



SUNRISE
FUNCTIONAL MEDICINE

Five Best Initial Laboratory Tests Recommended For Autism

The material contained within this handout is not intended to replace the services and/or medical advice of a licensed health care practitioner, nor is it meant to encourage diagnosis and treatment of any disease. It is for educational purposes only. Any application of suggestions set forth in the following portions of this document is at the reader's discretion and sole risk.

There are many laboratory tests that can be helpful to determine various imbalances often seen with individuals on the autism-spectrum. Because digestive system problems, as well as nutritional imbalances, food sensitivities and toxin exposure are so prevalent in autism, these five tests are considered essential. There may be other lab tests that can be appropriate for certain individuals and their individual needs, but these core tests are what Dr. Kurt Woeller recommends being done in the earlier stage of biomedical intervention for autism.

Great Plains Laboratory (GPL)

This laboratory company provides complex and comprehensive laboratory tests specific for the needs of individuals with autism. The following four tests are all non-blood draw profiles.



- **Organic Acids Test (OAT)** – this urine profile evaluates for over 70 metabolites linked to various biochemical imbalances, as well as intestinal pathogens such as candida and clostridia bacteria - <https://www.greatplainslaboratory.com/organic-acids-test>



- **Food IgG Test** – this dried blood spot (finger prick) profile evaluates for sensitivities to foods like dairy, gluten, eggs, yeast, etc. -

<https://www.greatplainslaboratory.com/igg-food-allergy-test>



- **Hair Metals Test** – hair analysis is a good way to assess for heavy metal exposure such as lead and mercury. Hair is also helpful for certain mineral deficiencies common in autism such as lithium, selenium and zinc -

<https://www.greatplainslaboratory.com/metals-hair-test>

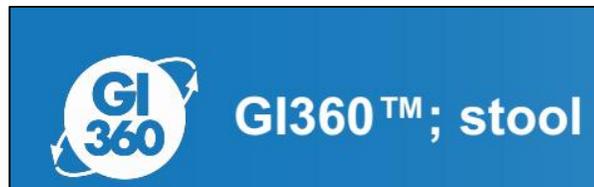


- **MycoTOX Profile** – mycotoxins are volatile chemicals produce by various molds such as aspergillus and penicillium. These mycotoxins can have profound adverse health effects and certain chemicals such as ochratoxin A are common in autism -

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

Doctors Data Laboratory (DD)

This lab provides high end laboratory testing for digestive system problems. Their GI 360 Profile is complementary to the Great Plains Laboratory testing above, particularly the Organic Acids Test.



- **GI 360 Profile** – this is a very comprehensive digestive stool analysis that evaluates the microbiome diversity and functional digestive status. It also tests for various pathogens such as parasites, bacteria and yeast - <https://www.doctorsdata.com/gi-360/>

Additional Resources



Lab Tests Plus

The Lab Tests Plus website – <https://labtestsplus.com> offers easy access to various functional and integrative health laboratory testing, including those from Doctors Data Laboratory and Great Plains Laboratory discussed above. For more information about testing through this website please email to LabTestsPlus@gmail.com.



Autism Recovery System

This biomedical education website provides access to articles, educational videos, online autism biomedical course (autism recovery 101) and a member forum. If you have questions for Dr. Kurt Woeller regarding biomedical intervention for autism, he can be reached through this websites forum – <https://AutismRecoverySystem.com>.



Sunrise Functional Medicine

This is the private practice of Kurt N. Woeller, D.O. If you are interested in consulting with him regarding your child or loved one with autism please email to SCMedicalCenter@gmail.com or call 951-461-4800. For more information about Sunrise Functional Medicine go to <https://mysunrisecenter.com>.



Kurt N. Woeller, D.O.

Kurt N. Woeller, D.O., a Doctor of Osteopathic Medicine, is a functional and integrative medicine physician with over two decades of clinical experience in chronic health problems, including autism, autoimmune, digestive and nervous system disorders. His autism practice alone is international and the successful implementation of his four-pillar approach to functional and integrative medicine by people worldwide is well known.

He is The Author of Several Integrative Health Books:

- Autism – The Road To Recovery.
- Methyl-B12 For Autism.
- 7 Facts You Need To Know About Autism.
- Methyl-B12 and Methylation Therapy for Alzheimer’s Disease and Dementia.
- Things You MUST Do To Treat Your Rheumatoid Arthritis (co-authored with Tracy Tranchitella, N.D.).

Dr. Woeller is an internationally recognized lecturer and educator on functional and integrative medicine having spoken throughout North America, as well as Asia, Europe, Mexico, United Kingdom and Central America. Dr. Woeller developed the curriculum and teaches the Organic Acids Test seminar from Great Plains Laboratory.

He provides health practitioner education through *Integrative Medicine Academy* an online resource for educational information on integrative medicine topics. He also runs Autism Recovery System, an online resource for parents of autism-spectrum individuals.

Dr. Woeller worked as a Lab Advisor for BioHealth Laboratory and a clinical consultant/educator for Great Plains Laboratory, providing patient and physician education regarding functional and integrative medicine through one-on-one training and monthly webinars.

He is on the Integrative Medicine for Mental Health Scientific Advisory Panel and is a member of the American Osteopathic Association (AOA).

Kurt N. Woeller, D.O., [Co-Founder of Integrative Medicine Academy](#)