



# ANNIE GRUMMEL WARD

PSYCHIATRIC NURSE PRACTITIONER

## Introduction to Integrative Psychiatry Treatment

Integrative psychiatric methods provide individualized treatment for holistic mental health care. There are several components of integrative psychiatry, including standard blood work, nutritional testing, and supplement plans. If you are interested in exploring functional medicine in addition to psychotherapy and traditional medication management, we will figure out what testing and supplements make the most sense for you.

The following document explains the most common tests and the cost of testing.

### Testing

The tests that I offer most frequently include organic acid tests (OAT), microbial organic acids test (MOAT), metal hair tests (Hair), IgG food allergy tests (IgG), complete ION profiles, MTHFR genetic testing, and kryptopyrrole tests (KP). Below is more information on each test.

- **Organic acid testing (OAT)** explores over 70 markers of health including intestinal yeast and bacteria, deficiencies in vitamins, mineral levels, oxidative stress, neurotransmitters levels, and oxalates. High levels of these microorganisms can cause or worsen hyperactivity, immune function, behavioral disorders, and chronic illnesses. In the case that an OAT test shows abnormalities, treatment includes vitamins, antioxidants, and/or modifying one's diet.
- **Microbial organic acids testing (MOAT)** works to follow up on an OAT test and allows for the practitioner to look for a specific abnormality, to monitor imbalances, or to assess treatment.
- **Metals hair test** assesses levels of toxic metals deposited in body tissues and the brain that may be contributing to developmental or neurological issues. The toxic metals found in the body can result from increasing pollution levels and industry chemicals. Hair testing, as opposed to urine or blood, provides information that can help the practitioner identify early signs of physiological disorders caused or worsened by these toxic metals.
- **Immunoglobulin G (IgG)** testing helps with structuring diets that strategically eliminate certain foods that may be contributing to chronic neurological, gastrointestinal, and movement disorders. IgG antibodies are in all of the bodies fluids and have subtle immune effects that are caused by certain foods yet hard to observe. By measuring these antibodies, we can see what foods are responsible for hard-to-define symptoms. The 93 foods that are tested represent all the major food groups.



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- **The complete ION profile test** measures 125+ key nutrient biomarkers and ratios that may be contributing to chronic conditions. The project looks at organic acids, fat-soluble vitamins, Coenzyme Q10, homocysteine, oxidative stress markers, nutrient and toxic elements, fatty acids, and amino acids. Looking at this nutritional analysis can help with personalized treatment plans that can aid in treating chronic conditions.
- **Methylenetetrahydrofolate reductase (MTHFR) genetic testing** identifies genetic mutations contributing to decrease ability to breakdown folic acid into the active metabolite which is necessary for neurotransmitter synthesis. This genetic mutation may lead to [high levels of homocysteine](#) in the blood and low levels of folate and other vitamins. Read more about MTHFR mutations [here](#).
- Testing **kryptopyrrole (KP)** levels can show signs of pyroluria, which is a “dramatic deficiency of zinc and vitamin B6.” These deficiencies can impact mood, memory, and focus and further contribute to more complex psychiatric symptoms.

## Testing Prices + Payment

	Retail	My Cost*
<b>OATs</b>	\$309	\$263
<b>MOAT</b>	\$219	\$175
<b>Mycotox</b>	\$299	\$205
<b>IGG</b>	\$229	\$187
<b>Hair</b>	\$140	\$120
<b>Combo (OATs + IGG)</b>	\$529	\$450
<b>MTHFR</b>	\$107	\$95
<b>KP</b>	\$82	\$77

\*If you are interested in receiving my discount, you are required to pay up front for the test. If you would like to go through the laboratory on your own, you pay retail price.

\*\*Visit the Wellevate tab on my resources page to receive a 30% discount on supplements.