

## Diagnostic Testing of Brain Function

Listed below are commonly prescribed diagnostic laboratory tests used to determine the underlying causes of brain dysfunction, with links to the best labs which provide them. They are listed in order of priority for most people, however one's clinical situation or economic considerations may change that order. Educational materials are available from the labs at the links provided here, and each lab has doctors who can discuss the scientific data regarding these tests with your physician. The labs can provide you with the details of ordering and we can help here also (call 888 - 847 - 4233). At each of these links, you can click on a sample report to get an idea as to what is being tested and why. We provide training courses for physicians and healthcare practitioners in the interpretation of these laboratory test panels (call 888.847.4233). The phone numbers for the three main laboratories used below are: Doctors Data: 800.323.2784, Metamatrix: 800.221.4640, Genova Labs: 800.522.4762. Call these labs if you have questions about testing procedures. The staff at these labs are also available to support you. The first two tests (#1 and #2) are available directly to consumers (no prescription needed) and these are often done first.

- 1) Hair Elements - <http://www.gsdl.com/home/assessments/elemental/exposure/report.html>
- 2) Adrenocortex stress profile (especially with anxiety disorders/anxious depression) - <http://www.gsdl.com/home/assessments/adrenocortex/index.html>
- 3) Plasma Amino Acids - [http://doctorsdata.com/test\\_info.asp?id=11](http://doctorsdata.com/test_info.asp?id=11)
- 4) Red Blood Cell Elements - [http://doctorsdata.com/test\\_info.asp?id=7](http://doctorsdata.com/test_info.asp?id=7)
- 5) Comprehensive Organix - <http://www.metamatrix.com/TestServ/default.asp?PageID=12>
- 6) Urinary Porphyrins Profile (if heavy metals are suspected) <http://www.metamatrix.com/content/LearningCenter/Articles/Testing-for-Toxic-Metal-and-Chemical-Induced-Porphyrinuria.html>
- 7) Essential and Metabolic Fatty Acids Analysis - <http://www.gdx.net/images/reportpdf/emfa.pdf>
- 8) FIA testing for Nutritional Deficiencies - <http://www.spectracell.com/lab/fia5000.htm>
- 9) GI FX – [http://gifx.metamatrix.com/PDFs/Glfx\\_comparison\\_chart.pdf](http://gifx.metamatrix.com/PDFs/Glfx_comparison_chart.pdf)
- 10) Comprehensive thyroid assessment (especially if pt. is on thyroid meds or antidepressants) - <http://www.gsdl.com/home/assessments/thyroid/index.html>
- 11) Food allergy - IgG Food Antibody Assessment <http://www.gsdl.com/home/assessments/allergy/reports/index2.html>
- 12) Women's Hormonal Health Assessment (also for men – important if using hormone therapy such as testosterone etc.) - <http://www.gsdl.com/home/assessments/womenshealth/index.html>
- 13) Comprehensive detoxification profile (especially if there are chemical sensitivities or unusual drug reactions and side effects) - <http://www.gsdl.com/home/assessments/detox/>
- 14) NeuroGenomic Profile (identifies genetic polymorphisms (genetic “quirks”) which interfere with immune and neurological function) - [http://www.genovations.com/home/Genovations\\_Overview.pdf](http://www.genovations.com/home/Genovations_Overview.pdf)



If you are **not** getting the testing done in the Washington, DC office, you can arrange to have diagnostic testing ordered through your primary care physician or through your chiropractor. **We can assist in the process at every step of the way.** Listed below is the step-by-step sequence of events required to get the diagnostic information needed to treat your problem in a scientific manner:

- 1) First, contact a staff person at your doctor's office, to notify them that they must make contact with each lab that is going to be used (for any lab tests above) and set up an account for the doctor. This basically comes down to simply faxing in a copy of the doctor's license to the laboratory and a brief phone conversation. None of the steps listed below requires the direct participation of the doctor, and any staff person in their office can perform these steps.
- 2) Once the doctor is “checked in” at the lab, specific tests can then be ordered by the primary physician/chiropractor or staff (see priority listings above) by selecting from the lists of lab tests above. Diagnostic codes must be provided to each lab for your test(s). Your doctor's staff has your diagnostic codes –

they are usually listed in your chart. ALL OF THIS WORK CAN BE DONE BY THE OFFICE STAFF AND SHOULD NOT ENTAIL ADDITIONAL WORK FOR YOUR DOCTOR.

- 3) Upon receipt of the information, appropriate “kits” are mailed from the laboratory to your home or office.
- 4) For blood testing, you should set up a phlebotomy (blood collection) appointment with a local commercial lab. Contact the lab ahead of time, notifying them that you have kits which, after blood sample collection, will have to be mailed to another lab (other than them). Some labs won’t cooperate with this procedure, so they must be called ahead of time. You can find blood drawing labs in the yellow pages under the heading “laboratories – medical.” Most labs don’t need an appointment and you can just drop in, but it is better to call and formally make an appointment. The Laboratory Corporation of America (<http://labcorp.com/index.html>), the largest medical laboratory in the US, is generally very cooperative with this procedure and they can be found in the phone book or in the yellow pages (under the heading - laboratories – medical) or at Laboratory Corporation of America or online at <http://www.labcorp.com>.
- 5) It is best to have your blood sample drawn on a Monday, Tuesday, Wednesday or Thursday, arriving in the morning before breakfast (fasting). Preferably, all supplements (vitamins, minerals, etc.) should be withheld for 3 days prior to testing, but 24 hours is usually OK. Tell the phlebotomist (person drawing the blood) when you arrive at the lab, to **please, please follow the instructions carefully** as outlined in each of the kits that you have received. Call each lab for extra instructions about processing samples (phone #s above).
- 6) For urine, hair, stool and saliva testing, you can collect your sample at home, which boils down to carefully reading the instructions in the kit, collecting the sample, and mailing it out in the mailer which comes with the kit. The mailing company used (UPS, Airborne, or others) will come directly to your door to pick it up shortly after you call them for pickup. It is best to do any collection of samples and mailing on a Monday, Tuesday, Wednesday or Thursday (the labs should receive the samples by Friday, at the latest). Follow the directions in the kit, or call the lab for specific questions.
- 7) Samples are mailed to the labs (mailers in kits) and they process the samples. In 5-20 days, depending on how busy they are, they send the lab test findings to the primary physician/chiropractor who had officially ordered the testing.
- 8) Check with the office staff at the primary physician/chiropractor who had ordered the testing, at about 7 days after you mailed the samples out to see if the results are back. The results may take as long as 3 weeks to return, so please be patient. Results from the labs can be faxed ahead of mailing to speed the process ahead. Electronic mailing can be arranged too.
- 9) When all the lab testing results are received by the ordering doctor’s office, request a copy for yourself and keep it in a safe place for future reference.
- 10) Arrange to have the copy of the lab tests mailed to Dr. Gant’s Washington, DC office at:  
General telephone number 202-237-7000 (or call 888-847-4233 to get interpretations of lab testing)  
Address: Charles Gant, M.D., PhD, National Integrated Health Associates, 5225 Wisconsin Ave, Washington, DC. The results can be faxed to 202-237-0017.
- 11) Dr. Gant requests that the primary physician/chiropractor who officially ordered the testing be involved in the interpretation of the testing at some point. Dr. Gant demands that the education of clinicians about authentic healing practices be a high priority.
- 12) Educational courses are provided by Dr. Gant for healthcare professionals who want to expand their diagnostic skills in this area. The testing laboratories also provide naturopathic (ND) consultations who can assist healthcare providers in the interpretation of any abnormalities found, as well as optimal treatment strategies. Dr. Gant can assist them, you and your doctor in the interpretation of the laboratory results and putting them into an appropriate clinical context.

