



LAB RECOMMENDATIONS

RESPONSE TO STRESS AND OVERALL HEALTH

BLOOD SUGARS:

Glucose
Hemoglobin A1C

LIPIDS:

CHOLESTEROL, total
HDL Cholesterol
LDL Cholesterol
(calculated)
Triglycerides
Non-HDL Cholesterol
Cholesterol: HDL Ratio

C-PEPTIDE - Insulin Marker

ADRENAL HEALTH:

Blood Cortisol
4-Point Saliva Cortisol

IN-DEPTH LIPIDS:

Direct LDL
HDL Large
LDL Particle Number
LDL Peak Size
LDL Pattern
LDL Small
LDL Medium
Apolipoprotein B
Lipoprotein (a)

INFLAMMATION:

C-Reactive Protein

FOOD INTAKE ANALYSIS

KIDNEY HEALTH:

BUN, Creatinine, Ratio

ELECTROLYTE BALANCE:

Sodium, Potassium,
Carbon Dioxide, Calcium,
Chloride

BLOOD PROTEINS:

Albumin, Globulin, Total
Protein, A/G Ratio

OXYGEN DELIVERABILITY:

RBC, Hemoglobin,
Hematocrit, MCV, MCH,
MCHC, RDW, Platelets

IMMUNE SYSTEM:

WBC, Neutrophils,
Lymphocytes, Monocytes,
Eosinophils, Basophils

LIVER & GALLBLADDER:

ALT, AST, Bilirubin (total)
Alkaline Phosphatase

Vitamin D, 25-Hydroxy, Total

FERRITIN - Iron Maker

GGT - Liver & Bile Health
Marker

HORMONE OPTIMIZATION

T3 UPTAKE

THYROID FUNCTION:

TSH
Free T3
Free T4
Reverse T3
Thyroid Peroxidase
Antibodies (TPO)
Thyroglobulin Antibodies

SEX HORMONES:

DHEA Sulfate
Estradiol
Estrone
Progesterone
Sex Hormone
Binding Globulin
Free Testosterone
Total Testosterone
Dihydrotestosterone(DHT)
FSH
LH

IgG FOOD REACTIONS

Gluten, Wheat, Yeast

Casein & Whey

Pea, Soybean & Peanut

Egg White & Egg Yolk

Maize / Corn

Tomato

Almond, Walnut, Cashew

ESSENTIALS

Assess baseline biomarkers (listed in BOLD) to ensure you're set up for success.