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Starting at the top of this figure, note that toxicity (e.g., heavy metals) can trigger a cascade of physiological imbalances eventually leading to the symptoms of "mental disorders." The cascaded response starts heavy metals, gut (gastrointestinal) dysfunction (disrupts structural, functional, organical) and possibly other environmental factors and all of a sudden often that eventually results in a spectrum of neurodegeneration and brain injury (usually not permanent). If access to a full panel of functional medicine testing is limited, due to insurance constraints or an inability to find a healthcare provider trained in comprehensive alternative (CAM) or integrative medicine, at least try to get a comprehensive heavy metals panel done to obtain a baseline for heavy metals (usually about \$80) and a stool test for gut dysfunction (about \$100). Note that intestinal imbalances & gastrointestinal (GI) dysfunction usually do not leave the site of the damage (leaky gut) because the degree of gut and environmental toxicity, and consequently, chronic gut and environmental toxicity require psychological and spiritual programs. [From a communication by Charles Clark, M.D., August 2008]