



Dr. Aparna Taylor MSc, ND  
Drtaylornd.com  
Your natural path to a healthy balance

## Testing

**Dr. Taylor encourages treating an individual, not a test.** Testing is one of the tools that can help identify root causes, monitor progress, and prevent harm, in addition to a detailed assessment and physical exam. Evaluating the relevance of a test, along with a risk/benefit analysis and how it may benefit an individual, is reviewed together to encourage informed decision making.

Based on these factors, testing may or may not be required to treat an individual.

### Laboratory testing

Naturopathic doctors are able to order blood tests similar to your family doctor, (CBC, cholesterol, vitamin D, thyroid, iron blood sugar etc.) with some limitations. Currently, very few provincial health services (i.e. AHS) will reimburse the costs for these tests as they are billed to you, if ordered through an ND. Dr. Taylor works with you to collaborate with your providers to keep these costs covered if possible.

### Specialty tests

Specialty tests exist for many conditions, are evolving, and some are controversial. Individuals seek out specialty labs for many reasons: inaccessibility, if questions are unanswered, or from their own research.

While each set of tests have their place, how the results relate to the individual and root causes (not only symptoms) is considered. The usefulness of tests is evaluated, along with the costs, quality and integrity of specialty labs. The individuals in Dr. Taylor's practice tend to gravitate to few and directed tests rather than extensive, broad investigations, and these types of tests are not routinely ordered, unless requested or relevant.

Complex or chronic conditions can be confusing to test for, as they may present with symptoms that come and go, are in multiple systems of the body, and may fail to fit one diagnosis. This can include autoimmune or neurological diseases, mast cell activation syndrome (MCAS), hyper mobility syndromes such as Ehlers-Danlos Syndrome (EDS), Fibromyalgia or Chronic Fatigue Syndrome/Myalgic



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encephalomyelitis (CFS/ME), digestive disorders, post viral or other infectious conditions, and chronic pain among others.

While there may not be a test to confirm or deny a diagnosis, there are still root causes, and if needed, testing will be directed to address primary goals and concerns.

Specialty tests can provide information that is not routinely available through a family doctor, since many require referrals to specialists. Some examples include: allergy testing (seasonal, inhalants, food, environmental pollutants), mycotoxin/biotoxin testing, toxic metals, SIBO, and food sensitivity testing (different than food allergy testing), as well as **infections** (some examples continued below).

### Testing for recurrent urinary tract infections (UTIs)

If symptoms remain after treating a UTI, and urine dipstick or culture tests are negative, a better test may provide the missing information.

There is evidence in the literature to support reasons why symptoms (and infections) can persist in the body after treatment, including in the bladder. There are specialty tests that can identify the organisms involved, as well as which treatments they are susceptible or resistant to. These tests can be helpful to identify root causes and direct treatment.

### Testing for Lyme disease and other tick borne infections

The current provincial testing available is limited and does not include all of the bacterial strains, or other infections that may be transmitted from a tick bite. Dr. Taylor uses Arminlabs in Germany, a third party tested lab, or other labs based out of the USA, and continually evaluates the options (including provincial) available. As the information and tests evolve, which laboratories and tests we use may evolve also.



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## Other tests and evaluations

Evaluating an individual can incorporate tools other than blood tests. Some of these include questionnaires, checklist criteria, saliva, stool, breath tests, and responses to treatments.

Health is defined by each individual. This is dynamic, connected to what is happening in our bodies, minds and environment. This, along with results from tests, can guide our path towards a healthy balance.

If we don't find the answer we are looking for, we will ask a different question, or use a better test.