



## **FUNCTIONAL BLOOD CHEMISTRY INFORMATION**

### WHAT IS "BLOOD CHEMISTRY ANALYSIS?"

The science of thoroughly analyzing the molecules circulating in your bloodstream and using the information to identify nutritional deficiencies and correct imbalances. This information helps identify imbalances before they become problematic.

### WHAT DO I LOOK FOR?

Healthy people have test results that fall within a fairly narrow range of numbers. Significant deviation from the optimum reference range may indicate a variety of poor health issues.

### WHY DO YOU NEED THIS TYPE OF TESTING?

- ◆ To help determine which nutritional products are appropriate for your individual needs.
- ◆ To implement a protocol designed to return your body to its natural healthy state.
- ◆ To provide early detection of health challenges.
- ◆ To avoid spending money on products you may not need.
- ◆ It is an inexpensive way to track the results of your nutritional program objectively. Follow-up tests allow you to chart the effectiveness of your program so precise adjustments can be made when needed.
- ◆ By leveling your blood chemistry values within the optimum ranges, your immune system will function better, you will process and absorb nutrients more efficiently and enjoy a more vibrant state of health.

### WHAT IS THE COST?

If you do not have insurance, or choose to get a more thorough panel of markers run than your insurance company provides, you will pay a lab charge of \$80 for the blood draw, and my fee of \$125/hour to analyze the results. For such a comprehensive panel, these are negligible costs when you consider you can easily waste more money every month on unnecessary supplements, etc.

## HOW DO I OBTAIN A BLOOD CHEMISTRY ANALYSIS?

*For those **WITH** health insurance:*

If you have insurance that covers blood work and access to a lab for the blood draw, please request a Nutritional Panel including all of these tests:

### Chemistry Profile:

Albumin	Glucose	BUN
Total Protein	Uric Acid	Creatinine
Globulin	Calcium	BUN/Creatinine Ratio
A/G Ratio	Phosphorus	Cholesterol
LDH	Chloride	Triglycerides
SGOT (AST)	CO2	HDL
SGPT (ASL)	Sodium	Cholesterol/HDL Risk Ratio
Potassium	LDL Calculation	GGTP
Alkaline Phosphatase	Iron	
Total Bilirubin	Magnesium	

### Thyroid Profile:

T3 Update  
T4 (Thyroxine Index, Calc.)  
TSH  
CBC with differential and platelet count

**\*\*Please remember to get copies of the results for both yourself and me.**

*For those **WITHOUT** health insurance:*

If you do not have insurance, I use a Comprehensive Wellness Profile (CWP). The markers included in the CWP allow me to assess each of the following:

Complete Blood Count (CBC)  
Thyroid  
Lipid Profile (Cholesterol, Triglycerides, etc.)  
Liver  
Kidneys  
Minerals and Bone  
Fluid and Electrolyte  
Blood Sugar