

Common Functional Tests Explained™

See what these tests aim to explore and what to ask before deciding whether one is worthwhile.



Comprehensive Stool Testing

May explore: Digestion, gut microbes and selected markers of inflammation or infection.

Ask: Will the result change what we do next?



Organic Acids Testing

May explore: Patterns related to metabolism, nutrients and microbial by-products.

Ask: Which findings are clinically useful?



Hormone Testing

May explore: Selected reproductive or adrenal hormones in blood, urine or saliva.

Ask: Is this the right method and timing for my question?



Cortisol Rhythm Testing

May explore: Cortisol levels at several points across the day.

Ask: How would the result affect my care?



Specialty Nutrient Testing

May explore: Selected vitamins, minerals or nutrient-related markers.

Ask: Is a standard blood test available first?



Food Reaction Panels

May explore: Immune responses to foods, depending on the test method.

Ask: Is the test validated for the problem I am trying to solve?

Before You Order Any Test

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| ☐ What specific question are we trying to answer? | ☐ What will we do differently based on the result? |
| ☐ Is the test validated for that purpose? | ☐ What is the full cost, including follow-up? |
| ☐ Could a standard test answer it first? | ☐ Could the result create unnecessary restrictions? |



A Note About Food Tests

Many food IgG panels do not diagnose a food allergy or reliably prove an intolerance.
Ask how the test has been validated before using it to remove foods.



Gentle Reminder

More testing does not always create more clarity. The most useful test is one that answers a focused question and can guide a meaningful next step.

Martine's Midlife Wellness Tip

Ask what the result could change before you pay for a specialty test.
If the answer is unclear, pause and gather more information.