

# Suggested Blood Work

Are you healthy today? Do you want to be healthy tomorrow? Making food changes will take you far into the tomorrows with better health.

Here are three steps to knowing what is happening on the cellular level to make sure tomorrow is enjoyable and not a crises.

1. **Get your blood tested regularly.** Start with a basic list of test included in this handout to see what your levels are today.
2. **Follow up with test as necessary** to see what changes are happening with your better eating and supplementing.
3. **Read these books** for reference:
  - a. [\*Normal Blood Test Scores Aren't Good Enough\*](#) by Ellie Cullen, RN
  - b. *Blood Chemistry and CBC Analysis* by Dr. Dicken Weatherby
  - c. *Signs and Symptoms Analyses from a Functional Perspective* by Dr. Dicken Weatherby.
  - d. [\*Treasures of Health Nutrition Manual\*](#) by Annette Reeder BSN
4. **Schedule a Consult** with us today to get a plan of action. [Contact us today for a consult.](#)

The blood work can be ordered by your doctor or you can order them yourself through: [www.directlabs.com](http://www.directlabs.com). This is an inexpensive resource for individuals to manage their own health. It is also a way to keep your results private.

Some Blood Test Notes:

- CA test are for measuring Cancer scores. Getting a baseline will alert you in the future if a cancer begins to form and you can act on it quickly before it is even diagnosable.
- CRP – measures inflammation – a good indicator of cancer as well. Get inflammation under control and the heart disease/cancer risk lowers greatly.
- Vitamin D has become known as the precursor to a lot of other health problems. Read about this in the *Treasures of Health Nutrition Manual*.

Always fast before having blood completed – at least 10 hours. Drinking water is recommended since many tests are affected by dehydration. As an example high cholesterol can be attributed to dehydration.

| <p><b>Everyone</b><br/>(over the age of 12)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Women</b><br/>For women who are menstruating but not yet in menopause, if testing hormones please have blood drawn on day 18-21 of your cycle (Day 1 is 1<sup>st</sup> day of menses).</p>                                                                                                                                                                                                                                     | <p><b>Men</b></p>                                                                                                                                                                       |
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| <ul style="list-style-type: none"> <li>• CBC w/ differential</li> <li>• Lipid Profile (including VLDL)</li> <li>• Comprehensive Metabolic Panel</li> <li>• Magnesium</li> <li>• Hemoglobin A1C</li> <li>• Homocysteine</li> <li>• hs-CRP</li> <li>• 25-OH Vitamin D</li> <li>• DHEA</li> <li>• Urinalysis</li> <li>• TSH</li> </ul> <p>- Optional for those with thyroid concerns consider: Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3.</p> <p>-Optional for those with autoimmune thyroid concerns may wish to request: Anti-TG, and Anti-TPO.</p> | <p>Optional testing for women:</p> <ul style="list-style-type: none"> <li>• Estradiol (for menstruating women)</li> <li>• Total Estrogen (for menopausal women)</li> <li>• Progesterone</li> <li>• Total and Free Testosterone</li> <li>• Prolactin, FSH, LH (for women having difficulty conceiving)</li> <li>• CA 15-3; CA 125; and CEA (optional cancer markers. They're nice to have done once as a reference point.)</li> </ul> | <p>Optional testing for men:</p> <ul style="list-style-type: none"> <li>• PSA</li> <li>• Total Testosterone</li> <li>• Free Testosterone</li> <li>• CEA □</li> <li>• CA 15-3</li> </ul> |
| <p><b>For Individuals Under Stress</b></p> <p>□ Cortisol (or consider a 24-hour saliva cortisol test, please contact our office for additional info)</p>                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                         |