

# Desired Blood Chemistry

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There is nothing worse than thinking you are fine only to be diagnosed with a stage 3 cancer. What happened – how did I not know?

Everyone needs to know how healthy they are.

Being tested on annual bases gives a better understanding of what is happening inside you. When a certain lab is out of **optimal** range then changing diet and supplements will make great changes to correct the problem before it becomes insurmountable.

These are the minimum test we recommend for you to track. And ALWAYS save all reports in your own personal folder **in your possession**.

Prior to testing:

Please be sure to fast for at least 10 hours prior to your blood draw (no food or drinks other than water).

- Remember to drink plenty of water to stay hydrated during your fast.

<b>Everyone</b> (over the age of 12)	<b>Women</b> 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 1st day of menses).	<b>Men</b>
<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>	<ul style="list-style-type: none"> <li>- Optional for those with thyroid concerns consider: Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3.</li> <li>-Optional for those with autoimmune thyroid concerns may wish to request: Anti-TG, and Anti-TPO.</li> <li>Optional testing for women:                             <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> </ul> </li> <li>CA 19-9</li> </ul>	Optional testing for men: <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>

	<ul style="list-style-type: none"> <li>• CA 15-3; CA 125; and CEA (optional cancer markers. They're nice to have done once as a reference point.)</li> </ul>	
<b>For Individuals Under Stress</b> <ul style="list-style-type: none"> <li>• Cortisol (or consider a 24-hour saliva cortisol test, please contact our office for additional info)</li> </ul>		

**To order labs or blood test yourself without your doctor contact one of these companies. They have physicians on staff that can order for you anytime. This is a valuable resource for you to control your own health plan.**

**Labs: DirectLabs.com or RequestaTest.com**

**After Testing**

**If the numbers seem Greek to you ask for assistance. Find someone who can help you know if your values are optimal or ok. Just being 'normal' is not good enough. Who wants to be normal compared to the other 95% of Americans? Americans are sick! I want to be in the optimal range.**

**Please don't count on your doctor being able to interpret the blood test for preventative. They are excellent at looking for particular issues but not overall health.**

**For assistance in reading your lab work please consult our office for a referral.**

**Flavor of Grace 804-798-6565**

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