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DIY Testing



While most practitioners recommend that patients consult with a physician to interpret their test results, several companies offer gene, blood and microbiome lab

testing directly to consumers. Here are a few options to consider.

uBiome, Inc. (*Ubiome.com*): Send in swab samples from gut, mouth, nose, genitals and/or skin and the company will genetically sequence the DNA of resident bacteria and send findings back within six weeks, identifying good and bad varieties present, deficiencies, and how that personal microbiome compares to others with similar lifestyles, such as smokers, vegans, meat-eaters, etc. It's also possible to test a client's microbiome over time to see if dietary changes implemented to change gut health are working.

WellnessFX (*WellnessFX.com*): Visit an affiliated diagnostic lab to submit blood samples with results posted within a week on a secure website. Different packages targeting weight loss, sports performance, heart health or women's health issues look at different biomarkers in the blood, such as levels of certain micronutrients, hormones or signs of inflammation. Clients can request an online consultation with a doctor or dietitian to interpret the results.

Pathway Genomics (*Pathway.com*): The company's DNA Insight Genetic Health and Wellness Tests use genetic material taken from saliva to analyze genetic markers. Ordered via a licensed practitioner, online or through a smartphone app, clients receive a kit, send in a sample and get results within three weeks. The Pathway Fit tests snapshot 75 genetic markers related to metabolism and sports performance. Others look for genes that influence nutrient absorption, heart health or hormonal function.