



## Suggested Routine Blood Work

1. Get your blood tested regularly. Get printed copies to keep for reference.
2. Schedule follow-up tests as necessary to see the effects of better eating and supplementing.
3. Read these books for reference:
  - a. *Normal Blood Test Scores Aren't Good Enough* by Ellie Cullen, RN
  - b. *Blood Chemistry and CBC Analysis* by Dr. Dicken Weatherby
  - c. *Signs and Symptoms Analyses from a Functional Perspective* by Dr. Dicken Weatherby
  - d. *Treasures of Health Nutrition Manual* by Annette Reeder BSN

The blood work can be ordered by your doctor or you can order them yourself through [www.directlabs.com](http://www.directlabs.com). This is an inexpensive resource for individuals to manage their own health and a way to keep your results private.

Always fast before having blood completed – at least 10 hours. Drinking water is recommended since many tests are affected by dehydration. As an example high cholesterol can be attributed to dehydration.

Some Blood Test Notes:

- CA test are for measuring Cancer scores. Getting a baseline will alert you in the future if a cancer begins to form and you can act on it quickly before it is even diagnosable.
- CRP – measures inflammation – a good indicator of cancer as well. Get inflammation under control and the heart disease/cancer risk lowers greatly.
- Vitamin D has become known as the precursor to a lot of other health problems. Read about this in the *Treasures of Health Nutrition Manual*.
- 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).



## Suggested Routine Blood Work

Everyone (Over 12 years)	Optional
<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>	<p><b>Those with thyroid concerns:</b> Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3</p> <p><b>Those with autoimmune thyroid concerns:</b> Anti-TG, and Anti-TPO</p> <p><b>Those under stress:</b> Cortisol (or consider a 24-hour saliva cortisol test)</p>
Women	Men
<ul style="list-style-type: none"> <li>• Estradiol (if menstruating)</li> <li>• Total Estrogen (if menopausal)</li> <li>• Progesterone</li> <li>• Total and Free Testosterone</li> <li>• Prolactin, FSH, LH (if having difficulty conceiving)</li> <li>• CA 15-3; CA 125; and CEA (optional cancer markers. They're nice to have done once as a reference point.)</li> </ul>	<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>