

### Testing Information

It is wise to consider testing. It can be life changing. Take these overview tests to your doctor and have him or her order the appropriate tests based on your assessment results. If you don't have a doctor, you can find a local Certified Gluten Practitioner, familiar with these tests by going to [www.TheDr.com](http://www.TheDr.com) or order the tests directly from TheDr.com website.

#### [www.CyrexLabs.com](http://www.CyrexLabs.com)

**CYREX™** is a clinical immunology laboratory specializing in autoimmunity. Cyrex offers multi-tissue antibody testing for the early detection and monitoring of today's complex autoimmune conditions. **Everyone with symptoms should do the Array 2 & Array 3.**

- If Array 2 is positive, then do Array 5.
- If Array 3 is positive, then do Array 4.
- If Array 3 is negative because you've been gluten-free, then do a **Gluten Challenge: 4 weeks eating a very small amount of gluten per day (e.g., 1/2 Ritz Cracker) and test again.**

**Note:** You should be retested every 6–12 months with Array 2 to determine how well you are healing. That way you and your doctor can decide if your program needs any adjustments.

**CYREX ARRAY 1** is a **Saliva Test for Gluten Sensitivity**. This is an easy test for people who have a family history of any autoimmune disease, even if they're asymptomatic (no symptoms). Since so many autoimmune diseases are triggered by gluten, this test shows that a gluten-free diet may help prevent them from going down the same path as other family members that may be experiencing disease. It is used mainly for children or people with a fear of needles. It is equivalent to the Gliadin IgG + IgA and transglutaminase IgG + IgA test.

**Note: Celiac Gene Testing:** HLA-DQ2 and HLA-DQ8 needs only be done on babies/ children of parents with celiac disease to detect the gene. **Array 3** will detect gluten sensitivity.

**CYREX ARRAY 2** is a blood test for **Intestinal Antigenic Permeability (Leaky Gut)**. Intestinal barrier integrity plays a vital role in your overall health and well-being. We now know a dysfunctional barrier is directly associated with autoimmune disease development. When any or all of these 7 markers are positive, it strongly suggests the presence of an inflammatory cascade causing tissue damage and setting the stage for autoimmune diseases (celiac, rheumatoid arthritis, type 1 diabetes, etc.).

**CYREX ARRAY 3** is a blood test for **Wheat/ Gluten Proteome Reactivity and Autoimmunity**. It tests 10 different peptides of gluten, not just Gliadin. Many studies show that up to 50% of celiacs do not react to gliadin; they are reacting to a different set of peptides in wheat. This test is very sensitive and will increase the detection rate of gluten sensitivity. **Array 3** also tests whether gluten has a drug-like opiate effect on an individual. Is gluten affecting your brain? This opioid effect on neurotransmitter receptors explains why gluten plays a role in so many cases of ADD/ADHD, autism, or behavioral problems in children; or brain fog, depression, anxiety, schizophrenia, anorexia, and migraines in adults.

**Note: No need to do a gluten challenge prior to first test!**

**CYREX ARRAY 4** is a blood test for **Gluten-Associated Cross-Reactive Foods and Food Sensitivity**. Often a gluten-free diet fails to have any effect on a person who is gluten sensitive. In cross-reactivity the body mistakes another

food for gluten and reacts accordingly. Up to 82% of celiac disease patients have antibodies to other foods that share similar proteins to gluten. This will test the 24 most common cross reactive foods to gluten.

### Tests for At-Risk Autoimmune Patients:

**CYREX ARRAY 5 through ARRAY 8** will allow doctors to assess the treatment effectiveness, monitor disease pathogenesis and predict flares in certain autoimmune disorders. **Arrays 6 through Array 8** are highly specific screens that may also be used as a follow-up to the **Array 5**.

**ARRAY 5 Multiple Autoimmune Reactivity Screen™** is a blood test used as an initial screening for autoimmune reactivity against specific tissue groups. Which parts of the body are affected by gluten sensitivity? People typically shrug off the possibility of gluten sensitivity by saying, "I don't have any digestive problems." Little do they know that gluten produces digestive symptoms in only a minority of people (1 out of 8). For the majority gluten damages the brain, the heart, the skin, the respiratory tract, or the joints.

**Array 5** can be useful for patients who:

- Have been diagnosed with an autoimmune disorder, as they commonly develop additional autoimmune conditions
- Have chronic increased intestinal permeability, which is the gateway for environmentally induced autoimmune disorders

**Array 5** will help you assess predictive antibodies that are measurable up to 10 years before the clinical onset of the disease. Identification of pathogenesis at this stage allows for the possible arrest or even reversal of disease progression.

**Array 5 - Systemic Autoimmune Reactivity Screen™** looks at multiple tissues commonly targeted by auto-antibodies, including cardiovascular, endocrine, joint, gastrointestinal and more.

**CYREX ARRAY 6 - Diabetes Autoimmune Reactivity Screen™**

**CYREX ARRAY 7 - Neurological Autoimmune Reactivity Screen™**

**CYREX ARRAY 7X - Expanded Neurological Autoimmune Reactivity Screen™** - measures not only IgA and IgG combined, but also IgM antibodies to five critical neurological antigens. It gives you the tool to detect autoimmune reactivity at an early stage in both the peripheral and central nervous systems.

**CYREX ARRAY 8 - Joint Autoimmune Reactivity Screen™**

**CYREX ARRAY 11 - Chemical Immune Reactivity Screen™**. Besides foods being a trigger for autoimmune processes, various sensitivities to other substances, such as molds, metals, plastics, etc. can be a trigger as well. This is the first test to measure the actual immune response to chemicals instead of simply detecting the level of chemical exposure/load.

**CYREX ARRAY 20 - Blood Brain Barrier Permeability Screen™** is a unique tool to investigate the breach of the blood/brain barrier by stress, trauma, or environmental triggers, even in the absence of apparent concussion or traumatic brain injury (TBI).

**CANDIDA INTENSIVE CULTURE –** Candida is a fungal yeast overgrowth and a sign of intestinal dysbiosis (gut flora imbalance), which causes leaky gut/

intestinal permeability and the development of many chronic and degenerative conditions.

[www.TrueHealthLabs.com](http://www.TrueHealthLabs.com) - Genova

Diagnostics/Metamatrix Lab – Combo Test:  
Candida Antibody, IgG (Blood) and Yeast Culture (stool)

**VITAMIN D TEST** – As much as 85% of the population in America is estimated to have low vitamin D levels. Vitamin D deficiency has been shown to increase the risk of autoimmune diseases, chronic inflammation, type 1 diabetes, inflammatory bowel disease, cardiovascular disease, increased blood pressure, certain cancers, age-related macular degeneration (the leading cause of blindness), Alzheimer’s disease, and decreased overall immune health.

[www.TrueHealthLabs.com](http://www.TrueHealthLabs.com)

(25 Hydroxy vitamin D)

**BLOOD TYPING KIT** -

\$10 at [www.4yourtype.com](http://www.4yourtype.com)

Your blood type determines your susceptibility to illnesses, digestive problems and weight gain.

Over 80% of Americans are either blood type O or A. Wheat, grains, corn by-products, and most dairy products are the key foods that cause digestive problems, weight-gain and illness for blood types O and A. The less common blood types B and AB are also affected by wheat, grains and corn by-products, but can tolerate certain dairy products.

### **Will insurance pay for these tests?**

To find out whether your insurance company will pay for these tests, contact your insurance provider before having testing performed. The insurance provider will need the testing CPT codes (see below).

**Note:** If you also provide a diagnosis code from your doctor, the insurance company can give you a more accurate reimbursement estimate.

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### **CPT Codes for Array Tests:**

- Array 1 CPT Codes: 83516, 86356, 86256-59
- Array 2 CPT Codes: 86256, 86256-59
- Array 3 CPT Codes: 86001, 86001-59, 83516, 83516-59, 86256, 86256-59
- Array 4 CPT Codes: 86256, 86256-59
- Array 5 CPT Codes: 83516, 83516-59
- Array 6 CPT Codes: 83516, 83516-59
- Array 7 CPT Codes: 83516, 83516-59
- Array 7X CPT Codes: 83516, 83516-59
- Array 8 CPT Codes: 83516, 83516-59
- Array 11 CPT Codes: 86256, 86256-59
- Array 20 CPT Codes: 83516, 83516-59
- Candida Intensive Culture CPT Codes: 86628, 87210, 87102