

Shortcut the Process Or Confirm Your Findings With Testing

If you have great health insurance or want to cut to the chase, I recommend getting blood work and tests done at a lab.

Here are some basic tests you can perform right away to diagnose some common problems for mood disorders:

- Complete Blood Count to rule out anemia.
- Comprehensive metabolic panel. Make sure to include potassium and sodium to monitor adrenals.
- Blood sugar (fasting glucose and HA1c)
- Vitamin D
- Thyroid (TSH, Free T4)
- Cholesterol (*low* levels of cholesterol can result in depression/anxiety)
- Pyroluria – if you match a lot of the listed symptoms

A great thing to test is CRP, C-Reactive Protein. If you have high inflammation, you won't feel too good.

People who think they might have adrenal fatigue can find out very easily by getting a test done for DHEA and cortisol levels.

Once you have ruled those out, you can then go on to test salivary hormones and heavy metal toxicity.

Comprehensive Organix Panel by Metametrix/Genova or OAT by General Plains Laboratory will show you if you have problems with detoxification and if supplementation with free form amino acids will bring you fast relief.

Good place to get testing done is [Direct Labs](#). They have low prices and you don't need a doctor to get tests.

[Genova Diagnostics](#) (formerly known as Great Smokies Laboratory) has a vast range of tests you can order. Testing for heavy metal toxicity can be done inexpensively through a hair analysis through this company.

Testing for pyroluria needs to be as accurate as possible. There have been labs in the past that haven't tested properly for it.

For yeast, parasite, and bacteria testing, [Diagnos-Techs](#) is reliable.

If you want a framework of all core nutrients in 5 key areas (antioxidants, b vitamins, digestive support, essential fatty acids, and minerals) and have good insurance, [Genova NutrEval](#) has a nutrient report that costs around \$2,000 but with medical insurance some people can get it as low as \$160.

A complete metabolic panel, which includes a test for pyroluria, serum copper, zinc plasma, and whole blood histamine, can be done at [Direct Health Care Access](#).

NOTE – A lot of people make the mistake of taking tests and when they show up fine they feel

it was a waste. When we are depressed, we want to finally see there is a simple thing that was messing us up and then we can just fix it. Although I sometimes wish it was much easier, remember that a good result IS NOT BAD. That is a good sign. You now know that *wasn't* the problem, so you are one step closer to discovering what your problem really is.

Part of discovering your root cause is knowing what *isn't* your root cause.