

Integrative Psychiatry

Test Don't Guess

Condition, Symptom, or Wellness Goal*	Suggested Assessment- Using Insurance Requires Consultation (EasyPay or Medicare/TriCare)	Suggested Assessment- No Insurance Self Pay	Secondary Recommended Assessment(s)
Mood Disorders, ADHD, Autism	ION Profile <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	TRIAD <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	GI Effects 2100 Food Allergy Antibody Porphyrins Profile NeuroGenomic DetoxiGenomic
Anxiety, Depression	ION Profile <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	TRIAD <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	Complete Hormones Food Allergy Antibody NeuroGenomic
Chronic Fatigue, Fibromyalgia	ION Profile <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	TRIAD <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	GI Effects 2100 Complete Hormones Food Allergy Antibody
Sports Fitness, Optimal Health*	ION Profile <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	Optimal Nutrition Evaluation	GI Effects 2100 Complete Hormones DetoxiGenomic
Celiac Disease, IBS	Food Allergy Antibody- IgG, IgE, Celiac & Gluten	TRIAD	GI Effects 2100

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	Sensitivity		
IBD	CDSA 2.0	CDSA 2.0	Food Allergy Antibody TRIAD ImmunoGenomic
Headaches, Migraines	ION Profile	TRIAD	Food Allergy Antibody Complete Hormones
Hormone Replacement Therapy*	Complete Hormones- 24 Hour	Complete Hormones- 24 Hour	Hormonal Health, Male Hormonal Health or Estrogen Metabolism Assessment Urine
Hypoglycemia	Food Allergy Antibody- IgG, IgE, Celiac & Gluten Sensitivity	TRIAD	ION Profile Complete Hormones GI Effects 2100
Indigestion, Constipation, Diarrhea, Gallstones, Abdominal Pain & Other GI Complaints	GI Effects 2100	GI Effects 2100	Food Allergy Antibody- including Celiac & Gluten Sensitivity
Cardiovascular Issues, Heart Disease	CV Health Plus Genomics	CV Health Plus Genomics	CardioION ION Profile
Allergies, Asthma, Eczema, Sinusitis, Ear Infections	Food Allergy Antibody- IgG, IgE, Celiac & Gluten Sensitivity	TRIAD	ION Profile GI Effects 2100
Pre-Diabetes, Diabetes Type 2, CardioMetabolic Syndrome, Obesity	CardioION	MetSyn Guide	TRIAD PreD Guide ION Profile CV Health + Genomics
Osteoporosis	ION Profile	Bone Resorption	Complete Hormones Hormonal Health OR Male Hormonal Health

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Stress, Sleep Issues	ION Profile <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	TRIAD <i>*Alternative option for urine collection only- Optimal Nutrition Evaluation</i>	Complete Hormones Food Allergy Antibody-IgG, IgE, Celiac & Gluten Sensitivity
Uncovers Potential Genetic Susceptibility To...	Genovations Test Profile	Genetic Variations Evaluated / Key Components of Test	
<ul style="list-style-type: none"> • Hypercholesteremia • Atherosclerosis • Obesity • Hypertension • Coronary Artery Disease • Stroke • Myocardial Infarction • Thromboses • Endothelial Dysfunction 	CardioGenomic Plus	<ul style="list-style-type: none"> ✓ Blood Pressure Regulation ✓ Lipid Balance ✓ Nutrient Metabolism ✓ Inflammation Oxidative Stress 	
<ul style="list-style-type: none"> • Impaired Detoxification Capacity • Adverse Drug Reactions <p><u>Related Conditions:</u></p> <ul style="list-style-type: none"> • Anxiety, ADHD, Alcoholism, Rapid Cycling in Bipolar • Lung, Colon, 	DetoxiGenomic	<ul style="list-style-type: none"> ✓ Phase I Detoxification- all environmental toxins ✓ Phase II Detoxification- methylation, acetylation, glutathione conjugation, 	

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<ul style="list-style-type: none"> Bladder, Head/Neck Cancer • Neurodegenerative Disorder Development 		oxidative protection	
<ul style="list-style-type: none"> • Breast Cancer • Osteoporosis • Thromboses • Stroke • Atherosclerosis • Heart Disease 	EstroGenomic	<ul style="list-style-type: none"> ✓ Estrogen Metabolism ✓ Coagulation ✓ Cardiovascular Function ✓ Bone Health Inflammation 	
<ul style="list-style-type: none"> • Asthma • Cancers • Infectious Diseases • Arthritis • Heart Disease • Cause of Ulcers- Helicobacter pylori infection • Autoimmune Disorders • Allergy • Bone Inflammation • IBD • Osteopenia 	ImmunoGenomic	<ul style="list-style-type: none"> ✓ Immune & Inflammatory Activity- chronic inflammation, viral infection, cancer, allergy, asthma, atopy 	
<ul style="list-style-type: none"> • Neurodegenerative Disorders • Mood Disorders • Detoxification Capacity • Developmental Issues • Oxidative Stress 	NeuroGenomic	<ul style="list-style-type: none"> ✓ Methylation ✓ Glutathione Conjugation ✓ Oxidative Protection Vascular Oxidation 	
<ul style="list-style-type: none"> • Low Bone Mineral Density • Osteopenia • Arthritis • Osteoporosis 	OsteoGenomic	<ul style="list-style-type: none"> ✓ Bone Formation- collagen synthesis ✓ Bone Breakdown- 	

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<ul style="list-style-type: none">• Bone Fractures		resorption Inflammation- includes key regulatory mechanisms affecting calcium & Vitamin D3 metabolism	
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