

RENEW

WELLNESS

Specialty Functional Medicine Labs Offered by Dr. Helene Pulnik ND

Functional Medicine lab testing looks *deeper*, into the root cause of health issues, and provides the basis of a personalized, functional approach in addressing a broad variety of clinical conditions. Rather than shooting the dark with what supplements to take, or what type of diet to eat, Functional Medicine tests will let you know exactly what your system imbalances are so we can treat accordingly based on the results.

[Check out Dr. Helene's Functional Medicine Bio](#)

Here are some of the different system imbalances we can look into:

- Micronutrients and Nutritional Deficiencies
- Weight Gain, Resistance to Weight Loss
- Food Sensitivities, Inflammation, Allergies
- Microbiome Health, Leaky Gut, SIBO
- Mood disorders, Depression, Anxiety
- Insomnia, Stress
- Fatigue, Low Energy, Mitochondrial Function
- Brain Fog, Headache, Muscle/Joint Pain
- Low Libido, Andropause, Men's Health, Women's Health
- Cardiovascular Health, Metabolism, Thyroid Health
and more!

Let's take a look!



Adrenal Function Test

[Click here to see a Sample Report](#)

This saliva profile is the best starting point for comprehensive assessment of adrenal function. Circadian adrenal function testing is used to uncover the root cause of low energy and fatigue during the day, and insomnia or sleep problems at night.

Cortisol testing can also help to understand the role that stress plays in weight gain and other metabolic imbalances such as Metabolic Syndrome, insulin resistance, high blood pressure, high blood sugar and pre-diabetes.

NeuroHormone Complete Test

[Click here to see a Sample Report](#)

This saliva and urine profile is the best starting point for comprehensive assessment of adrenal function, hormonal status, stress hormones and neurotransmitter balance. This comprehensive hormone and neurotransmitter profile is important for both men and women, providing baseline and monitoring and information for patients.

RENEW Wellness Comprehensive Panel

[Click here to see a Sample Report](#)

This blood panel profile provides comprehensive information regarding your overall health and metabolism, including thyroid function, markers for heart health and inflammation, liver, kidney and metabolic markers for insulin resistance and Metabolic Syndrome.

Genetic Testing for Weight Loss & Exercise

[Click here to see a Sample Report](#)

Everyone's body is unique! This is why the diet or workout that worked great for your friend may not seem to be giving you the same results. Most importantly, this is how we create your Personalized Nutrition Plan, with the ultimate goal of improving health and performance through precision nutrition recommendations. The Genetic Test for Weight Loss uses evidence-based, actionable genetic markers to help you maximize your genetic potential and overall health through the power of food, personalized to your genetic make-up.

New! Ask about the Personalized Menu Plan based on your Genetic Test results!



IGG Food Sensitivity Testing

[Click here to see a Sample Report](#)

IGG food reactions are delayed inflammation reactions that affect MORE than 80% of the population. An IGG Food Sensitivity is a delayed food reaction, and symptoms do not occur for hours or days after exposure. Because it's sometimes very hard to pin down what the cause of your symptoms are, IGG Food Sensitivities can be an underlying cause of digestive symptoms, and other complaints such as fatigue, brain fog, migraines/headaches, sinus congestion, joint pain and even weight gain. The IGG Food Sensitivity test is a finger stick that is done in the comfort of your home. Identifying which foods are contributing to your symptoms will help to create a personalized nutritional plan. It is often used in conjunction with IGG Food Sensitivity testing and SIBO breath testing.

Microbiome Testing

[Click here to see a Sample Report](#)

Microbiome stool testing provides immediate, actionable clinical information for the management of gastrointestinal health. Utilizing cutting-edge technologies and biomarkers, this profile offers valuable insight into digestive function, intestinal inflammation, leaky gut, Candida and the intestinal microbiome. The GI Effects test is a comprehensive assessment of complete gut health, assessing the root cause of most GI complaints. It looks at Functional Imbalances in 5 key areas relating to GI function: Maldigestion, Inflammation, Dysbiosis, Metabolite Imbalance, and Infection. It is often used in conjunction with IGG Food Sensitivity testing and SIBO breath testing.

SIBO Breath Test

[Click here to see a Sample Report](#)

The SIBO Breath Test is a non-invasive test that evaluates bacterial overgrowth of the small intestine. The SIBO breath test is used to uncover the cause of unexplained abdominal symptoms such as unresolved abdominal pain/distention, diarrhea, and flatulence. It is often used in conjunction with Microbiome testing and IGG Food Sensitivity testing.



Micronutrient Testing

[Click here to see a Sample Report](#)

Micronutrient analysis is a key step in creating a personalized plan for you. Micronutrients, such as vitamins, minerals, amino acids, and antioxidants, play an essential role in human health. They are crucial for proper immune function, energy production, and growth and development. They are obtained only through food. A diet that lacks enough variety may lead to a nutritional deficiency, while excessive supplement use may lead to a toxic surplus of micronutrients in the body. These nutritional imbalances contribute to a variety of chronic diseases. The Vitamin, Mineral and Micronutrient Test is a finger stick that is done in the comfort of your home. The test analyzes the direct levels of over 40 extracellular and intracellular micronutrients. Analyzing both types of micronutrients provides a complete picture of a patient's nutritional status.

DUTCH Hormone Test

[Click here to see a Sample Report](#)

The DUTCH Complete™ is Precision Analytical's most extensive sex and adrenal hormone profile. It also offers an assessment of the daily free cortisol pattern, organic acids, melatonin, and more, all in one simple test.

[Click here to Schedule Your FREE 30 min. Discovery Call](#)

Disclaimer: Dr. Pulnik does not act as your primary care provider. Dr. Pulnik's practice is focused on a complementary, functional and holistic approach to care, and therefore you should be in the care of a primary care doctor especially if you have a medical condition, disease or mental health disorder.