

ENVIROMENTAL TOXINS

LAB REFERENCE SHEET



LAB TESTS TO DISCUSS WITH YOUR DOCTOR

My name is Leslie Migliorelli and I am a Habits & Transformation Coach. I specialize in Weight loss & Thyroid Health. I am excited to offer this valuable resource to guide you on testing for environmental toxins and allergens, heavy metals, and mold.

Your doctor may not be an environmental toxins expert and may not perform the necessary diagnostic tests or understand the many drivers involved with health problems caused by exposure to environmental toxins.

Thorough testing can help your doctor determine what is driving your symptoms, which is essential for selecting the best course of action.

On the following page is a printable **LAB TESTS REFERENCE SHEET** to discuss with your doctor.

If your doctor cannot order these diagnostic tests for whatever reason, many of these may be available through direct-to-consumer labs or integrative health practitioners.

Direct-to-consumer labs and integrative practitioners typically do not take insurance, so you will need to pay directly for any testing. You may also need to share the results with your doctor for interpretation.

LAB TESTS REFERENCE SHEET

Environmental Tests	Notes
GPL-TOX (environmental toxins) Profile	Non-metal chemical profile that screens for the presence of 173 different toxic chemicals.
Metals Hair Test (hair sample)- Great Plains Laboratory	A metals hair test is ideal for checking current exposure to toxic metals.
Heavy Metals Test (urine) -EveryWell	This at-home test measures certain environmental toxins that may affect your overall health and wellness.
Mycotoxins Profiles	Mycotoxins are metabolites produced by fungi like mold, which can infest buildings, vehicles, and foodstuffs.
Glyphosate	The world's most widely produced herbicide and is the primary toxic chemical in Roundup.
Home Mold Testing	Indoor mold test kits are not reliable, call a mold specialist to inspect your home if you suspect mold.
Environmental Allergies	
Indoor and Outdoor Allergy Test	Measures your body's Immunoglobulin E (IgE) antibody reactivity to 40 common indoor and outdoor allergens.
Gene Tests	
MTHFR DNA Testing	

ABOUT THESE TESTS

Environmental Toxins Profiles

Environmental toxins, also called toxicants, are produced outside of the human body. These toxicants are cancer-causing chemicals and endocrine disruptors, including pesticides, herbicides, phthalates, parabens, volatile organic compounds, and more. When absorbed, inhaled, or ingested, these toxicants can cause acute or chronic toxic overload and can manifest in a variety of symptoms. You can measure exposure to environmental toxins through lab testing. Testing may be useful to determine the cause of toxicity and provide insight into detoxification and healing paths¹.

Metals Profiles

Heavy metals such as arsenic, cadmium, cobalt, chromium, mercury, copper, manganese, nickel, lead, tin, and titanium may cause significant health problems if they accumulate in humans. This is due to their ability to deplete critical nutrients such as antioxidants and essential minerals in the human body. Testing for heavy metals can assess any excessive presence in the body and further understand the root causes of disorders and cellular dysfunction.

Mycotoxin Profiles

Mycotoxins (toxins from mold) are some of the most prevalent toxins in the environment. Mycotoxins are metabolites produced by fungi like mold, which can infest buildings, vehicles, and foodstuffs. Mycotoxins can be evaluated to assess for underlying root causes of disorders and cellular dysfunctions in the body².

¹ <https://www.greatplainslaboratory.com/gpl-tox>

² <https://www.greatplainslaboratory.com/gplmycotox>

Glyphosate

High correlations exist between glyphosate usage and numerous chronic illnesses, including autism, hypertension, stroke, diabetes, obesity, lipoprotein metabolism disorder, Alzheimer's, senile dementia, Parkinson's, multiple sclerosis, inflammatory bowel disease, intestinal infections, end stage renal disease, acute kidney failure, cancers of the thyroid, liver, bladder, pancreas, kidney, and myeloid leukemia³.

Indoor and Outdoor Allergy Test

Measures your body's Immunoglobulin E (IgE) antibody reactivity to 40 common indoor and outdoor allergens. This information is a helpful step toward understanding which allergens may be causing unwanted symptoms, so you can better prepare for allergy seasons and reduce exposure in your home⁴.

MTHFR DNA Test

The MTHFR gene helps the body break down a substance called homocysteine. Homocysteine is a type of amino acid the body uses to make proteins. Typically, folic acid and other B vitamins break down homocysteine and change it into other substances the body needs. If you have this gene variation, your MTHFR gene may not work right. This may cause too much homocysteine to build up in the blood, which can lead to various health problems – including feelings of stress or anxiety.

³ <https://www.greatplainslaboratory.com/glyphosate-test>

⁴ <https://www.everlywell.com/products/indoor-outdoor-allergy-test/>

WHERE TO ORDER

Greatplainslaboratory.com

These are at-home test kits; no lab visit required. However, Great Plains will put you in touch with one of their practitioner partners, as they do not sell directly to the public. If you are serious about testing for environmental toxins, this lab offers superior testing.

- GPL-TOX test includes a full profile of environmental toxins.
- Myco-TOX test includes a full panel of mycotoxins and their metabolites.
- Heavy Metals Hair Test

Everlywell.com

*These are at-home test kits you can order for yourself.

- Heavy Metals
- Indoor and Outdoor Allergy Test

Lifeextension.com

At-home test kit you can order for yourself.

- MTHFR DNA Test
- Environmental Pollutant Profile Urine Test (not as comprehensive as Great Plains)