



Lab Resource List: Gut-Brain Connection

For Licensed Practitioners:*

If you are a licensed practitioner, you can set up an account with any of the following labs to run functional lab tests. *Those marked with an * can be ordered by practitioners in Dr. Ritamarie's certification program while as they are in the program and maintain certification after graduation.

- * **BioHealth:** Their stool test for microbes has been the most reliable for H. pylori. They also have adrenal and other steroid hormone saliva tests. <http://biohealthlab.com>
- **Doctor's Data:** Their Comprehensive Stool Analysis test is my favorite because it offers counts of normal flora, opportunistic organisms, pathogens and an antimicrobial susceptibility test to prescriptive and natural agents for identified bacterial and fungal species at no additional charge. The test also includes functional GI parameters including pancreatic function, short chain fatty acids, fecal fats and more. Doctor's Data also offers heavy metal testing, amino acid panels, and more. <http://www.doctorsdata.com>
- **Cyrex:** Cyrex is a Clinical Immunology Laboratory Specializing in Functional Immunology and Autoimmunity. Cyrex offers multi-tissue antibody testing for the early detection and monitoring of complex autoimmune conditions. They offer an intestinal permeability test, a complete gluten panel, gluten cross reactivity testing, a comprehensive autoimmune panel, allergy testing and more. <https://www.cyrexlabs.com/>
- **Genova/Metametrix:** They offer an easy to do at home blood spot fatty acid test to assess the balance of omega 3 and 6 fats, organic acids to assess for gut pathogens, neurotransmitters, nutrients, mitochondrial function and antioxidant status. Their digestive panel is similar to but not as comprehensive as the Doctor's Data test, and not as sensitive as the Biohealth test. They also offer amino acids, a 24-hour Comprehensive Urine Steroid panel, salivary hormone testing, heavy metals assessments, minerals testing, allergy testing and more. <http://www.gdx.net>
- * **DiagnosTechs:** They offer a fairly comprehensive stool test for pathogens and GI function, as well as salivary adrenal, male, and female hormone testing. <http://www.diagnostechs.com>
- * **Meridian Valley Lab:** 24-hour Comprehensive Urine Steroid panel, saliva hormone panels, allergy testing. <http://meridianvalleylab.com>



- * **ALCAT:** The Alcat Test is a lab based immune stimulation test in which a patient's WBC's are challenged with various substances including foods, additives, colorings, chemicals, medicinal herbs, functional foods, molds, and pharmaceutical compounds. The patient's unique set of responses help to identify substances that may trigger potentially harmful immune system reactions. <https://www.alcat.com/>

For Unlicensed Practitioners:

If you are not licensed, you can order tests through the following:

- **UBiome:** This is a fairly new lab that offers microbiome identification of the gut (stool), mouth, vagina, ears, nose and other areas. <http://ubiome.com/>
- **Dr Ritamarie's Website:** If you are a member of a coaching program, you have access to this page via the membership portal. This is for your personal use only. Please do not send your clients here. Instead send them to one of the sites below. We are not set up to handle a large number of test orders. <http://www.drritamarie.com/labtesting>
- **Direct Labs:** Blood tests and many of the functional tests from labs like Genova, Doctor's Data, and others. <http://www.DirectLabs.com/drritamarie>
- **Canary Club:** Uses a lab called ZRT -- includes a number of salivary hormone profiles. <http://www.canaryclub.org>
- **Accessa Labs:** Has access to several of the labs above. Compare prices and availability before ordering. <http://www.accesalabs.com>
- **True Health Labs:** Offers a number of blood and functional tests, including ALCAT allergy tests. They did at one time offer Cyrex gluten related panels, but no longer appear to do so. <http://www.truehealthlabs.com>
- **Hakala Labs:** For Iodine Loading Test. <http://www.hakalalabs.com>
- **23andMe:** 23andMe provides ancestry-related genetic reports and uninterpreted raw genetic data. <https://www.23andme.com/>
- **My Labs for Life:** My Labs for Life provides confidential clinical laboratory services promoting wellness, prevention, and early detection of disease. My Labs for Life labs are collected at designated draw sites, which uphold all CLIA, HIPAA and OSHA regulations with the highest standards in phlebotomy collections and laboratory processing. <http://www.mylabsforlife.com/>
- **Great Plains Lab:** Great Plains Lab offers a variety of metabolic tests such as immune deficiency evaluations, amino acid tests, comprehensive fatty acid tests, organic acids testing, metal toxicity and food allergies tests. <http://www.greatplainslaboratory.com/home/eng/home.asp>
- **Spectracell:** Offers micronutrient testing. <http://www.drritamarie.com/go/SCMicronutrient>
- **Enterolab:** Offers stool testing for gluten sensitivity. <https://www.enterolab.com/>