

Biomedical Laboratory Tests

for investigating chronic illness and neuro-functional disorders

Performing laboratory tests is routine for many medical workups. Generally, most freely available tests are limited in scope – but do have value in supporting or refuting a possible diagnosis. Where they often fail is in assessing the **FUNCTIONING** of an organ system. This is of great value when investigating chronic or unresponsive conditions.

For chronically unwell persons who don't appear to be progressing in 'the system' – we can offer more focused and specialised testing at US or Australian lab facilities of high calibre.

Any 'biomedical' or 'functional' tests ordered must first be decided on a cost-benefit consideration – in other words, will the results, whatever the outcome, benefit the future management of the case. Even negative results are useful.

Refer to my website for a detailed list of laboratory tests.

The following tests probe biological functioning far beyond anything we have had available before. Costs are an approximate guide. For Metamatrix tests FEDEX postage is additional (approx AUD\$40).

Test	Laboratory	Useful for:	Cost	Features
Hair analysis (Toxic metals)	Doctors Data (USA)	Toxic metals eg Mercury, lead, arsenic, cadmium Essential minerals	NZD \$146	Shows current <u>exposure</u> to toxic metals Certain essential mineral results can be meaningful
Toxic metal burden	Doctors Data (USA)	Assesses accumulated toxic metals above	NZD\$330 for two tests – before and after	Very useful for accumulated toxic metal <i>body burden vs exposure</i> <i>Can just do the 'post' test</i> <i>to save money...</i>
Porphyryns Profile (Toxic metals)	Metamatrix.com or France lab	Shows if toxins (metals especially) are actually poisoning the system. Advanced test.	NZ\$260 US\$120	Assesses whether biochemical impairment occurring
GI Effects Stool Profile – Basic GI Effects Stool Profile – Advanced	Metamatrix.com	Very new, very advanced DNA probe to accurately assess gut ecology (all microbes) and functioning. Can see down to 4 microbes per gm (compare 25000 with normal stool tests). Uses Polymerase CR method	Basic – microbes only AUD\$275 Advanced – plus functions AUD\$445	Microbes don't have to be alive as with normal stool tests which usually don't pick up anaerobes Plus FEDEX postage
Organix Profile Comprehensive Organix Profile Basic	Metamatrix.com	Metabolic function for- energy production, detoxification problems, neurotransmitters, intestinal dysbiosis, oxidative damage, certain vitamin espec B's & mineral deficiencies,	AUD\$395 For Basic test (no intestinal dysbiosis) AUD\$295	Excellent assessment of actual biochemical functions – can now pinpoint areas of concern

Amino Acids 20 (bloodspot) 40 (plasma)	Metametrix.com	Amino acids are key to most biochemical functions – high or low levels give valuable information about physical and mental functioning	AUD\$290 AUD\$385	Probably more cost effective to do as an ION test or TRIAD test – see next
TRIAD Profile	Metametrix.com	Integrates – 1 Organix Comprehensive 2 Amino Acids 20 3 IgG Food Allergy Antibodies 90 foods	AUD\$655	For chronically unwell patients with digestive as well as energy issues.
ION Profile 20 amino ION Profile 40 amino	Metametrix.com	Integrates – 1 Amino Acids 2 Organix 3 Comprehensive 4 RBCell Minerals and toxic metals 5 Fatty Acids – plasma 5 Homocysteine CoQ10, Vit A, E, B-Carotene	AUD\$1200 AUD\$1300 (20 extra aminos)	This includes a combination of tests as numbered plus others not listed. It is more cost effective than ordering individually over time.
Intestinal Permeability	Doctors Data	Lactulose/Mannitol test to establish if there is a 'leaky gut' allowing toxins and food molecule antigens to pass into body	\$169 NZD	Also good way of monitoring success of intestinal repair programmes
Food Allergy Profile	US Biotek	IgE (immediate) and IgG (delayed) food intolerance/allergy testing. 96 foods IgG blood spot only	\$405 NZD \$300 NZD	Best to be on a full diet before test done where possible. Full blood test. Can be done at home
ALCAT test	Pathlab Australia www.alcat.com	Excellent test for FOOD, ADDITIVE AND CHEMICAL INTOLERANCES – producing body inflammation.	Various add-ons From \$362 To \$1400 Suggest the 100 food test for \$571.43	Tests up to 150 foods, food additives, moulds, environmental chemicals. Critical for digestive, toxic, auto-immunity, fatigue, mood, weight and many other disorders.
Pyrrroles test	Pathlab Australia	Marker for the Mauve Factor – which depletes B6 and Zinc especially.	NZ \$175 approx.	Marker in autism spectrum, mood disorders etc
Iodine Testing	Doctors Data (US)	Measure body stores for adequate iodine levels. A pre and post iodine loading test.	NZ\$225	Can also do add on Halides (Fluoride, Bromide \$415)

Notes:

ALCAT test.

Will find food sensitivities that result in inflammation in the body. Not to be confused with food allergy testing for IgE immediate reacting allergies – it will not diagnose this specific issue. Most people will already know what foods are instantly reactive.

It's the delayed or masked food sensitivities or intolerances that are difficult and very under diagnosed causes of poor health.

Many chronic disorders have an inflammatory basis – joint and muscle pain, fatigue syndromes, migraine, intestinal disorders, skin rashes, brain issues, cardiovascular and many others.

Resistant overweight/obesity can be affected by inflammatory food intolerances.

ALCAT add-ons can look for food additive as well as some common environmental pollutant reactions.

It is a significant advancement in searching for 'toxic' foods – often they are the least suspected too.

The cost per test depends on what level of search is needed. Check through the list of foods to see which best fits your diet. (separate page)

Whether you also get the add-on additives, chemicals, moulds is a financial choice.

GI Effects – DNA Probe for GUT dysbiosis and infection

A very big advancement in determining the make-up of the intestinal flora or microbiology. Based on DNA testing it does not matter whether the organisms are dead or live - it's a DNA probe using PCR (polymerase chain reaction) technology. With a sensitivity of only 4 microbes per gm of sample compared with 25,000 needed for current stool sampling – it is an excellent way of accurately determining normal and abnormal organisms quantitatively.

ION Test

A comprehensive urine and blood test. This examines and reports extensively–

- Essential Amino Acids
- Organic acids
- Neuroendocrine function
- Ammonia toxin clearance
- Energy production
- Homocysteine
- 8 important mineral elements
- 5 toxic metals
- Vitamin levels
- CoQ 10
- Lipid peroxides
- Fatty acids – comprehensive
- Markers for Fatty acid, carbohydrate production
- Mitochondrial energy function
- Toxicants and detoxification efficiency
- Gut bacterial and fungal compounds

Notes:

1. The above can be ordered in separate sub-groups to reduce costs but will not give such comprehensive information.
2. Full written explanations are provided by the lab.
3. Suggested nutrient and amino supplement regimes are suggested.
4. Refer to the website for further in-depth information.

Refer to websites:

www.metamatrix.com

www.alcat.com

www.doctorsdata.com