

VIRGIN DIET RESOURCES

TESTING

These are tests that I have used successfully in working with clients. These tests must be requested by a health care practitioner, so please ask your functional medical doctor if these tests are right for you.

ADRENAL SALIVARY TESTING

Genova Diagnostics

Stress can stall metabolism, make you sick and create weight-loss resistance. That's because chronic stress levels elevate cortisol levels and lower DHEA levels, which can damage your brain and other tissues. The Adrenal Stress Plus Profile from Metametrix uses a noninvasive salivary procedure to monitor the activity of your adrenal cortex and its ability to react to stress. An increased cortisol level, a decreased DHEA-S level or a decrease in the DHEA-S/cortisol ratio can indicate a chronically stressful physical or mental condition.

IgG ANTIBODY TEST

Genova Diagnostics

Measures 30 common foods for potential mild, moderate or severe reactions. I have clients who overcame weight-loss resistance, fatigue, bad skin and many other health issue with this test.

PATHWAY FIT

Pathway Genomics

Are you unsure about the best diet, exercise and lifestyle choices for you? A simple saliva collection kit (you just spit and mail) can provide all of your answers. The Pathway FIT test analyzes over 100 genetic markers based on your unique DNA so you can understand your metabolism, your eating behaviors, your response to exercise and the best ways to reach and maintain a healthy weight and lifestyle.

VITAMIN D TESTING

25-hydroxyvitamin D

25-hydroxyvitamin D is used to determine whether bone weakness, bone malformation or abnormal metabolism of calcium occurs from either vitamin D deficiency or excess. If you've followed the science over the past decade, you know the numerous benefits of having optimal vitamin D levels. Increasing evidence shows, for instance, that vitamin D deficiency may increase the risk of some cancers, immune diseases and cardiovascular disease. Learn more from Lab Tests Online: www.labtestsonline.org/understanding/analytes/vitamin-d/tab/test