



There are a number of blood tests discussed the book. Please find the complete list here, which you can print out and bring to your physician.

Complete blood count

Complete Metabolic Panel

Serum Insulin

Hemoglobin A1C

Lipid panel

Homocysteine

C-reactive protein

*Iron panel:*

Serum Iron

TIBC

Transferrin

Ferritin

Celiac panel

*Hormones:*

*Thyroid Panel:*

Free and Total T3 and T4

Anti-thyroglobulin

Antibodies

Anti-TPO antibodies

Parathyroid

DHEA and DHEA-Sulfate

Testosterone: Free and Total

Estrogen (if female)

Progesterone (if female)

Serum carnitine

Serum folic acid and vitamin B12

MTHFR Gene Variant

Serum 25 (OH) vitamin D

Serum mercury

ABO Blood Type and Rh