



# Advanced Lab Tests

## **Blood testing**

In addition to the CMP, CBC, lipid and HgA1c tests most doctor typically order, add the following:

Insulin for blood sugar

Homocysteine & CRP for inflammation

GGT for gallbladder function

Thyroid antibodies, FT4 & FT3, TSH, RT3 for thyroid function

Vitamin D immune and bone health

Vitamin B12 energy levels

## **Stool testing for gut health**

GI MAP (parasites, bacteria, viruses, candida, H. pylori, gut inflammation, leaky gut)

## **Hormone testing**

Dry Urine Testing for Comprehensive Hormones (DUTCH) testosterone, cortisol, estrogen, liver detox pathways, adrenal fatigue

## **NMR for cholesterol particle sizes and risk of heart disease**

Cleveland heart lab

Lab Corp

## **Organic Acid Test**

The **Organic Acids Test** (OAT) offers a comprehensive metabolic snapshot of a patient's overall health with 76 markers. It provides an accurate evaluation of intestinal yeast and bacteria.

## **Immunological Testing & Food Intolerances**

Cyrex Panel Array 3, 4, 5

## **Heavy Metal Testing**

Quicksilver Scientific

## **Genetic Testing**

23 & Me

Genomind Genetics Profile

## **Telomere Testing**

SpectraCell Laboratories