Tanya Borowski
Nutritional & Functional Medicine

Testing Fees

These are a selection of the more commonly used tests Tanya recommends after the Case Review Appointment. Tanya will only suggest testing if she feels they will further enhance outcome.

Functional Comprehensive Metabolic Blood Chemistry	**£235**
NB: Click here for further details	
Add-on Micronutrient Screen	**£240**

Gut Function Testing
Stool can tell quite a bit about the state of the gut. One of the most comprehensive and advanced tests is called the GIMAP. This test uses DNA analysis to test the bacteria present in the gut. The test shows a balance of beneficial bacteria, parasites, markers of inflammation, digestions, absorption and sensitivity to botanicals and pharmaceuticals.

Comprehensive GI Map Stool Analysis	**£295**
GI Map Plus Zonulin	**£360**
SIBO Breath Test	**£145**
Advanced Intestinal Barrier Assessment	**£275**

Measured Biomarkers**:**

- Zonulin is a protein that regulates tight gap junctions in the gastrointestinal tract and modulates intestinal permeability.
- Diamine oxidase (DAO) is an enzyme that breaks down histamine.
- Histamine is a compound that affects immune response, physiological function of the digestive tract, and acts as a neurotransmitter.
- LPS is a bacterial endotoxin that increases with transcellular permeability of the gastrointestinal lining (leaky gut).

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Functional Endocrinology

Female or Male Hormone Panel (incl adrenal and sex hormones) **£220**
Comprehensive profiles using both saliva and blood spot collection give clinicians the 'big picture' of where the hormones may be unbalanced.

Measured Biomarkers**:**

- Estrogen
- Progesterone
- Testosterone
- DHEA-S
- SHBG
- Cortisol (4 point)
- Free T4
- Free T3
- TSH
- TPO Antibodies

Advanced Adrenal Saliva (home test kit) Test **£115**
Adrenal testing is done by collecting saliva throughout the day, and can be very helpful in identifying the stage of adrenal dysfunction. These tests can also show a deficiency in Secretory IgA.

Advanced Triggers

Mercury Tri Test **£230**

Food Immune Profile **£450**
This comprehensive food sensitivity and allergy panel includes IgG, Complement, IgE, IgG4 + Blocking Potential

Toxin Testing **£185**

ZRT Labs offers an Iodine, Bromine, arsenic and mercury panel test as part of the Elements Profile

Chronic Viral Panel **£245**

Viruses are some of the major contributing factors in autoimmunity. Viruses can also affect the ability of T-cells to detect antigens by cross-reaction (molecular mimicry). If viral infections remain untreated, they may result in over-activation of the immune system, which may subsequently progress to autoimmune diseases.

Biomarkers:

- EBV Viral Capsid (VCA) IgG
- EBV Viral Capsid (VCA) IgM
- Cytomegalovirus (CMV) IgG
- Cytomegalovirus (CMV) IgM
- Herpes simplex Virus (HSV) 1+2 IgG
- Herpes simplex Virus (HSV) 1+2 IgM

Lyme Panel **£595**

Diagnosis of Lyme disease can be difficult because its symptoms share commonalities with ALF, autism, chronic fatigue syndrome, fibromyalgia, lupus, Parkinson's and RA. It is crucial to combine clinical symptomatology with the most sensitive techniques available to properly diagnose Lyme disease.

Measured Biomarkers**:**

- Borrelia burgdorferi (IgG, IgM)
- OspA + OspC Peptides (IgG, IgM)
- OspE Peptide (IgG, IgM)
- Leukocyte Function Associated Antigen (IgG, IgM)
- Immunodominant Protein (IgG, IgM)
- Variable Major Protein (IgG, IgM)
- B. b. sensu stricto (IgG, IgM)
- B. garinii (IgG, IgM)
- B. afzelii (IgG, IgM)
- Babesia (IgG, IgM)
- Ehrlichia (IgG, IgM)
- Bartonella (IgG, IgM)
- Western Blot Assay□B. burgdorferi (IgG, IgM)

Mycotoxins Comprehensive **£555**

RealTime Lab’s mycotoxin test panel is the most comprehensive available, testing for the presence of 15 of the most common and toxic mycotoxins produced by indoor mold contaminants. Mycotoxins are small, toxic molecules produced by a number of toxigenic mold strains. These mycotoxins are extremely potent and can cause many types of cellular damage that can lead to disease.

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Cyrex Panels
Cyrex™ is a Clinical Immunology Laboratory Specializing in Functional Immunology and Autoimmunity. Cyrex™ offers multi-tissue antibody testing for the early detection and monitoring of today's complex autoimmune conditions. Priced in USD.

Array 2	**Intestinal Antigenic Permeability Screen**	**$244**
Array 3	**Wheat/Gluten Reactivity & Autoimmunity**	**$402**
Array 4	**Gluten Associated Cross Reactive Foods & Sensitivity**	**$282**
Array 5	**Multiple Autoimmune Reactivity Screen**	**$667**
Array 6	**Diabetes Autoimmune Reactivity Screen**	**$219**
Array 7	**Neurological Autoimmune Reactivity Screen**	**$341**
Array 7x	**Neurological Autoimmune Reactivity Screen Expanded**	**$526**
Array 8	**Joint Autoimmune Reactivity Screen**	**$242**
Array 10	**Multiple Food Immune Reactivity Screen**	**$534**
Array 11	**Chemical Immune Reactivity Screen**	**$431**
Array 20	**Blood Brain Barrier Permeability Screen**	**$219**

Pro Inflammatory Cytokines **£205**
Flow cytometry multiplex assessment of the proinflammatory cytokines:
IL-1b, IL-6, IL-8, IL-10, IL-12p70, TNF, TGF-b1, MIP-1b, MCP1

There are many reports of cytokine imbalances in autism spectrum disorders (ASD). These imbalances could have a pathogenic role, or they may be markers of underlying genetic and environmental influences. Cytokines act primarily as mediators of immunological activity but they also have significant interactions with the nervous system.

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Genetic Methylation Testing and Nutrient Extraction **£249**
Some individuals with Hashimoto's may have a gene variation that prevents them from properly activating folic acid. This gene variation is present in up to 55% of the European populations, and seems to be more common in those with hypothyroidism.

The gene involved is the MTHFR (Methylenetetrahydrofolate Reductase) gene, and genetic testing is available to show is someone has this gene variation. The MTHFR gene codes for the MTHFR enzyme, the enzyme that converts the amino acid homocysteine to methionine, a building block for proteins.

Individuals with low activity of the MTHFR enzyme may present with elevated homocysteine levels, which have been associated with inflammation and heart disease, and potentially an impaired ability to detoxify.

Nutrient deficiencies in Folate, B_6 and B_{12} have been associated with elevated homocysteine.

However, individuals with the MTHFR gene are often deficient in folate, but actually have a di cult time processing folic acid that is:

Add-on Detoxification Report **£150**
Detoxification report focuses on the key genes and variants involved in regulating Phase I, II and III liver detoxification pathways including those involved in the metabolism of caffeine, alcohol, hormones, neurotransmitters, pesticides and various common pharmaceutical drugs