

There are many simple processes to get answers by urine, blood and saliva.

Working with Dr. Kulp, your history, physical evaluation will help to determine what is the best road for you to go down and which tests will be best for your condition.

After a consultation, exam and specific testing- a comprehensive report will be compiled on how best to make lifestyle changes and diet along with supplement support. It all gets laid out for you with what was found on each part of the journey. Remember- you didn't get this sick overnight. So, wellness takes time as well. Get started now. Avoid old tests that are limiting your information and get to the bottom of your health issues. Be proactive and start with testing.

**Adrenal Function Tests:** A saliva test used to assess cortisol levels at 4 different times of the day. If levels are low there may be symptoms like fatigue, headaches, lightheadedness, and sleep problems.

**Calprotectin in the Stool:** Test that is reliable marker for differentiating gastrointestinal inflammation associated with inflammatory bowel disease (IBD) from inflammation associated with irritable bowel syndrome. IBD can be a life threatening condition- monitoring calprotectin helps to play an effective role to determine if treatment is effective.

**Cardiovascular Testing with Cleveland Heart Labs:** Determines cardiac health and risk factors. Includes many tests. This information will provide tremendous information on cardiac health.

**Celiac and Gluten Sensitive Testing:** an often undiagnosed condition. It is caused in genetically predisposed individuals by abnormal intestinal permeability and abnormal immune response to gluten, a protein complex found in many grains. The inflammatory auto immune response damages the lining of the small bowel. It can be associated with bloating, fatigue, diarrhea, nutritional deficiencies, and other systemic auto immune conditions.

**Diabetic Panel:** Fasting glucose, insulin, Hemoglobin A1C, Fructosamine, adiponectin, and leptin all help provide metabolic information.

**Food Sensitivity Panel:** Abnormal results indicates a food sensitivity or food allergy issues.

**Galectin-3 and BNP:** Very useful to determine heart stress. When levels are high, the cause must be determined! Typically this is a sign of high blood pressure or heart function is not normal. Having a leaky heart valve can also lead to rise in heart stress.

**Genetic:** MTHFR, Factor V Leiden, APO E., Prothrombin, gene mutation and KIF 6- all these tests play a role in your DNA.

**Hair Analysis:** Provides information regarding recent and ongoing exposure to potentially toxic metals like mercury.

**Helicobacter Pylori Antigen- stool test:** This microorganism can be found in the stomach mucosa of infected people, causing frequent but silent infections that can cause gastritis, gastric ulcers and other serious pathologies.

**Homocysteine:** A protein linked with increased risk of heart attack, strokes, blood clots, cancer and dementia and death. Knowing this level is critical.

**Intestinal Permeability Testing:** Done for evaluation of leaky gut syndrome. This test measures two sugar molecules, lactulose and mannitol, to permeate the intestinal epithelia barrier. Usually mannitol is absorbed but lactulose, a larger molecule, is not. This test helps to identify malabsorption and “leaky gut.”

**Neurotransmitters- tested via saliva or urine:** Test dopamine, norepinephrine, GABA and serotonin levels- this test is beneficial for those who suffer with panic attacks or anxiety and hypertension or heart rhythm problems.

**Oxidative Markers:** Lipid peroxides, myeloperoxidase and F2 isoprostanes, if these are high the body is suffering from extreme damage to the cardiovascular system.

**Salivary Hormones:** Tests Cortisol and DHEA and adrenal/HPA axis assessment. Tests for estrone, estradiol, estriol, progesterone and testosterone.

**Spectra Cell:** Test looks at intracellular nutrients and vitamins along with CoQ10 and antioxidant status and omega 3 index- tells if cells have enough omega 3 fats in their membranes. The lower the levels, the higher the risk for cardiovascular risk. Omega 3 fatty acids in the cell membrane helps the cells “talk” with each other and to communicate with hormones that are circulating in your body.

**Stool Analysis with Parasitology:** Used primarily for GI complains, this test helps pin point the cause of the GI symptoms and chronic systemic conditions. It measures markers for digestion, absorption and inflammation. It also evaluates beneficial bacteria’s and pathogenic microorganisms including aerobic and anaerobic bacteria, yeast and parasites.

**Thyroid Markers:** Auto Immune Markers are in a tight range for normal. Auto immune markers anti-thyroglobulin and anti-thyroid peroxidase- elevation of one or more can be poor nutrition and chemicals that are attacking your thyroid and likely other parts of the body.

**Thyroid Profiles:** Evaluates thyroid hormone and thyroid antibodies to discover and treat the functional cause of vague symptoms and chronic complaints.

**Uric Acid:** Causes of elevated uric acid is sugar and starchy carb foods which leads to painful symptoms of gout- an arthritic condition. High uric acid is also a risk for cardiac disease.

**Vitamin D:** Known for its role in bone health and calcium absorption, also appears to affect immune function, neurodegenerative issues and other conditions.

**Zonulin:** A biomarker for intestinal permeability which is associated with celiac disease.