MOST IMPORTANT LAB TESTS

Blood Tests

1. CBC with Differential
2. Comprehensive Metabolic Profile (CMP)
3. GGT (liver enzyme)
4. Hemoglobin A1c
5. C-Reactive Protein (CRP-hs), high sensitivity
6. Homocysteine
7. Uric Acid
8. Insulin
9. Vitamin D3 – 25 (OH)D

10. Iron panel
   - Serum Iron
   - Ferritin
   - TIBC
   - % of Iron Saturation

11. Fibrinogen
12. Reticulocytes
13. Phosphorus
14. Sediment rate

15. Thyroid panel:
   - Thyroid Stimulating Hormone (TSH)
   - Free T3 and Total T3
   - Free T4 and Total T4
   - Reverse T3
   - Thyroid Antibodies (anti-TPO and thyroglobulin-Ab)

16. Hormones: DHEA-S, Progesterone, Total Testosterone, Free Testosterone, Total Estrogen, Estradiol

17. Lipid Panel: Total Cholesterol, HDL, LDL, Triglycerides

Order your blood tests online through Direct Labs!
Blood Draw Instructions

1. Drink plenty of plain, filtered water the day before and the morning of your blood draw.

2. FAST 10-12 hours prior to your blood draw. *No food or beverages other than plain water.*

3. **Option #1**
   a. Bring this list to your doctor/practitioner.
   b. Request a requisition for the above tests.
   c. If you take thyroid medication, hormones, OTC or RX drugs or any other medication, vitamins or supplements – take after the morning blood draw.
   d. If you’re supplementing with biotin, stop for 10-14 days prior to blood draw.
   e. *Always* ask for a copy of your lab results.

4. **Option #2:** Order your own blood work and other important lab tests online. 
   Follow these instructions

   *Schedule an appointment* [click here for more info]

   Blog Post: Identify the Root Cause! [Test to Assess – Don’t Guess!]

   Questions?? Contact my office

Direct access testing lets you participate in your own healthcare.
See the available tests and savings you get!

===► Order your lab tests here!
MOST IMPORTANT LAB TESTS

Stool Test Kit

>>> Order your stool kit here!

- GI Effects Gastrointestinal Function Comprehensive Profile (3 Day Collection) + H. pylori add-on
  Genova Diagnostics GI Effects test can be ordered from Direct Labs
  (this is the stool test that I use and recommend in my practice)

Other DNA Stool test options

✓ GI Pathogens Plus Profile (DRG Lab)
✓ Gut Zoomer (Vibrant Genomics)
✓ Comprehensive Stool Analysis w/Parasitology x3-Doctor's Data Kit
✓ GI Pathogen Profile, Multiplex PCR-Doctor's Data Kit GI-Map (Diagnostic Solutions Lab) order through Direct Labs

Discontinue all digestive support for a full two weeks prior to collecting your stool samples.

>>> Order your stool kit here!
NutrEval

- NutrEval® FMV W/Nutrient & Toxic Elements-Genova Kit

The NutrEval Profile consists of:

1. Metabolic Analysis measuring 39 key organic acids to evaluate gastrointestinal function, cellular energy production, neurotransmitter processing, and functional need for vitamins, minerals, and co-factors.

2. Urine Amino Acid analysis measuring 38 amino acids to evaluate dietary protein adequacy, digestion, absorption, amino acid transport, metabolic impairments, and nutritional deficits; including essential vitamins, minerals, and amino acids.

3. Essential & Metabolic Fatty Acid assessment measures the levels of fatty acids in red blood cell membranes that affect cellular communication and the inflammatory cascade.

4. Elemental Analysis in red blood cells is a reliable means to identify short-term toxic metal exposure and to evaluate intracellular nutrient mineral status.

5. Oxidative Stress Analysis is a sensitive tool to evaluate the body’s antioxidant reserves, the presence of oxidative injury, and CoQ10.

Click here to view a sample report of the NutrEval

===► Order the NutrEval lab test here!
Toxic Metals

Order your toxic elements/metals kit here!

Toxic Metals, Urine – Doctor’s Data
Hair Toxic Element Exposure-Doctor's Data Kit
Toxic Metals, Fecal – Doctor's Data Kit
Red Blood Cell, Elements-Doctor's Data Kit
Blood Spot Profile – ZRT Labs
Blood and Urine Multi Test Kit – ZRT Labs
*** NutrEval® with Nutrient & Toxic Elements-Genova Kit

Organic Acid Test (choose from one of these 2 options)

Organic Acid Test (OAT) – Great Plains Laboratory
Organix Comprehensive Profile-Genova Kit
NutrEval® with Nutrient & Toxic Elements-Genova Kit

Genetic Testing

23andme
DNA Methylation Bloodspot-Doctor's Data Kit

Order your lab tests here!
Other valuable lab tests

- **Hormone testing**
  DUTCH Complete-Precision Analytical Inc. Kit

- **NutrEval**
  NutrEval® with Nutrient & Toxic Elements-Genova Kit

- **Micronutrient testing**
  SpectraCell Labs

- **Viral Infections**
  Epstein-Barr (EBV), Cytomegalovirus (CMV), Hepatitis (A, B, C), HPV

- **H. pylori**
  Blood, stool or breath test

- **Cholesterol profile**
  Particle number, particle size, Remnant Lipoprotein (RLP), Lp(a), Apo-B-100

- **Lyme Disease**
  iGeneX Lab or DNAConnexions.com

- **Food Sensitivity Panel**
  Array 10 test available through Cyrex Labs

- **Adrenal testing**
  DUTCH Adrenal-Precision Analytical Inc. Kit or 4-rhythm Adrenal (saliva)

- **Full View**
  Assesses pathogens in the oral cavity
  Available thought DNAConnexions.com

Order your lab tests here!
Interested in becoming a new patient?

Get started here. Schedule a free 15-min consult (click here for more info)

Blog Post: Identify the Root Cause! Test to Assess – Don’t Guess!

Questions??? Contact my office

Direct access testing lets you participate in your own healthcare.

See the available tests and savings you get!

>>> Order your Lab tests here!