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Your natural path to a healthy balance

Laboratory testing

Naturopathic doctors are able to order blood tests similar to your family doctor, with some limitations. Currently, very few provincial health services (i.e. AHS) will cover the costs for these tests and they are billed to you if ordered through an ND. Dr. Taylor works with you to collaborate with your medical providers to keep these costs covered wherever possible.

Testing for Lyme disease and other infections

The current provincial testing available is limited and does not include all of the bacterial strains or other infections. Dr. Taylor mainly uses Arminlabs in Germany, a third party tested lab as well as some other labs based out of the USA. As the tests evolve, which laboratories and tests we use may evolve also.

Food sensitivity testing

There are different tests available for food sensitivities. Food elimination (removing common trigger foods then reintroducing them) is often the most useful, but can be challenging, and take several weeks to months. In some cases, a blood test to evaluate food sensitivities is another option. Deciding whether the food elimination diet or testing is appropriate for you will be discussed during your visit.

Other laboratory testing

There are other tests available, ranging from blood tests, saliva tests to stool tests. Dr. Taylor's approach is to individualize your treatment plan based on your health goals. In some cases, testing is either initiated later, or not needed if the primary issue has resolved. These decisions are made together, based on your short and long-term goals.