

The main types of tests that need to be done for the 1st step sections!

Top Functional Medicine Diagnostic Categories:

- Comprehensive Microbiome Analysis (Stool Testing): Evaluates gut health, identifying infections, inflammation, and dysbiosis that can cause chronic illness, autoimmune issues, and cognitive symptoms.
- [Organic Acids Test \(OAT\)](#): A comprehensive urine test measuring metabolic by-products, helping to detect neurotransmitter imbalances, detoxification issues, and mitochondrial dysfunction.
- [DUTCH Hormone Test](#) (Dried Urine Test for Comprehensive Hormones): Offers an in-depth look at sex hormones, cortisol rhythm, and adrenal function to address fatigue, mood disorders, and reproductive health.
- [Functional Blood Chemistry Panel](#): Analyzes conventional markers (e.g., CBC, CMP, HbA1c, fasting insulin) through a "functional" lens—looking for optimal, rather than just "normal" (non-disease) levels, to spot early imbalances in metabolic and organ function.
- [Food/Chemical Sensitivity Testing](#): Identifies specific dietary sensitivities (e.g., IgG/IgA food reactions) that cause chronic inflammation, bloating, and joint pain.
- [Environmental Toxicity Testing](#): Screens for heavy metal toxicity (mercury, lead) and mycotoxins (mold exposure), which are often hidden causes of neurological and chronic fatigue syndromes.
- Advanced Thyroid Panel: Goes beyond TSH to include free T3, free T4, and antibodies to evaluate how the body converts and uses hormone.

Beyond methylation and nutrient deficiencies, key functional medicine tests to uncover root causes include the [GI-MAP/Comprehensive Stool Analysis](#) (gut bacteria, parasites, inflammation), [Organic Acids Test \(OAT\)](#) (mitochondrial function, neuro-metabolites, yeast), [DUTCH Test](#) (hormones/cortisol), [SIBO Breath Test](#) (bacterial overgrowth), and [Heavy Metals/Mycotoxin Testing](#) (environmental toxicity).

These tests, often used by specialists, help create personalized, data-driven wellness plans aimed at restoring balance.

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[GI-MAP/Comprehensive Stool Analysis:](#)

You can purchase the [GI-MAP \(Microbial Assay Plus\) test](#) directly from online functional medicine labs,, practitioners, or specialized retailers for home collection. Popular vendors include [Direct Labs](#), [4U Health](#), and [True Health Labs](#), with prices generally ranging from \$310 to over \$500, often covering the test kit, lab processing, and sometimes a consultation. The test, from [Diagnostic Solutions Laboratory](#), identifies pathogens, bacteria, yeast, and parasites using qPCR technology.

The GI-MAP (GI Microbial Assay Plus) is a comprehensive stool test that uses advanced quantitative PCR (qPCR) technology to analyze DNA from microorganisms in the gut. It identifies bacteria, fungi, viruses, and parasites, highlighting pathogens, opportunistic organisms, and normal flora, along with markers for digestive and immune health.

<https://store.directlabs.com/rs/mvan>

https://4uhealth.com/shop-all-tests/gi-map-testing-basic-gut-health-microbiome-stool-kit/?srsltid=AfmBOorVyEdQMqv6B_UHav5C7DN6mHvTB3DeuljzEwliGYvNMIMpHAdD

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[Organic Acids Test \(OAT\):](#)

You can purchase the Organic Acids Test (OAT) from Mosaic Diagnostics (formerly Great Plains Lab) or through third-party providers like Direct Labs, typically costing between and for a, often priced around on [MyMedLab.com](#). The test, commonly from Mosaic Diagnostics, is a home urine collection kit that requires fasting and measures 76+ markers to assess metabolic, nutritional, and neurotransmitter levels:

The Organic Acids Test (OAT) is a comprehensive urine test that evaluates metabolic health by measuring over 70 markers, including gut microbial balance, mitochondrial energy production, neurotransmitter function, and detoxification. It helps identify underlying causes of chronic issues like fatigue, anxiety, and digestive problems.

https://rxhometest.com/product/urine-metabolites-test?srsId=AfmBOoqkirVEaUGMUnUtxphBqRYSBPW6_Oyr90IOWW27hUyRGHyjQbNC

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[DUTCH Test:](#)

Order the [DUTCH Test](#) (Dried Urine Test for Comprehensive Hormones) online directly through the DUTCH Test shop or authorized labs like [TrueHealthLabs](#). Kits cost between \$269–\$700, featuring options like the [DUTCH Complete \(\\$499\)](#) for sex/adrenal hormones or [DUTCH Plus \(\\$650\)](#). Kits are shipped home, and results are mailed back for analysis.

The DUTCH Test (Dried Urine Test for Comprehensive Hormones) is an at-home, comprehensive hormone panel that analyzes dried urine samples to assess sex hormones (estrogen, progesterone, testosterone), their metabolites, adrenal hormones (cortisol/cortisone), and additional markers like organic acids. It provides a detailed, 24-hour picture of hormonal health, including diurnal patterns, via a simple, non-invasive collection method.

<https://www.dhalab.com/shop/dried-urine-testing-comprehensive-hormones-complete-dutch/>

<https://store.directlabs.com/category/114>

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[SIBO Breath Test](#) 👍

A SIBO breath test is a noninvasive diagnostic tool that measures hydrogen and methane gases in your breath to detect [Small Intestinal Bacterial Overgrowth](#) (SIBO). It involves fasting and drinking a sugar solution (lactulose or glucose), then providing breath samples over 2–3 hours to check for bacterial fermentation in the small intestine, which causes symptoms like bloating, gas, and abdominal pain.

<https://centerforsibotesting.com/product/sibo-test-kit/>

https://www.lifeextension.com/lab-testing/itemlc100063/sibo-home-breath-kit-lactulose?srsId=AfmBOoptM88UdjJKVIVWY5xeyDyoguh_glZBhZjxzVF4vIMRBiNkjOoX

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Heavy Metals/Mycotoxin Testing:

You can purchase combined Heavy Metals and Mycotoxin testing kits online through specialized laboratories, allowing for home urine collection without a doctor's order. Leading options include the [RealTime Laboratories](#) "RTL Tox Complete Plus" or "[Total Tox Burden](#)" tests. These kits test for mold toxins (16+ mycotoxins), heavy metals (lead, mercury, etc.), and environmental pollutants, with results usually in 1-2 weeks.

Heavy Metals/Mycotoxin Testing is a combined, often urine-based, diagnostic panel that measures toxic metals (like lead and mercury) and fungal toxins (mycotoxins) in the body. It assesses environmental, food, or water-related exposure causing symptoms like fatigue, brain fog, and chronic illness.

<https://vibrant-wellness.com/signup>

<https://mymycolab.com/>

<https://www.amazon.com/Heavy-Metal-Test-General-Humans/dp/B007QENJX8>


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[Functional Blood Chemistry Panel:](#)

A [Functional Blood Chemistry Panel](#) (FBC) is a proactive health screening method that analyzes blood markers using "optimal" rather than just "pathological" ranges to detect sub-clinical imbalances. It focuses on identifying early signs of dysfunction, nutritional deficiencies, and inflammation to prevent disease before it develops.

Key Aspects of Functional Blood Chemistry Analysis

- **Optimal vs. Pathological Ranges:** Traditional medicine uses a broad reference range to identify diseases, whereas functional medicine uses a tighter, "optimal" range designed to identify dysfunction early.
- **Comprehensive Assessment:** These panels analyze 13+ body systems (e.g., cardiovascular, liver, thyroid, immune) to look at the body as a whole, rather than isolated results.
- **Early Intervention:** By identifying patterns of dysfunction early, you can make lifestyle, dietary, and supplement adjustments to prevent chronic illness.

- What it Measures: Common markers include nutrient levels (vitamin D, iron), hormone balances (cortisol, thyroid), inflammatory markers (CRP), and metabolic indicators (glucose, lipids).
- Goal: The primary goal is to find the "why" behind symptoms, rather than just diagnosing a disease.
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- The Health Formula +8
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This approach allows for a "snapshot" of your health to see if you are operating at peak efficiency, improving areas like energy, sleep, and metabolic health.

You can purchase a Functional Blood Chemistry Panel, often called a comprehensive wellness or metabolic panel, directly from online labs like [Request A Test](#), [Walk-In Lab](#), [Life Extension](#), or directly through [Labcorp OnDemand](#) and [QuestHealth](#). These services generally range from \$50–\$350, do not require a doctor's referral, and use nationwide testing centers.

<https://www.ondemand.labcorp.com/products?srsltid=AfmBOorhB2DYtuVYcJuc52r0zYPNQ01prcnmT4sVUwakzYG8coARyzS1>

<https://truehealthlabs.com/functional-blood-chemistry-profile-europe/>

https://www.lifeextension.com/lab-testing/itemqd381822/cbc-chemistry-lipids-panel-blood-test?srsltid=AfmBOorR_VpuUQnGcyBdZhCEukvKoCSfrGmznMO_er9V8GL7Jz5Fy0wj

A Functional Blood Chemistry Panel (FBCA) is a detailed, holistic analysis of blood markers that uses "optimal" or "functional" ranges rather than conventional "normal" disease ranges. It identifies underlying nutrient deficiencies, physiological imbalances, and early patterns of dysfunction before they manifest as chronic disease.

[Food/Chemical Sensitivity Testing:](#)

Food and chemical sensitivity tests are available through at-home kits, direct-to-consumer lab services, and clinical providers. These tests differ from allergy tests; while allergy tests measure IgE antibodies for immediate reactions, sensitivity tests typically measure IgG antibodies or cellular reactions (like ALCAT or MRT) to identify delayed triggers.

Food/Chemical Sensitivity Testing is a laboratory analysis—usually via blood sample—designed to identify non-allergic, delayed immune reactions to foods, additives, and environmental chemicals. These tests often measure IgG antibodies or white blood cell changes (e.g., [Alcat test](#)) to pinpoint triggers of chronic inflammation, migraines, gastrointestinal issues, and fatigue.

<https://cellsciencesystems.com/providers/alcat-test/food-panels/>

<https://www.walkinlab.com/categories/view/allergy-tests/Sensitivity?srsIid=AfmBOogPTLuZ8E1Z3aKZsVwnWRx9nwEAWnglJn98CYKO-xzqKMnRQoVO>

<https://www.nowleap.com/the-patented-mediator-release-test/>

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[Environmental Toxicity Testing:](#)

Environmental toxicity testing (ecotoxicology) evaluates the harmful effects of chemical, physical, or biological agents on living organisms, ecosystems, and human health. It uses laboratory bioassays to measure impacts like survival, growth, and reproduction when exposed to contaminated water, soil, or sediment.

<https://realtimelab.com/product/environmental-mold-and-mycotoxin-assessment/>

<https://www.walkinlab.com/categories/view/exposure-tests/toxins?srsIid=AfmBOooEF8UwvGpU4RYmjFn1V-3oS6GDSP-qkkbwtReLO-AePyo0l4BW>

<https://vibrant-wellness.com/tests/toxins/environmental-toxins>

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Methylation Test:

A methylation test is a diagnostic tool—often a genetic, blood, or saliva test—that analyzes how effectively your body performs methylation, a vital biochemical process for DNA repair, detoxification, and mood regulation. It identifies genetic variations (like MTHFR) or biomarker imbalances (like high homocysteine) that may cause fatigue, cardiovascular issues, or mental health disorders.

You can buy at-home genetic methylation tests online, with popular options including LifeDNA (\$349+), SelfDecode, and empowerDX (for MTHFR variants). These kits use saliva samples to analyze methylation pathways and gene variants (e.g., MTHFR, COMT). Results generally provide personalized health reports to optimize nutrient metabolism and wellness.

<https://www.amazon.com/Methylation-Including-Variants-Supplement-Recommendations/dp/B0DNR9RPWF>

<https://selfdecode.com/shop/methylation/methylation-pathway/>

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As you have read based on the information and referrals above these are the highest rated and most used based on the type of test for the best quality results. Please understand that we understand that finances can be hard and everyone has a budget which is why we are happy to inform you that some of the referral programs do offer coverage by certain insurances (make sure your is in network and you touch base with your insurance first) they also accept hsa and fsa funding.

It is suggested to try and have all tests completed with 24 months of initial test taken and start your personal 1st step care program guidance and support.

All serve an importance to the systematic function of your organic makeup and can cause domino effects if not addressed that can lead to nervous system dysfunction, autoimmune issues, and even cancers without proper inspection of the long term damage our body has and is enduring we can not recover with modern or functional medicine without pinpointing the issues on many levels that apply to the human bodies system. If your ready to take the first step to taking your life, body, and mind back let us help you take the 1st step.

Sincerely, John Barlow owner of JJ Medicinals llc

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