

# COREPSYCH

Comprehensive Evidence - Persistent Review  
5029 Corporate Woods Dr., Ste 250 Va. Beach, VA 23462  
757.473.8026 x203 Fax: 757.473.3768  
www.corepsych.com

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## Food Sensitivity Testing from NeuroScience

First, go to [www.corepsychblog.com](http://www.corepsychblog.com) and Search the word "autoimmune" to review posts there on the subject.

Many suffer with chronic medical issues that arise downstream from chronic unrecognized allergies with specific causes that can be corrected. These allergies (IgG reactions) can result in many symptoms from rashes to gastrointestinal complaints, to respiratory problems, fibromyalgia, and fatigue. Depression and many psychiatric problems, including anger and mood swings, can arise as the unpleasant outcome of these chronic, subtle, and frequently unrecognized problems. "Immunity issues" often result in long-term "autoimmunity" issues.

Oftentimes individuals with these reactive problems are treated ineffectively for years, as psychiatric medications don't fix the problems. I know – I used to miss them myself.

### **Testing Options:**

Intestinal Barrier Assessment 22 (\$49): Dual Purpose - SCREEN AND EVALUATION. This test is designed to indicate the target food sensitivities and generate a "total score" indicating degree of gut compromise. It is an inexpensive way to screen for food sensitivity and leaky gut.

Comprehensive Food Sensitivity 88 (\$189): Can be run if IBA22 score is low or high. If low this would indicate healthy gut, however if patient complains of possible sensitivity to foods this will give a greater variety of target foods. If IBA22 is high indicating compromised gut then the extra 88 foods will indicate those foods to eliminate while therapy on gut proceeds.

Total 110 Food Sensitivity (\$229): Combines the previous two tests for a full spectrum of food sensitivity and includes the same gut compromise "score" from the 22 foods in the IBA22 test.

### **Billing for the Test:**

NeuroScience is a lab that is contracted as a provider with several of the major insurance networks. Because they are contracted as such, they handle all the billing and insurance filing for their tests. NeuroScience will bill you for the copay or any portion of the cost not covered by your insurance provider. The forms for billing and insurance are included in the test kit, which is available at the CorePsych office.

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## Testing Procedure for the Food Sensitivity Tests:

1. Obtain the **Food Sensitivity Test Kit** from the Patient Care Coordinator.
2. Take the Test Kit to a local outpatient hospital lab. Tell the lab that you just need a blood draw and then you will ship the blood samples yourself. The lab will collect the blood samples according to the instructions in the kit (including spinning the blood), which will take about 45 minutes (plan accordingly to wait). Payment and insurance forms are included in the kit. Please fill those out and send them with samples in the provided kit.
3. When the results come in, the Patient Care Coordinator will send you a copy along with a notice about scheduling your 30 min. follow-up with Dr. Parker to go over the results. Follow-ups for specialized testing like this *must* go through CorePsych (see the attached policy), the fee for which is \$150 per 30 minutes with Dr. Parker (to be paid at the time of scheduling).
4. You may need a follow-up test in 6 months to track your progress with any diet changes and/or supplemental additions.