

Cornerstone's Top Functional Medicine Testing

Maybe you received a “gift bag” of tests from our staff and you are wondering how in the world you are going to keep all this straight. Or maybe you are interested in setting up an appointment but you would like to know some of the tests that you might receive. Or maybe you have already sent in your test and want to know when and how you are going to receive your results. Great news! You have come to the right place. Listed below are the most frequently run tests through our office. Unlike standard blood panels from Quest or Labcorp, these tests have a much slower turn around time. Follow up for these visits are either a one-on-one office visit with your provider or a group health office visit, where you will receive your results, a individualized protocol, as well as a wealth of information on that particular topic.

[GI MAP \(GI Microbial Assay Plus\)](#)

The GI test can help identify inflammation and or infections that compromise intestinal function and lead to conditions such as leaky gut, SIBO, and irritable bowel syndrome. This test is also capable of determining whether you can eat gluten or should be avoiding gluten. This test measures the DNA via PCR (polymerase chain reactions) in your stool for bacteria, parasites, worms, viruses, and normal flora. FDA approved, Diagnostic Solutions Laboratory uses the same technology as major hospitals, which is much more accurate than a microscopic analyzed test. If you have had a microscopic stool test that came back negative, it is definitely worth your while to run this DNA based test.

- [FAQ](#)
- [Sample Report](#)
- Collect: at home
- Ship: Monday through Friday
- Processing time: 2 - 3 weeks
- Results: You will schedule an evening group health visit when picking up your kit. In this class, you will receive approximately two hours of information on your specific results, your individual protocol, and recommended supplements, as well as information on how to maintain a healthy gut in the future.

[NutrEval with Genomics](#)

The NutrEval FMV combines blood, a cheek swab, and a urine sample to determine nutrient deficits that need replacement through oral supplementation or perhaps even IV therapy. Oftentimes, if a person's GI system is compromised, an individual is unable to absorb sufficient vitamins and minerals. This test can help determine adequate supplementation until the gut is functioning properly. It can also determine which supplements are not needed. The genomics portion of the test is helpful to determine the genetic capability of a patient in order to help support them for ideal detoxification. Supplementing the nutrients that are deficient can help the

body to heal and detoxify at an accelerated rate, decreasing the length of the recovery process. This test requires four days of [preparation](#) prior to the collection, such as limiting all non-essential supplements, fortified foods, and beverages. Click on the links below for more detailed information.

- [Sample Report](#) with [Genomics](#)
- [Prep Instructions](#)
- Collect: in office Tuesday through Friday
- Processing time: 2 weeks
- Results: These results are discussed along with supplementation recommendations in a one-on-one appointment with your provider.

[Genova One Day Hormone](#)

This saliva test identifies the three primary causes of poor sleep and how to achieve ideal rest and tissue repair. It will also assess the adequacy of your stress response directing supplementation recommendations for ideal support and measure sex hormone levels for bio-identical hormone augmentation when necessary. Salivary testing has been shown to be more cost effective and more accurate in determining bioavailable levels than blood testing. This test is billable to a couple major insurance companies such as United Healthcare and Anthem Blue Cross Blue Shield.

- [FAQ](#)
- [Sample Report](#)
- [Instructions](#)
- Collect: at home
- Ship: Monday through Friday
- Processing time: 2 weeks
- Results: You will schedule an evening group health visit when picking up your kit. In this class, you will receive approximately an hour and a half of information on your specific results, your individual protocol, and recommended supplements.

[Hormone HPA Stress profile](#)

This saliva test measures the same markers as the Genova One Day Hormone, only this kit has a lower cash pay price as it is not billable to insurance.

- [FAQ](#)
- [Sample Report](#)
- [Instructions](#)
- Collect: at home
- Ship: Monday through Thursday

- Processing time: 2-3 weeks
- Results: You will schedule an evening group health visit when picking up your kit. In this class, you will receive approximately an hour and a half of information on your specific results, your individual protocol, and recommended supplements.

[Real Time Mycotoxin Test](#) (Medicare Only)

This urinary profile identifies four possible mold related toxins that can confirm mold colonization in a patient's mucosal surfaces. Mold colonization leads to the release of inflammatory mycotoxins causing a plethora of symptoms such as chronic fatigue, fibromyalgia, IBS, memory loss, headaches, migraines, anxiety, depression, and inability to lose weight. Cornerstone uses Real Time Labs mycotoxin test for medicare patients only.

- [FAQ](#)
- [Sample Report](#)
- Collect: at home
- Ship: Monday through Friday
- Processing time: 2 weeks
- Results: You will schedule a one-on-one appointment with your provider at the time you pick up the kit. During that appointment, you will receive your results, protocol, as well as any recommended supplements.

[Great Plains Laboratory Mycotox Profile](#)

This urinary profile identifies seven possible mold related toxins that can confirm mold colonization in a patient's mucosal surfaces. Mold colonization leads to the release of inflammatory mycotoxins causing a plethora of symptoms such as chronic fatigue, fibromyalgia, IBS, memory loss, headaches, migraines, anxiety, depression, and inability to lose weight. This company does not bill commercial insurance or medicare, but has a very reasonable cash price.

- [FAQ](#)
- [Sample Report](#)
- Collect: at home
- Ship: Monday through Thursday
- Processing time: varies, but typically around 3 weeks
- Results: You will schedule a one-on-one appointment with your provider at the time you pick up the kit. During that appointment, you will receive your results, protocol, as well as any recommended supplements.

Feel free to give us a [call](#) if you have further questions or click on the [schedule now](#) to make your first appointment.