

Functional Medicine Lab Testing Guide for the popular tests:

Organic Acid Test (OAT)

The **Organic Acid Test** evaluates metabolic pathways, gut health, detoxification, and neurotransmitter function.

It is useful for:

Gastrointestinal & Metabolic Issues

- Chronic bloating and gas
- Constipation or diarrhea
- Suspected SIBO or dysbiosis
- Leaky gut symptoms
- Food sensitivities
- Unexplained weight gain or loss

Neurological & Mental Health Concerns

- Brain fog
- Anxiety and depression
- Low motivation or energy
- Poor focus (ADHD-like symptoms)
- Autism spectrum disorder (ASD)
- Sleep disturbances

Detoxification & Mitochondrial Function

- Chronic fatigue syndrome
- Poor recovery from exercise

- Muscle weakness
- Sensitivity to chemicals or strong odors

Nutrient Deficiencies & Imbalances

- Low energy despite supplementation
- Frequent headaches or migraines
- Poor stress tolerance
- Unexplained skin issues

Mycotoxin Test

The **Mycotoxin Test** checks for mold toxicity, which can contribute to chronic illness.

It is recommended for:

Respiratory & Immune Symptoms

- Chronic sinus congestion
- Frequent infections
- Shortness of breath
- Chronic cough or wheezing

Neurological & Cognitive Symptoms

- Brain fog
- Memory loss
- Dizziness or vertigo
- Anxiety or depression
- Mood swings

Detoxification & Chronic Fatigue

- Persistent fatigue
- Chemical sensitivities
- Difficulty detoxing
- Chronic inflammation

Skin & Inflammatory Issues

- Unexplained rashes
- Skin itching or irritation
- Histamine intolerance symptoms

PFAS Test (Per- and Polyfluoroalkyl Substances)

The **PFAS Test** assesses exposure to toxic "forever chemicals," often found in contaminated water and consumer products.

It is useful for:

Metabolic & Hormonal Issues

- Unexplained weight gain
- Insulin resistance
- Thyroid dysfunction
- Irregular menstrual cycles

Neurological & Cognitive Symptoms

- Brain fog
- Memory issues
- ADHD-like symptoms

Chronic Illness & Inflammation

- Autoimmune flare-ups
- Chronic joint or muscle pain
- Persistent fatigue

Reproductive & Developmental Concerns

- Fertility struggles
- Low testosterone or estrogen imbalance
- Delayed puberty in children

Total Toxin Test (Heavy Metals, Environmental Toxins, & Mold Exposure)

The **Total Toxin Test** is a comprehensive analysis of heavy metals, environmental chemicals, and mold exposure.

It should be considered for:

Neurological & Cognitive Issues

- Brain fog
- Memory loss
- Tremors or tingling in extremities
- Poor concentration

Detoxification & Chronic Inflammation

- Poor liver function
- Chronic fatigue
- Autoimmune conditions

Hormonal & Metabolic Disruptions

- Estrogen dominance
- Thyroid dysfunction
- Blood sugar imbalances

Skin & Sensitivity Issues

- Chronic rashes
- Chemical sensitivities
- Hair thinning

Neurotransmitter Test

The **Neurotransmitter Test** evaluates levels of dopamine, serotonin, GABA, and other key brain chemicals.

It is useful for:

Mental Health & Cognitive Symptoms

- Anxiety and panic attacks
- Depression
- Low motivation or apathy
- Poor memory and focus
- OCD tendencies

Sleep & Energy Imbalances

- Insomnia or restless sleep
- Chronic fatigue
- Low stress tolerance

Behavioral & Developmental Issues

- ADHD symptoms
- Autism spectrum disorder (ASD)
- Aggressive or impulsive behavior

Salivary Hormone Test

The **Hormone Saliva Test** measures free (active) hormone levels, ideal for assessing **daily fluctuations** in:

Men's & Women's Hormonal Health

- Low libido
- Fatigue and burnout
- PMS and irregular periods
- Perimenopause & menopause symptoms
- Estrogen dominance or low testosterone

Adrenal & Stress-Related Symptoms

- Chronic stress or burnout
- Fatigue upon waking
- High or low cortisol patterns
- Poor stress resilience

Sleep & Energy Issues

- Trouble falling or staying asleep
- Waking up tired despite adequate sleep

Urine Hormone Test

The **Hormone Urine Test** provides **metabolized hormone levels** for a deeper look at hormone breakdown pathways. It is useful for:

Female Hormonal Imbalances

- PCOS
- Heavy or painful periods
- Estrogen dominance symptoms (bloating, weight gain, breast tenderness)
- Menopause management

Male Hormonal Issues

- Low testosterone
- Fatigue and poor recovery from exercise
- Loss of muscle mass

Adrenal & Cortisol Patterns

- Burnout or adrenal dysfunction
- Chronic fatigue
- Poor sleep-wake cycle regulation

Metabolic & Detoxification Issues

- Poor liver clearance of hormones
- Estrogen-related cancers or risk factors
- Weight gain with no clear cause

Skin DNA Test

The **Skin DNA Test** assesses **genetic predispositions** related to skin health, aging, and detoxification. It is ideal for:

Aging & Wrinkles

- Premature wrinkles
- Loss of skin elasticity
- Increased sagging

Skin Sensitivities & Inflammation

- Chronic redness or irritation
- Eczema or psoriasis tendencies
- Rosacea

Sun Damage & Hyperpigmentation

- High risk for sunspots or age spots
- Tendency for hyperpigmentation
- Poor skin healing from sun exposure

Detoxification & Repair

- Slow skin healing
- Increased sensitivity to pollutants or toxins
- Poor collagen production

The **Gut stool** lab test is a comprehensive stool analysis that assesses microbiome diversity, pathogens, digestion, inflammation, immune response, and metabolic markers. It is useful for:

Gastrointestinal Issues

- Chronic bloating
- Gas and indigestion
- Diarrhea or constipation
- Irritable Bowel Syndrome (IBS)
- Small Intestinal Bacterial Overgrowth (SIBO)
- Leaky gut syndrome
- Gastroesophageal Reflux Disease (GERD)
- Inflammatory Bowel Disease (IBD), including Crohn's and ulcerative colitis
- Food sensitivities and intolerances
- Chronic nausea

Autoimmune & Inflammatory Conditions

- Hashimoto's thyroiditis
- Rheumatoid arthritis
- Lupus
- Multiple sclerosis
- Psoriasis and eczema
- Ankylosing spondylitis
- Fibromyalgia

Neurological & Mental Health Conditions

- Anxiety and depression
- Brain fog
- Poor memory and concentration
- Autism spectrum disorder (ASD)
- Attention-deficit/hyperactivity disorder (ADHD)
- Parkinson's disease
- Multiple sclerosis

Metabolic & Endocrine Disorders

- Insulin resistance and diabetes
- Metabolic syndrome
- Unexplained weight gain or difficulty losing weight
- Hormonal imbalances (e.g., PCOS, estrogen dominance, low testosterone)

Immune System Dysfunction

- Chronic fatigue syndrome
- Frequent infections or low immunity
- Chronic sinus issues
- Seasonal allergies
- Long COVID or post-viral fatigue

Skin Conditions

- Eczema
- Psoriasis
- Acne
- Rosacea

Chronic Infections & Toxic Burden

- Candida overgrowth
- Parasitic infections
- Helicobacter pylori (H. pylori)
- Clostridium difficile (C. diff)
- Mycotoxin exposure
- Heavy metal burden

Unexplained Symptoms

- Chronic inflammation
- Unexplained nutrient deficiencies (B12, iron, vitamin D)
- Poor detoxification symptoms
- Persistent joint pain or muscle aches

The Food Intolerance Test is a comprehensive food sensitivity panel that measures IgG and IgA antibody reactions to 209 different foods. It is designed to identify delayed immune reactions to foods, which can contribute to a variety of chronic symptoms.

The test covers a wide range of foods, including:

Dairy (cow's milk, casein, whey, yogurt)

Grains (gluten-containing and gluten-free options)

Nuts and Seeds

Meats and Seafood

Fruits and Vegetables

Eggs (egg white and yolk)

Legumes (beans, lentils, soy)

Spices and Herbs

Additives (preservatives, food colorings)

It provides a quantitative measurement of IgG and IgA antibodies, helping identify delayed food sensitivities that may not show up on standard IgE allergy tests.

You would consider running this test if a client is experiencing chronic, unexplained symptoms, such as:

Digestive Issues

- Bloating
- gas
- diarrhea
- constipation
- acid reflux
- IBS
- leaky gut

Skin Conditions

- Eczema
- Psoriasis
- Acne
- Hives
- Rashes

Neurological Symptoms

- Brain fog
- Headaches
- Migraines
- Anxiety
- Depression
- ADHD

Autoimmune Symptoms

- Joint pain, muscle aches, fatigue, inflammation

Respiratory Symptoms

- Sinus congestion
- Postnasal drip
- Asthma-like symptoms

Weight Management Issues

- Unexplained weight gain or loss
- Difficulty losing weight