



INFORMATION SHEET

Basic Chemistry Panel Blood Test

Price \$423 (as of August 2024)

WHY A BASIC CHEMISTRY PANEL BLOOD TEST IS BENEFICIAL FOR YOU

A comprehensive blood test panel is essential for assessing your overall health and identifying potential imbalances. This panel covers a wide range of biomarkers that provide valuable insights into your metabolic, nutritional, and physiological status.

KEY COMPONENTS OF THE BASIC CHEMISTRY PANEL:

Glucose; Insulin; Liver Function Tests (LFT); Iron Studies; Comprehensive Thyroid Profile; Urea; Electrolytes; Creatinine; Lipid Profile; Vitamin D; Lactate Dehydrogenase (LDH); Calcium; C-reactive protein (CRP); Haemoglobin A1c (HbA1c); Homocysteine; High-sensitivity C-reactive protein (Hs-CRP); Magnesium; Phosphate; Urate

KEY BENEFITS

1. Understanding Your Current Health Status

- **Comprehensive Insight:** This test covers a broad spectrum of vital biomarkers, providing a holistic view of your health.
- **Health Impact:** Imbalances in these markers can significantly affect your overall wellbeing. For example, elevated glucose levels can indicate potential diabetes risk, while abnormal liver function tests can signify hepatic issues.

2. Personalised Treatment Plan

- **Individual Needs:** The results from this panel will enable me to tailor your treatment plan specifically to your unique health needs. Understanding your metabolic, nutritional, and physiological status allows for more effective and personalised interventions.
- **Targeted Interventions:** Whether through dietary changes, lifestyle adjustments, supplements, or medications, a personalised approach ensures better health outcomes.

IMBALANCES AND MENTAL HEALTH CONDITIONS

Understanding how specific imbalances in these biomarkers relate to particular mental health conditions can emphasise the importance of this test:

1. **Obsessive-Compulsive Disorder (OCD)**

- **Glucose & Insulin:** Blood sugar imbalances can exacerbate OCD symptoms due to their impact on the HPA-Axis (Stress Response System).
- **Vitamin D:** Deficiency has been linked to various neuropsychiatric disorders, including OCD.
- **Cholesterol:** Deficiency has been linked to irritability, impulsive and aggressive behaviour in addition to higher suicidal idealisation.

2. **Burnout/Poor Stress Resilience**

- **CRP & Hs-CRP:** Elevated levels indicate inflammation, which is often a result of chronic stress and can contribute to burnout.
- **Magnesium:** Low levels are associated with poor stress resilience and chronic fatigue.
- **Vitamin D:** Deficiency can contribute to poor stress resilience and increased susceptibility to burnout.

3. **Anxiety**

- **Magnesium:** Low magnesium levels can contribute to heightened anxiety and stress.
- **Homocysteine:** Elevated levels can affect brain function and are associated with increased anxiety.

4. **Depression**

- **Iron Studies:** Low or High iron levels can lead to fatigue and depressive and cognitive impairment symptoms.
- **Thyroid Profile:** Hypothyroidism can contribute to symptoms of depression, Hyperthyroidism can contribute to symptoms of anxiety and the presence of thyroid antibodies can indicate Immune dysregulation and increased risk of autoimmunity.

5. **Attention-Deficit/Hyperactivity Disorder (ADHD)**

- **Vitamin D:** Adequate levels are crucial for cognitive function and development.
- **Magnesium:** Low levels can exacerbate ADHD symptoms, affecting concentration and behaviour.

6. **Autism Spectrum Disorder (ASD)**

- **Calcium & Phosphate:** Imbalances can affect neurological development and function.
- **Homocysteine:** Elevated levels can impact brain health and are often observed in individuals with autism.

A Basic Chemistry Panel Blood Test offers essential insights into your metabolic, nutritional, and physiological health status, providing a foundation for personalised treatment planning. Understanding your specific biomarkers allows us to address health concerns effectively and support overall wellbeing.

NEXT STEPS

1. **Book Your Test:** Contact me to schedule your Basic Chemistry Panel Blood Test.
2. **Receive Personalised Analysis:** Get a detailed report and a more personalised treatment plan based on what we discuss in our consultation, in addition to your individualised test results

3. **Start Your Journey to Better Health:** Begin implementing targeted interventions to address your specific health needs.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

Janaya Karloci

NATUROPATH & DIRECTOR

☎ +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA  KARLOCI
Naturopath