

## A P P E N D I X A

# Medical Tests to Assess Inflammation

If you would like to undergo more precise, medically supervised testing for inflammatory disorders, it might be worthwhile to consult a nutritionally oriented physician. (See appendix B for referral services.) Such a physician is often willing to do a number of tests beyond those of many conventional physicians. Although HMOs are not likely to cover such services, standard insurance policies may pay for part of the costs.

Among the tests that would be helpful are:

- high- or ultrasensitive C-reactive protein to measure systemic inflammation and cardiovascular risk;
- oxidative-stress panel to measure levels of antioxidant vitamins and free radicals;
- fatty-acid profile to determine levels of pro- and anti-inflammatory fats;
- food allergy profile, including IgE and IgG reactions, to indicate allergies;
- fecal microbiology test to evaluate pathogens and beneficial bacteria in the gastrointestinal tract;

- intestinal permeability to determine whether leaky gut is contributing to allergylike sensitivities; and
- fasting and two-hour glucose and insulin levels to determine whether impaired glucose tolerance and hyperinsulinemia (diabetic and prediabetic condition) are factors in inflammation.