



Clinical Tests Available via Nutritional Therapist Sally Whitman

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A IMPORTANT NOTES

If you are considering looking into functional tests, please note the following

- Choosing a particular test should ideally be done in consultation with a properly qualified nutritional therapist
- A nutritional therapist cannot diagnose a medical condition, and it is always advisable to keep your doctor informed of any steps you are taking to improve your health, as well as any positive test results
- An individual test cannot provide a comprehensive health assessment, and may not identify all the factors involved in your health problems
- A positive test result does not guarantee that your health problems will be completely resolved by following the recommendations that are made

[CLICK HERE FOR GENERAL INFORMATION ON HOW CLINICAL/FUNCTIONAL MEDICINE TESTING WORKS](#)

1 DIGESTION

Microbiology (stool)

Low levels of friendly gut bacteria can underpin many health problems, including poor digestion (bloating, wind, IBS, constipation and/or diarrhoea), low immunity and overweight. This test also measures overgrowth of pathogenic bacteria.

Comprehensive Digestive Stool Analysis (stool)

Designed to identify the underlying functional causes of deep-seated digestive problems, this very comprehensive test measures digestion, protein and fat absorption, bacterial balance, yeast overgrowth, pathogenic bacteria, short chain fatty acids, PH and inflammation. It is frequently used where medical investigations have drawn a blank.

Comprehensive Parasitology (stool)

A surprising number of people in the Western world are contaminated with parasites, which can cause a wide range of health problems. Can be combined with the digestive test above. Included are sensitivity tests on any unwelcome guests found, to identify what should be used to get rid of them.

Intestinal Permeability or Leaky Gut (urine)

If the gut wall becomes too porous or 'leaky', this allows undigested food proteins and other substances to cross over into the bloodstream, setting off an immune response. This can lead to multiple food and chemical intolerances and unrelieved nasal congestion/sinus infections.

Candida Antibody Profile (saliva)

Used to detect an active immune reaction to the candida yeast, rather than simply its presence in the gut, which can be inconclusive. Linked to a wide range of digestive, immune, skin, hormonal, energy and respiratory symptoms, and becoming more common in men as well as women.

Easy home test kit.

[CLICK HERE FOR CANDIDA BRIEFING](#)

Helicobacter Pylori (breath)

Measures level of the only bacterium which can survive in the stomach, which causes 90% of ulcers. Associations include acid stomach, heartburn and indigestion.

Lactose Intolerance (breath)

Lactose is the main sugar in milk and dairy products (excluding yoghurt). Inability to digest lactose is one of the most widespread digestive disorders, and is becoming more common, because of widespread low levels of good bacteria and the use of antibiotics. Symptoms can include intestinal pain, bloating, wind, and constipation or diarrhoea.

[CLICK HERE FOR BRIEFING ON NUTRITION AND DIGESTION](#)

2 ENERGY AND STRESS

Adrenal Stress Index (saliva)

Measures levels of the stress hormones cortisol and DHEA, which can be severely disrupted by ongoing high levels of stress, leading to fluctuating energy levels, more frequent infections, IBS and sleep and emotional problems – amongst others!

Comprehensive Adrenal Stress Index (saliva)

As above, but also measures levels of Secretory IgA (sIgA), which protects against viruses and bacteria, and is commonly reduced by adrenal stress. Low levels often result in frequent infections which are very slow to clear.

Total Thyroid Screen (blood)

Many people show ongoing symptoms of low thyroid function despite 'normal' medical thyroid tests. This is a more detailed and sensitive test of 'sub-clinical' low thyroid function, and includes T4, T3, TSH and thyroid antibodies. For people who feel their energy is constantly under par, especially in the morning, and may have other signs of lowered metabolism, such as low mood and stubborn weight retention.

Comprehensive Thyroid Assessment (blood)

This test goes beyond the usual measures of TSH and free T4, to measure the ability of the liver to convert the thyroid hormone T4 into the useable form T3, and whether conversion instead to Reverse T3 may be blocking proper thyroid function.

Organic Acids (urine)

A useful and frequently chosen diagnostic test, especially for depleted energy and chronic conditions. The test can assess the efficiency of a wide range of metabolic functions affecting energy, such as cellular energy production, carbohydrate and fatty acid metabolism, neurotransmitter metabolism, detoxification status and bacterial balance. Raised levels of certain organic acids in the urine highlight blockages in particular metabolic pathways and missing nutrients, which can then form the focus of a nutritional support programme.

Easy home test kit.

**[CLICK HERE FOR BRIEFING ON
NUTRITION AND ENERGY](#)**

**[CLICK HERE FOR TESTS SUITABLE FOR M.E./C.F.S.
AND OTHER CHRONIC CONDITIONS](#)**

3 HORMONES - FEMALE

Progesterone/oestrogen Balance (saliva)

Particularly useful for assessing hormone balance during peri-menopause and menopause as a means of addressing menopausal symptoms.

Easy home test kit.

Female Hormone Profile (saliva)

Measures levels of oestrogen and progesterone throughout the monthly cycle to identify patterns of imbalance which can lead to PMS, fluid retention, infertility, menstrual irregularities, cysts and low libido. Includes testosterone levels.

Comprehensive Female Hormone Profile (saliva)

As above, but also measures the adrenal hormones because inappropriate levels of stress can have a profoundly negative effect upon the female hormones. Also includes the hormone melatonin which is involved in sleep patterns and the body's biorhythms.

Menopause Profile (urine and saliva)

A useful test for those suffering menopausal discomfort and/or concerned about the risk of osteoporosis or oestrogen sensitive cancers. Measures progesterone and oestrogen hormones, markers of bone loss, and levels of pro-and anti-carcinogenic oestrogen metabolites, to assist with targeting of treatment plans and disease prevention.

2/16 Hydroxyoestrogen Ratio (urine)

Measures the balance of the pro-and anti-carcinogenic oestrogen metabolites, which can affect the risk of oestrogen sensitive cancers. If the balance is unfavourable, the use of foods and supplements can alter this.

Easy home test kit.

PCOS (PolycysticOvarian Syndrome) Profile (blood and saliva)

A common hormonal disturbance linked to problems with blood sugar management which can increase the risk of diabetes and/or heart disease if not addressed. Presenting symptoms can include cysts, acne, weight problems, excess hair growth, irregular cycles and infertility.

4 HORMONES - MALE

Testosterone (saliva)

Levels of the principal male stress hormone can be reduced by stress and/or the male menopause. Symptoms may include low sex drive, reduced vitality and rapid ageing.

Easy home test kit.

Male Hormone Profile (saliva)

Is useful for ensuring optimum male hormone balance by identifying how levels of the adrenal stress hormones and melatonin may be adversely affecting testosterone levels. May present as stress, fatigue, low sex drive, reduced vitality and rapid ageing.

[**CLICK HERE FOR BRIEFING ON HORMONES**](#)

5 ALLERGY AND INTOLERANCE

Acute Food Allergy (blood)

Tests for IgE antibodies involved in immediate allergic reactions such as hives/urticaria, hayfever, rhinitis, asthma, eczema, excess mucus, swollen throat/gums/lips.

Inhalant Allergy Screen (blood)

As above for an extensive range of inhalant substances.

Food Intolerance Cellular Test (blood)

Using a direct cellular assay, this can detect sensitivity to any of 233 food substances, involving reactions such as IBS, fatigue, weight problems, muscle and joint aches, headaches/migraines, palpitations, hyperactivity and skin irritations.

Comprehensive Food Allergy Profile (blood)

Tests for acute food allergy, food intolerance and untreated coeliac disease

Dairy and Grains Profile (blood)

Tests for the most common food intolerances, including wheat and other grains, cow's, sheep's and goat's products, eggs, soya and yeast.

Food Intolerances (bloodspot)

Tests either 30 or 90 common food substances for possible intolerance, and enables an assessment of gut permeability (which can trigger or contribute to food reactions).

Easy home test kit.

Gluten Antibodies (blood)

Tests for both coeliac disease and gluten sensitivity; can be used to prevent further damage to the gut wall and avoid malnutrition.

Secretory Immunoglobulin A (sIgA) (saliva)

Measures Secretory IgA, good levels of which protect against viruses and bacteria, and also reduce the incidence of food reactions. Associated conditions include food intolerances/allergies, asthma, candidiasis, chronic infections, coeliac disease, inflammatory bowel disease and autism.

a means of addressing menopausal symptoms.

Easy home test kit.

**[CLICK HERE FOR BRIEFING ON
FOOD INTOLERANCE AND ALLERGY](#)**

6 TOXICITY

Liver Detoxification Profile (saliva and urine)

Many health problems arise from the inability of the liver to function properly in clearing out chemical toxins such as additives, pesticides, excess hormones and the by-products of disturbed digestion. The test measures the two separate phases of liver detoxification, and provides guidance if necessary for bringing liver function back to normal.

Please note that this test is not suitable for children.

Hair Mineral Test (hair)

A very useful general test, which provides information on both mineral toxicity (lead, cadmium, aluminium or mercury) and levels and ratios of the essential minerals, providing a guide to the body's underlying metabolism, energy and toxicity levels. This test can be especially useful for those suffering from unexplained fatigue, nervous system problems, cognitive dysfunction, respiratory problems and/or infertility.

Nutrient and Toxic Elements/Metals (blood)

Measures recent or ongoing exposure to a range of toxic minerals as well as testing for deficiency of 8 essential minerals, including selenium, potassium and magnesium.

7 ESSENTIAL NUTRIENTS

Vitamin and Mineral Screen (blood)

Used to identify deficiencies and/or excesses of important nutrients. Especially useful in cases of suspected malabsorption or use of long-term prescription drugs. Measures 9 essential vitamins and 7 minerals, including levels of red blood cell magnesium.

Nutrient and Toxic Elements/metals (blood)

Measures recent or ongoing exposure to a range of toxic minerals as well as testing for deficiency of 8 essential minerals, including selenium, potassium and magnesium.

Antioxidant Profile (blood)

Antioxidant nutrients protect the cells of the body against many major diseases as well as colds, flus and respiratory infections. The test measures vitamins A, E and Beta-Carotene as well as zinc, selenium and the heart protector and energiser coenzyme Q10. Very useful for those with a history or risk of cancer, heart disease, diabetes, MS, premature ageing, poor immunity, periodontal disease and anaemia, as well as anyone on cholesterol-lowering drugs such as statins.

Vitamin D (blood)

It is now recognized that vitamin D is involved in much more than bone health, and that good levels of vitamin D can assist with depression, seasonal affective disorder, rheumatoid arthritis and other auto-immune conditions, diabetes and heart disease.

B12 and Folate (blood)

Both these B-class vitamins are involved in red blood cells and energy production. Deficiency symptoms can include fatigue, depression, constipation/stomach pains and poor appetite.

Ferritin (blood)

As the main storage form of iron in the body, this is the most sensitive marker for iron and can show up iron problems before changes to iron levels and red blood cells become evident. Often useful for unexplained fatigue and/or lowered immunity.

Fatty Acids Screen (pin-prick blood)

Levels of fatty acids can have a profound effect on cognitive function, mental balance (including depression), behaviour (including ADHD and Autism), pain levels, digestion, immunity, heart disease risk, skin conditions and hormone balance. The test measures both good (essential) and bad fats.

Easy home test kit

Amino Acids (pin-prick blood)

This test measures levels of 20 essential and non-essential amino acids, the breakdown products of protein. Failure to maintain adequate amino acid levels can have a profound impact upon a wide range of physical and mental processes.

Easy home test kit.

8 MENTAL FUNCTIONING AND HEALTH

Fatty Acids Screen (pin-prick blood)

As above. This test is particularly useful for dyslexia, dyspraxia, autism, ADHD, schizophrenia, and chronic fatigue.

Easy home test kit.

Hair Mineral Test (hair)

Measures levels of toxic minerals, some of which can have a significant effect on mood, cognitive function and behaviour.

Histamine (blood)

Histamine is an important brain chemical which can affect mental health and functioning. Symptoms of histamine imbalance can include depression, schizophrenia, phobias, compulsions, anxiety and delusions. It can often be quickly corrected

Kryptopyroles (urine)

This measures for a genetic condition called pyroluria, which is associated with loss of the essential nutrients zinc and B6. Symptoms can include depression, anxiety, addictions, nausea, stomach pain or constipation, and low immunity.

Easy home test kit.

Amino Acids (pin-prick blood)

This test measures levels of 20 essential and non-essential amino acids, the breakdown products of protein. Failure to maintain adequate amino acid levels can have a profound impact upon a wide range of physical and mental processes.

Easy home test kit.

[CLICK HERE FOR BRIEFING ON NUTRITION AND MENTAL HEALTH/MOOD](#)

9 RISK ASSESSMENTS

Homocysteine or the H Factor (pin-prick blood)

Elevated levels of this metabolite have been associated with increased risk of over 50 conditions, including heart disease, cancer, and Alzheimer's. Yet correction of the problem through diet and supplements can be very swift. The test also provides information on B vitamin status.

Easy home test kit.

[CLICK HERE FOR BRIEFING ON HOMOCYSTEINE](#)

Osteoporosis Risk (urine)

Measures bone turnover, or the extent to which more bone is being broken down rather than made. Can identify those at high risk of osteoporosis through family history, smoking, underweight, menopause, chronic stress, sedentary lifestyle or excess fizzy drink consumption. Can also be used to monitor improvements in bone metabolism via nutritional support following diagnosis.

Easy home test kit.

Free Radical/Oxidative Stress Test (urine)

Measures levels of free radicals which determine the oxidant status of the body, and the extent to which steps need to be taken to protect cells against damage leading potentially to heart disease, cancer and premature ageing. Particularly relevant for highly stressed people, athletes and those practicing sport regularly.

Easy home test kit.

Breast Cancer Risk Assessment (urine)

Measures the 2/16 OH oestrogen ratio, which has been shown to be a significant marker of risk for oestrogen-sensitive diseases, including breast cancer. If the ratio is low, the use of foods and certain supplements can amend it in a more favourable direction. For those who suffer from oestrogen dominance, have a family history of hormonal cancers, or simply want to screen themselves to reduce their risk.

Easy home test kit.

Insulin Resistance or Metabolic Syndrome (blood)

This syndrome is becoming more common in association with increasing levels of overweight and obesity. It provides a picture of how the body is dealing with insulin, and the effects of this on cardiovascular risk areas such as cholesterol and triglycerides. Associations include overweight/obesity, abdominal area fat, high cholesterol, high blood pressure, dizzy spells, diabetes, fatigue and sensitivity to carbohydrates.

Cardiovascular Risk Assessment (blood)

Nearly half of all cases of premature coronary heart disease are missed with current medical tests for cholesterol. This measures a very wide range of significant risk factors as well as identifying early signs of metabolic syndrome and Type 2 diabetes. This can be used as a preventative screen as many of the markers can be corrected with nutritional intervention.

10 TESTS SUITABLE FOR M.E./CHRONIC FATIGUE SYNDROME AND OTHER CHRONIC CONDITIONS

Amino Acids (pin-prick blood)

This test measures levels of 20 essential and non-essential amino acids, the breakdown products of protein. Failure to maintain adequate amino acid levels can have a profound impact upon a wide range of physical and mental processes. This test is used regularly to help identify metabolic blocks affecting M.E./C.F.S. sufferers.

Easy home test kit.

Amino Acids (pin-prick blood)

As above, covering a wider range of 40 amino acids.

Organic Acids (urine)

Using a single urine sample, this test can assess the efficiency of a wide range of metabolic functions critical to M.E./C.F.S. sufferers, such as cellular energy production, carbohydrate and fatty acid metabolism, neurotransmitter metabolism, detoxification status and bacterial balance. Raised levels of certain organic acids in the urine highlight blockages in particular metabolic pathways and missing nutrients, which can then form the focus of a nutritional support programme. This test is useful for many chronic conditions, as well as mental health problems including autism spectrum disorder.

Easy home test kit.

Chronic Fatigue Screen (urine and saliva)

This test combines the Organic Acids test and the Adrenal Stress Index. Assessment of metabolic function and adrenal function together can produce valuable information on underlying factors which may be blocking progress in M.E./C.F.S.

Easy home test kit.

Triad Profile (urine and pin-prick blood)

This test combines the Organic Acids and Amino Acids tests with a 90 food intolerance test and a measure of gut permeability, providing a powerful array of clinical evidence to help the patient and practitioner address deep seated metabolic problems.

Easy home test kit.

Red Blood Cell Magnesium (blood)

The mineral magnesium is central to energy production in every cell of the body as well as many other body processes. Its levels in the general population are low, and they appear to be particularly compromised in M.E. sufferers. A sizeable proportion of sufferers benefit noticeably from improved magnesium levels. Of particular relevance where symptoms include muscle problems and/or pain.

**[CLICK HERE FOR BRIEFING ON
M.E./CHRONIC FATIGUE SYNDROME](#)**

**[CLICK HERE FOR BRIEFING ON NUTRITION AND
CHRONIC CONDITIONS](#)**

11 LESS COMMONLY USED TESTS INCLUDE THE FOLLOWING

- Additive profile
- Anaemia screen
- Individual allergen testing
- Epstein Barr virus
- Pesticide screen
- Antibiotics and analgesics screen
- Functional blood chemistry profile
- Urine toxic metals (used in association with detoxification/chelation of heavy metals)

[CLICK HERE FOR GENERAL INFORMATION ON HOW CLINICAL/FUNCTIONAL MEDICINE TESTING WORKS](#)

[CLICK HERE FOR A LIST OF CURRENT TEST PRICES](#)

[CLICK HERE TO BOOK A CONSULTATION TO DISCUSS POSSIBLE TESTS](#)

For further details, please call Sally Whitman on 01452 502965 or email info@blackberrynutrition.co.uk

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