
Laboratory Services

In House Urinalysis

Urinalysis is part of a routine diagnostic and screening evaluation. It can reveal a significant amount of preliminary information about the kidneys, inflammatory processes in the body, detoxification, infection, and other metabolic processes.

Blood tests – Life Labs

For ease of patient care, I offer laboratory services through Life Labs – all tests that are done through a Medical Doctor's office are also available through Mary's office as well *.

Rocky Mountain Analytical Salivary Testing

Rocky Mountain Analytical is an accredited Calgary medical laboratory focusing on wellness testing. Rocky Mountain Analytical test orders must be signed by a regulated health professional. This includes: physicians (MD), naturopaths (ND), pharmacists (RPh) and chiropractors (DC). The College of Physicians and Surgeons restricts which health professionals may order medical laboratory tests. All test requisitions must be signed by a regulated health professional before testing will proceed.

Saliva hormone testing may reveal hormone imbalances that contribute to chronic health problems or hormone conditions. It can also be used to monitor hormone replacement therapy (HRT) and in anti-aging and disease prevention programs.

The following tests are offered through this office:

- **Salivary Adrenal Panel** – measures body's current stress response via salivary cortisol levels throughout the day
- **Salivary Female Panel** – measures hormones that are important indicators of female health: estrogen, progesterone, progesterone / estrogen ratio, testosterone, cortisol, DHEA-S
- **Salivary Male Panel** – measures hormones that are important indicators of male health: testosterone, estrogen, testosterone / estrogen ratio, cortisol, DHEA-S
- **Salivary Melatonin & Cortisol** – used to assess cancer risk, immune function, and aids in the assessment of depression, heart disease, osteoporosis and weight management issues
- **Urine Estrogen Metabolism Ratio** – used to assess breast cancer risk in women and may be useful in determination of prostate cancer risk in men.
- **Urine Thyroid** – measures thyroid health over a 24 hour interval for hypo and hyperthyroid status
- **Glucose Breath Test** – for insulin resistance or "pre diabetes"
- **Food Allergy Testing** – blood spot testing for food sensitivities and serum testing for food allergies
- **Essential Fatty Acid testing** – measures ratio of inflammatory fatty acids to anti-inflammatory fatty acids

**Please remember: these tests are not covered by OHIP when done through a Naturopathic Doctor, and as such there is an extra cost associated.*