
Blood Work

(*required for most consultations)

- **Metabolic panel with lipids** - the metabolic panel provides a series of markers to help assess cardiovascular risk, metabolic function, electrolyte status, minerals important for bone health, plus liver and kidney function.
- **Complete Blood Count (CBC)** - The CBC markers (red blood cells, white blood cells, and platelets) can help to provide information regarding the immune system, possibility of an infection, blood disorder, nutritional deficiencies, your body's ability to clot, and more.

Inflammation markers, such as:

- **C-reactive protein**
- **Homocysteine**
- **Ferritin** (yes, it not only shows the iron storage in the liver, but also could indicate the inflammation)

Iron tests to monitor if you have anemia or iron overload, hemochromatosis.

- **Serum iron test**, which measures the amount of iron in the blood
- **Transferrin test**, which measures transferrin, a protein that moves iron throughout the body
- **Total iron-binding capacity (TIBC)**, which measures how well iron attaches to transferrin and other proteins in the blood
- **Ferritin blood test**, which measures how much iron is stored in the body
- **Vitamin D, 25-Hydroxy** (actually, a hormone!) is important to every cell and tissue throughout the body. From proper immune function and bone density to heart health and mood disorders, vitamin D is crucial for your optimal health.

Sex Hormones - An imbalance can hugely impact your health.

- **DHEA-S**
- **Free and Total Testosterone**
- **Estradiol (E2)**
- **Progesterone**

Thyroid Hormones - tests the function between your thyroid, metabolism, and weight.

- **TSH (Thyroid Stimulating Hormone)**
- **Free T3**
- **Free T4**
- **Reverse T3**

Insulin/glucose Markers - metabolic markers associated with insulin resistance predict metabolic syndrome and type 2 diabetes.

- **Insulin**
- **Fasting glucose**
- **Hemoglobin A1C**