

FUNCTIONAL TESTING

With registered Nutritionist (mBANT,
CNHC), Naturopath, Master Practitioner
(ED) & NLP Practitioner, Lauren Windas.



ARDERE[®]
WELLBEING

AS FEATURED IN





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MEET LAUREN

ARDERE's resident Nutritionist & Naturopath Lauren Windas is dedicated to helping you achieve your goals to leading a healthier lifestyle.

"Food is so powerful. It feeds us, fuels us and fixates us. We eat for survival, yet living in the Western world, we more commonly eat for enjoyment.

Eating is a psychological practise. Many people have a torturous relationship with food and believe it is not possible to eat for both health and pleasure. I want to show you how this is most certainly achievable.



LAUREN WINDAS

Registered & Licensed Nutritionist (mBANT, CNHC), Naturopath, Master Practitioner in ED & NLP Practitioner

Lauren works individually with clients in her private clinic to assess their long-term health goals. In addition, she frequently attends workplaces to educate and inform employees about the importance of lifestyle when it comes to wellbeing.

Lauren's clientele often comprises of busy city workers who are suffering with fatigue, digestive distress and burnout, and she coaches them on how they can adopt simple changes to their diet and lifestyle in order to overcome the challenges that they are facing with their health, so that they can emerge as a healthier and more productive version of themselves.

My food philosophy is centralised on food as something to be enjoyed and cherished, as we should never make ourselves miserable at the expense of trying to eat healthily. Understanding how to hold a healthy relationship with food is so important as we go through life". - Lauren Windas

THE BACK STORY

After being diagnosed in 2012 with Myalgic Encephalomyelitis (more commonly referred to as M.E. or Chronic Fatigue Syndrome), Lauren was determined to treat herself as naturally as possible, and discovered that by making specific dietary and lifestyle changes, she was able to alleviate and overcome many symptoms.

"I can relate. I know how it feels to have poor health and nowhere to turn for answers. I have experienced first-hand the power of nutritional and lifestyle interventions in recovering my own health and have also seen incredible results with clients" - Lauren Windas





FUNCTIONAL LABORATORY TESTING

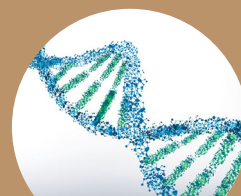
Lauren can facilitate and interpret the following types of tests...



DIGESTIVE HEALTH



HORMONAL HEALTH



GENETIC TESTING



NUTRITIONAL STATUS



LATENT VIRUS



TOXICITY



DIGESTIVE HEALTH

Uncover the functional imbalances that are occurring within your gut to get to the root problem of your health concern



GI EFFECTS COMPREHENSIVE STOOL PROFILE (ALSO INCLUDES TESTING FOR H. PYLORI)

Type of test: Stool

The GI Effects® Comprehensive Stool Profile is an advanced stool test that provides immediate, actionable clinical information for the management of gastrointestinal health. Utilising cutting-edge technologies and biomarkers, this test offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome. Biomarkers are grouped and scored in 5 key areas relating to GI function:

- Maldigestion
- Inflammation
- Dysbiosis (imbalanced / deficient commensal bacteria, methane or SIBO bacteria)
- Metabolite Imbalance
- Infection (pathogenic bacteria, candida / yeasts, parasites)



SIBO BREATH TEST

Type of test: Breath

Genova's SIBO Profiles are non-invasive breath tests which capture exhaled hydrogen (H₂) and methane (CH₄) gases following patient ingestion of a lactulose solution to evaluate bacterial overgrowth of the

small intestine. Levels of Carbon Dioxide (CO₂) are also measured in every sample for quality control purposes.





HORMONAL HEALTH

Discover the balance of your hormones, a star player in our overall health.



DUTCH SEX HORMONE METABOLITES

Type of test: Urine

DUTCH (Dried Urine Test for Comprehensive Hormones) can help identify the root causes of hormone imbalances in men and women. It can provide insights into conditions such as the menopause, PCOS, weight gain, fatigue, low libido, premenstrual syndrome, mood swings, sleep issues, mood disorders and prostate issues in men. Additionally, the test can be used to gather baseline measurements for the administration and monitoring of hormone replacement therapy. The DUTCH Sex Hormone Metabolite test analyses oestrogen, progesterone and testosterone along with their metabolites in order to track and evaluate hormone levels. The DUTCH test is simple and easy to use. Urine samples are taken using filter paper collection strips without the need for a blood draw or 24-hour urine collection.



THYROID PLUS

Type of test: Blood

Thyroid Plus is a hormone test that provides a thorough analysis of thyroid hormone metabolism. It includes central thyroid gland regulation and activity, thyroid production and secretion, peripheral thyroid conversion, and thyroid autoimmunity. This hormone test allows the practitioner to pinpoint common imbalances that underlie a broad spectrum of chronic illness. This test analyzes serum levels of TSH, free T4, free T3, reverse T3, anti-TG antibodies, and anti-TPO antibodies to assess central and peripheral thyroid function, as well as thyroid auto-immunity.

Thyroid hormones are essential and primary regulators of the body's metabolism. Hormone imbalances can affect virtually every metabolic process in the body, exerting significant effects on mood and energy level.





HORMONAL HEALTH

Discover the balance of your hormones, a star player in our overall health.



DUTCH PLUS URINARY HORMONES WITH CORTISOL AWAKENING RESPONSE

Type of test: Urine

The DUTCH Plus takes hormone testing to a whole new level. In addition to sex hormones and their metabolites, the DUTCH Complete looks at the overall diurnal pattern of free cortisol, and the total and distribution of cortisol metabolites. The DUTCH Plus adds the Cortisol Awakening Response (CAR) to bring another important piece of the HPA-axis into focus.



COMPREHENSIVE ADRENAL STRESS PROFILE

Type of test: Urine

The Comprehensive Adrenal Stress Profile comprises of the standard Adrenal Stress Profile (which assesses cortisol and DHEA levels) and Secretory IgA (SIgA). Imbalances of cortisol, DHEA and SIgA can lead to the most common health complaints of the 21st century. Both excesses and deficiencies of DHEA and cortisol have been implicated in the aetiology of various illnesses and immune suppression.



DUTCH COMPLETE URINARY HORMONES TEST

Type of test: Urine

This advanced hormone testing was developed to improve on available hormone testing options. DUTCH offers the most extensive profile of sex and adrenal hormones along with their metabolites. Additionally, the daily (diurnal) pattern of free cortisol is included, along with melatonin (6-OHMS), 8-OHdG, and six organic acids. This unique combination of clinical information is not available by any other method.





GENETIC HEALTH

Explore the field of nutrigenomics and how your genetics can influence your nutrition and lifestyle.



LIFECODE GX NUTRIENT CORE REPORT

Type of test: Saliva swab

This test analyses how gene variants can affect food tolerance (and intolerance), appetite control and blood sugar balance, vitamin and mineral needs, detoxification ability, and susceptibility to inflammation and infection.

Nutrient Core will help you understand the fundamental genetic interactions with diet and lifestyle and indicate whether specific functions require further genetic testing. It includes genes that have been shown to affect:

- food response - coeliac disease (gluten) and lactose intolerance
- caffeine - sensitivity and metabolism
- microbiome - diversity
- vitamin need - vitamins A, B9 (folate), B12 (cobalamin), C, D and K
- blood pressure - sodium-potassium balance & salt sensitive hypertension
- detoxification - glutathione
- metabolism - blood sugar control (insulin), appetite (leptin)
- inflammation - specific (infection response) and systemic
- circadian rhythm - early bird or night owl predisposition





NUTRITIONAL STATUS

Determine your nutritional deficiencies using our comprehensive tests.



METABOLOMIX

Type of test: Urine

The Metabolomix nutritional test helps to give an understanding of individual diet and supplementation needs, and offers a personalized functional nutrition assessment covering Antioxidants, B Vitamins, Digestive Support, and Minerals. Nutritional deficiencies can be a factor of many complex chronic conditions, and utilizes an easy first-morning urine collection (called a first morning void) to provide nutritional recommendations based on a patient's individual nutritional test results. Clinicians commonly use such nutritional testing to determine the nutritional deficiencies that are at the root of chronic conditions.



NUTREVAL

Type of test: Urine

NutrEval FMV (First Morning Void) test identifies key nutritional deficiencies. The NutrEval FMV evaluates overall nutritional status to determine personalised supplementation needs for antioxidants, B-vitamins, minerals, essential fatty acids, amino acids, digestive support, and other select nutrients (this is more comprehensive than the ONE test). The NutrEval FMV is an advanced diagnostic tool to guide nutritional therapies, often augmenting and speeding recovery of complex chronic conditions. Select genomics biomarkers may be added to the profile for enhanced personalisation of therapies.



CHRONIC FATIGUE SCREEN

Type of test: Urine & saliva swab

This urine and saliva test combines the Adrenal Stress Profile and Metabolic Analysis tests to provide a comprehensive analysis of various factors that may be implicated in chronic fatigue and other related conditions.



MICRONUTRIENT SCREEN

Type of test: Blood & urine. Additional fee for phlebotomist.

This profile covers a range of micronutrients to provide a comprehensive assessment of nutritional status:

- Plasma Minerals (calcium, magnesium, zinc, copper, iron, chromium, manganese, and selenium) with red cell magnesium.
- Urine Iodine
- Vitamin profile (A,C, E, Carotenes, B1, B2 & B6)
- Vitamin D
- Coenzyme Q10
- Fatty Acids Screen (erythrocytes)

Sample requirements (blood tubes): 1 x navy blue top (EDTA trace element), 3 x gold (clotted SST), 2 x green (heparin), 1 x lavender (EDTA) and 1 x random urine specimen.

Option to include folate & B12 for an additional £95.





LATENT INFECTION

Explore any underlying infections and get to the root problem of your health concern



ELISPOT (ARMIN LABS)

Type of test: Blood

Armin Labs performs laboratory tests for chronic infections that originate from tick-borne diseases which can result in symptoms of Lyme / M.E / fibromyalgia. It was founded in Germany by Dr. Armin Schwarzbach, an expert in the field of diagnostic tests for *Borrelia burgdorferi* and its co-infections for over 20 years. Lyme disease, or Lyme borreliosis, is an infectious and inflammatory disease involving multiple body systems that is caused by the spirochete *Borrelia burgdorferi*. Diagnosis of Lyme disease is challenging and indirect testing is used where there are many false negatives. The two most-used antibody tests are the enzyme-linked immunosorbent assay (ELISA) and the Western blot. The CDC recommends the ELISA test be used to screen for the disease and then confirmed with a Western blot. During the first four-to-six weeks of Lyme infection, these tests are unreliable because most people have not yet developed the antibody response that the test measures. Even later in the illness, the two-tiered testing is highly insensitive missing roughly half of those who have Lyme disease. However, *Borrelia* infections do not only show this humoral immune response, a B cell response with the development of antibodies, but can also activate cell-mediated immunity via T-lymphocytes (a T cell response). T-lymphocytes are only present during an active infection and therefore can be used as a marker to reflect a current infection.

EliSpot can also test for Epstein Barr Virus, Herpes Simplex, Cytomegalovirus, amongst other key markers such as candida albicans and mycoplasmas.

The advantage of EliSpot test is its ability to detect a cellular immune response against *Borrelia* antigens, which appear much earlier in the disease process than the antibody response detected by the traditional Western Blot test. The Enzyme Linked ImmunoSpot (EliSpot) belongs to the IGRA (Interferon-Gamma-Release Assay) test systems. The *Borrelia* EliSpot reflects the actual *Borrelia burgdorferi* activity of chronic and recent infections. It is highly sensitive and can detect even one single *Borrelia burgdorferi*-reactive T-cell in the sample. Because of this, it can be a helpful tool in monitoring treatment progression as results should be negative after 4-8 weeks of an effective therapeutic strategy. This test is one of the most sensitive cellular assays as it has detection levels that can be as low as one cell in 100,000 and is between 20 and 200 times more sensitive than a conventional ELISA. It displays a similar sensitivity as a RT-PCR (Real Time PCR) analysis but detects the secreted protein instead of the mRNA (messenger RNA).





TOXICITY

Identify your toxic exposure to get to the root problem of your health concern



MYCOTOX PROFILE FOR MOLD EXPOSURE (GREAT PLAINS LABORATORY)

Type of test: Urine

Mycotoxins 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. A majority of mycotoxin exposures are through food ingestion or airborne exposure. In the European Union, 20% of all grains harvested have been found to be contaminated with mycotoxins. Unfortunately, mycotoxins are resistant to heat and many processing procedures.

Fungi are able to grow on almost any surface, especially if the environment is warm and wet. Inner wall materials of buildings, wall paper, fiber glass insulation, ceiling tiles, and gypsum support are all good surfaces for fungi to colonize. These fungi then release mycotoxins into the environment causing symptoms of many different chronic diseases. Diseases and symptoms linked to mycotoxin exposure include fever, pneumonia-like symptoms, heart disease, rheumatic disease, asthma, sinusitis, cancer, memory loss, vision loss, chronic fatigue, skin rashes, depression, ADHD, anxiety, and liver damage. With the new MycoTOX Profile, we can identify mycotoxin exposures and make recommendations for detoxification treatments that have been effective.



MERCURY TRI TEST (QUICKSILVER SCIENTIFIC)

Type of test: Blood & urine

This test analyses hair, blood and urine samples to identify the type of mercury in your body, the amount you have stored up and your body's ability to eliminate it. It tests for inorganic and methylmercury.

The Mercury Tri Test offers unique benefits to the practitioner; it provides insights into the magnitude and source of mercury exposure and if any additional detoxification support is needed. It is the only clinical test to use speciation analysis, a patented technology that separates methyl mercury (MeHg) from inorganic mercury (HgII) and due to sensitive methodology, there is no need for provocation testing. HgII is usually derived from dental amalgams or from the breakdown of MeHg. Its excretion is measured via hair analysis. MeHg is a reflection of seafood consumption but can also be formed in the gut from swallowed amalgams or accidental exposure. Its excretion is measured in the hair. Both hair and urine values are individually correlated with blood measurements to give an index of excretion.





TOXICITY

Identify your toxic exposure to get to the root problem of your health concern



BLOOD METALS PANEL (QUICKSILVER SCIENTIFIC)

Type of test: Blood

Quicksilver Scientific's Blood Metals Panel screens for a broad range of potentially toxic and nutrient metals to show elevated exposure to toxic metals or imbalances of nutrient metals in whole blood. Nutrient Potentially Toxic Elements: Antimony, Arsenic, Cadmium, Cobalt, Lead, Mercury, Silver, Strontium. Elements: Calcium, Copper, Lithium, Magnesium, Manganese, Molybdenum, Selenium, Zinc.



IGE MOULDS

Type of test: Blood

The IgE Mould Profile is a blood test that measures IgE antibodies to 15 common indoor and outdoor moulds. The panel also includes a total IgE measurement. Everyone breathes in airborne mould spores, and in people with mould allergies, symptoms mainly affect the respiratory tract. Testing for mould allergies can identify whether mould is causing the symptoms. The patient can experience relief with symptom management, and by avoiding ongoing exposure to the mould source.

Don't see the test you are looking for? Then email info@ardere.com to enquire.





*If you do not
see the test you are
looking for then email
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are interested in Lauren's
Nutritional Therapy
Services ask to see the
Clinic brochure.*



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LAURENWINDAS.COM

ARDERE Limited • Unit 113 • 9 Jerdan Place • London, SW6 1BE • United Kingdom

Tel: +44 (0)20 7118 1245 • Email: info@ardere.com