of leaky gut syndrome and other digestive issues.

Airborne allergies: Red irritated eyes, constant sneezing, runny nose are common symptoms of inhalant allergies. Typical inhalant allergens are pollens from grasses, trees and weeds, mold spores, pet dander, and dust mites.

Specialized Genomics Testing: Nutrigenomics profile provides you with an individualized report with powerful information to help you understand how your genetics and lifestyle may affect your diet, nutrition, and exercise. With your genetic information, you can gain insights into how your body may process sugar, fats, nutrients and vitamins. In addition, this test screens for muscle potential and how your body responds to exercise as well as your potential to maintain a healthy weight. In addition to nutrigenomics, we also test for MTHFR and COMT gene mutation as well as ApoE status.

Most of the tests we order are sent home kits that are provided to you in the office or sent to your home to be completed and sent off from the comfort of your own home. Blood tests are drawn in our clinic lab or in some cases can be drawn remotely at your home, office or nearby location and there will be a phlebotomy fee. We use Rupa Health, and they provide all the



Clark Wellness, PLLC

support you will need during the collection and when sending off the kit(s). There will be a link from Rupa health who will send you customized phlebotomy options near your location via e-mail. For any lab testing related question, please check their website for more information or contact them directly at support@rupahealth.com or Rupa Health | A simpler way to order specialty labwork.

We also use Lapcorp, Quest, Access lab and Vibrant America among others and the orders may change from time to time.

