
From Pain to Wellness, LLC

Tests We Offer

1) Allergy Testing

Purpose:

To assess whether you have a problem with any of the following:

- *Food sensitivities/allergies*
- *Gluten allergy/sensitivity*
- *Environmental allergies/sensitivities*
- *Candida overgrowth/allergy/sensitivity*

Procedure:

You just need to have your blood drawn by a nurse at From Pain to Wellness. That's it!

Results/Treatment:

If you are found to have any sensitivities/allergies, recommendations will be made how to correct or treat these sensitivities/allergies with probiotics, prebiotics, pharmaceuticals, nutrients or botanicals. You should feel a whole lot better as treatment progresses. You will be given a "shopping list," containing food you can eat.

What's next?

The testing should be repeated in about 3 months to see how far the sensitivities/allergies have been corrected.

2) Nutritional Deficiency Testing

Purpose:

To assess whether you have a deficiency or problem with any of the following:

- *Vitamins*
- *Minerals*
- *Antioxidants*
- *Essential amino acids (required to repair damaged muscle, detoxifying the body, etc.)*
- *Essential fatty acids (needed for reducing inflammation and allowing the transfer of nutrients into and waste products out of the cells).*

- Screen for absorption/digestion status (assessing if there might be a problem with bacterial or yeast overgrowth in the gut)
- Screen for toxic metals (assess whether you may have elevated levels of aluminum, arsenic, cadmium, lead, mercury which may lead to fatigue, poor digestion, cognitive disorders, etc.)

Procedure:

You will be asked to pick up a urine collection kit from the health center. You will then collect a first morning urine void at home (preferably the day before the blood draw), transfer it to a specimen container and freeze it. The night before you come in for the blood draw, you also need to fast at least 8 hours before coming in for the blood test.

Results/Treatment:

If you are found to have deficiencies in any of the essential nutrients, specific recommendations will be made how to correct or treat these deficiencies. If your test indicates that you might have a problem absorbing and/or digesting nutrients, a gastrointestinal test will be ordered to further diagnose the problem. If your test indicates a possible problem with toxic metals, a urine toxic metal and element screen will be ordered to delineate the problem further. You should feel a whole lot better as treatment progresses.

What's next?

The testing should be repeated in 3 months to make sure the deficiencies have been corrected.

3) Gastrointestinal Testing

Purpose:

To assess whether you have a problem with any of the following:

- Digestion or absorption
- Gut inflammation
- Immune function
- Yeast overgrowth
- Bacterial overgrowth
- Harmful bacteria

Procedure:

You will be asked to collect a stool specimen at home and place it in a specimen container.

Results/Treatment:

If you are found to have any of these problems, recommendations will be made how to correct or treat these deficiencies with probiotics, prebiotics, pharmaceuticals, nutrients or botanicals. You should feel a whole lot better as treatment progresses.

What's next?

The testing should be repeated in 1-3 months to make sure the problem is corrected.

4) Endocrine Testing

Purpose:

To assess whether you have a problem with any of the following:

- *Cortisol/DHEA imbalance*
- *Estrogen or Progesterone imbalance*
- *Testosterone deficiency*

Procedure:

You just need to be given a kit in which you will give both saliva and urine samples in the comfort of your home. You will then send the samples to the lab. From Pain to Wellness will get the results and contact you.

Results/Treatment:

If you are found to have any abnormalities, recommendations will be made how to correct or treat these imbalances. You should feel a whole lot better as treatment progresses.

What's next?

The testing should be repeated in about 3 months to see how far the abnormalities have been corrected.

5) Toxic Metal and Mineral Screen

Purpose:

To assess whether you have a problem with toxic metals.

Procedure:

After waking in the morning you will place your first urine void into a urine specimen bag #1 (pre-provocative test). You will be asked to take a chelation medicine, DMSA (Meso-2, 3-dimercaptosuccinic acid) which will bind to the toxic metals in your body, allowing them to be excreted in your urine so they can be accurately measured. For the next 6 hours you will collect your urine in specimen bag #2 (post-provocative test).

DMSA is a safe compound but has been noted to temporarily worsen gastrointestinal symptoms. Severe reactions are rare.

Results and Treatment:

If you are found to have elevated toxic metals with the provocative testing, recommendations will be made how to correct or treat these deficiencies with pharmaceuticals and nutrients.

You should feel a whole lot better as treatment progresses.

What's next?

The testing should be repeated 3 and 6 months after chelation has progressed, to make sure the problem is being corrected.

From Pain to Wellness, LLC

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