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## Functional Blood Chemistry Panel

All testing is ordered through my office.

\*\* Please note, in using assessment tools, **I am looking for underlying imbalances**, which can help find **the root causes for symptoms, poor health and/or dysfunction**. This is different from a conventional practitioner who is identifying or diagnosing a disease. We all know that *disease free does not necessarily mean truly healthy or that optimal health is being attained*. As a functional practitioner I am always thinking in terms of **optimal function**. I work to **identify imbalances in hopes of preventing disease - ideally long before it manifests**. I also **look at the body as a whole**, understanding that no function or body part is isolated or unaffected by the rest of the body and its processes in maintaining metabolism, blood pressure, heart rate, hormone health, immune health, etc. Finally, I believe we are **all unique human beings with our own biochemical individuality** and working with my clients as a functional nutritionist allows for this type of interaction.

If you have any questions, please do not hesitate to reach out.

\*\*\* *I try to have the most current pricing, but pricing is subject to change if the lab changed it and I was not aware. Thank you.*

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### Functional Blood Chemistry Panel

**(\$300 this is the cost of the panel and does not include my assessment and consultation fee)**

*“There is no general screening test that is more efficient, effective, and affordable than a comprehensive blood chemistry panel.” Dr. Datis Kharrazian*



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## Why do a Functional Blood Chemistry Panel?

- This full panel test provides us with a **set of benchmarks**, which allows us to **track your progress and health trends over time**. This can help us **attain a wellness picture** and give me direction as your practitioner for **healing opportunities!**
- **Blood work is comprehensive** - we will get a good look at many functioning systems and organs in one test.
- It's a **well respected test** that is universally accepted by both functional and conventional practitioners.
- The markers that this comprehensive blood chemistry panel provides is by far a **phenomenal value**. **Just a thyroid panel alone run by your doctor and put through insurance can cost around \$300 out of pocket**. **This panel covers that, plus many more markers that a traditional blood chemistry panel run by your conventional practitioner does not.**

## What is the difference between how I use a blood chemistry panel and your conventional doctor?

- The main difference is that I am looking for underlying imbalances in your blood chemistry, rather than identifying or diagnosing a disease.
- My work is preventative. I work to identify imbalances in hopes of preventing disease - ideally long before it manifests. This is much better than digging yourself out of a hole!
- The body is assessed as a whole, understanding that no system or body part is isolated or unaffected by the rest of the body.
- **I DO NOT RELY ON SOFTWARE TO ANALYZE YOUR BLOOD RESULTS!!!** This results in more accurate, more customized, and more effective recommendations. We can then create protocols based on your test results as well as your symptoms...this is something **SOFTWARE CAN NOT DO!**



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## How often should a Functional Blood Chemistry Panel be run?

- I suggest **once a year for a full panel** and if markers are out of range a follow up of those markers in 3 -6 months. (depending on the markers that are out of range). And, after dietary and lifestyle recommendations have been suggested and implemented.

## What markers are included in a Functional Blood Chemistry Panel?

- **This is a Comprehensive Wellness Panel that includes the following markers: (Total of 60 markers)**
  - **Complete Blood Count with Differential** - which includes red blood cell markers, Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW, and Platelets. It also includes white blood cells, and the differential then gives you a percentage of each of the different types of white blood cells: neutrophils, lymphocytes, monocytes, eosinophils, and basophils. (\*\*A CBC with differential will give you clues about the immune system, dehydration, some types of anemia (additional markers for anemia are included as well (B-12, homocysteine, ferritin, total iron and TIBC)
  - **Comprehensive Metabolic Panel** – which included electrolytes/chemical balance, liver, kidney, bone and mineral status. It contains 14 tests, or markers, as compared to a basic metabolic panel, which typically has 7 markers. This panel gives you information about protein and mineral assimilation, blood sugar, liver and gallbladder, renal insufficiency, dehydration and kidneys, electrolyte status, oxidative stress, detoxification, biliary status.
  - **Lipid Profile** – gives an overall picture of cardiac risk and can help determine if dietary changes are necessary, includes:
    - Total cholesterol
    - HDL and LDL



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- Triglycerides
  - VLDL
  - Non-HDL
  - Cholesterol:HDL
  - Triglyceride: HDL
  - LDL: HDL
  - HsCRP
  - You can also add on Apo A and ApoB (this is usually done when there is a family history of heart disease, or someone already knows that they have high cholesterol and they are digging in deeper for more information).
- A **Comprehensive Thyroid Panel**, which will help you determine your rate of metabolism, ability to make adequate thyroid hormones, and if there is a thyroid autoimmune component at play - includes **TSH, Free T3, Free T4, Reverse T3, Total T4, Total T3**, as well as **thyroid peroxidase** and **thyroglobulin antibodies**.
  - I also add in additional markers to look at **glucose regulation – hemoglobin A1c** and **fasting insulin, LDH** as well as glucose which is included in the metabolic panel.
  - **Vitamin D** – Low vitamin D levels are often found in patients with autoimmune disease, poor immune function, bone disorders, and mental health issues.
  - Inflammatory markers include **C-Reactive Protein (CRP), HsCRP**, and **homocysteine**.
  - An **iron panel** and stored iron, which is found using the **Ferritin** Marker.
  - Other markers included are the following:
    - **Magnesium**
    - **Phosphorus**
    - **GGT**
    - **Uric Acid**