

A background image featuring several pieces of laboratory glassware, including beakers and an Erlenmeyer flask, some containing liquids. A green plant is visible in the background. The text is overlaid on a semi-transparent blue-grey rectangle.

FUNCTIONAL MEDICINE LAB PANELS

YOUR GUIDE TO
UNDERSTANDING YOUR
WELLNESS TESTING OPTIONS

DR LORI PUSKAR

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Understanding Functional Medicine Lab Panels

Functional medicine lab testing is nothing like the basic panels you get at a routine check-up. These are deep, highly specialized assessments designed to uncover the root of your symptoms and show us how your body is truly functioning.

Each test is carefully selected based on your unique needs and may include saliva, urine, stool, or blood. They assess key systems like hormone balance, detox pathways, nutrient absorption, and gut health.

These tests take about 6-8 weeks to process due to their complex nature. They are not covered by insurance, because they're not designed to detect disease, but to optimize health. We Recommend a minimum of at least 3 lab panels to get a complete clinical picture.

These tests are a vital investment in providing clarity on your health issues for the best possible Wellness Journey outcome.



A DEEPER LOOK AT YOUR HEALTH — BEFORE SYMPTOMS BEGIN

BIO-CHEMICAL HEALTH RISKS

True luxury is feeling exceptional in your own body. This comprehensive wellness panel is designed not just to detect disease, but to reveal subtle shifts in your health long before symptoms arise. It offers an advanced, inside-out look at how your body is functioning, empowering us to refine, rebalance, and elevate your health with precision.

Whether you're navigating a demanding lifestyle, juggling performance and recovery, or simply pursuing longevity with clarity, this test gives us the insight needed to support you at the highest level.

How You Manage Blood Sugar and Daily Energy

This panel evaluates how gracefully your body processes sugar and regulates energy throughout the day. Fluctuations in this area can quietly contribute to fatigue, weight retention, brain fog, and cravings. Understanding these patterns allows us to create an elegant strategy for sustained vitality and metabolic resilience.

Hormonal Intelligence and Stress Recovery

Your hormones are silent influencers behind your energy, mood, focus, and sleep. We assess the key pathways that govern metabolism, emotional stability, skin quality, and stress response. When these messengers fall out of sync, it can lead to feeling wired yet tired, anxious, unmotivated, or emotionally flat. This panel brings clarity to your body's stress load and helps guide recovery—naturally and effectively.

Cardiovascular Wellness and Longevity Clues

We examine your body's approach to lipid balance, circulation, and early inflammatory signals that may otherwise go unnoticed. This is about more than heart health—it's about preserving clarity, stamina, and vibrancy as you age. Even in the absence of symptoms, subtle shifts in this area can foreshadow future concerns that are far easier to prevent than to treat later.

Nutrient Synergy: The Building Blocks of Wellness

Even those with impeccable diets may not be absorbing or activating key nutrients optimally. This panel evaluates your body's use of essential vitamins, minerals, and antioxidants—substances that fuel everything from cellular repair to mental focus. When these are off, you may feel depleted, mentally foggy, or unusually sensitive to stress, even if you can't pinpoint why.

Detox Capacity, Digestion, and Immune Strength

Your ability to eliminate waste, toxins, and environmental irritants plays a central role in how well you feel. This analysis looks at your detox pathways, gut performance, and immune balance. It uncovers whether your body is processing what it's e **Cellular Energy and**

Metabolic Rhythm

We explore how efficiently your cells create energy from food and oxygen—a process essential to clear thinking, stamina, and aging well. If this system is disrupted, you may experience fatigue, weight changes, or mood dips that don't match your lifestyle. This panel helps pinpoint where support is needed to restore metabolic harmony.

Why This Panel Stands Apart

Most routine tests offer surface-level snapshots. This panel offers an executive-level audit of your health. It's not about waiting for illness—it's about optimizing wellness, preserving longevity, and tailoring support before symptoms interfere with your life.

DISCOVER THE DEEPER STORY BEHIND YOUR HEALTH

INDIVIDUAL NUTRITION EVALUATION

If you've been told "everything looks normal" but intuitively know something is off—this is the next level of insight. This advanced panel is crafted for those who want clarity, not guesswork. It goes far beyond routine labs to provide a sophisticated analysis of how your body is truly operating beneath the surface.

Whether you're navigating high performance, experiencing unexplained fatigue, or simply optimizing for long-term vitality, this panel provides the kind of clarity that leads to meaningful change.

A Complete Portrait of Your Body's Internal Performance

Using both blood and urine markers, this comprehensive panel reveals how well your body is absorbing, utilizing, and balancing its foundational nutrients and systems.

We begin by looking at the building blocks of protein—substances your body depends on for muscle tone, emotional balance, immunity, and cellular repair. Even a slight deficiency can affect recovery, mental clarity, or resilience under stress. Next, we assess key nutrients that quietly shape how you feel each day. These include substances that influence energy, brain health, hormonal stability, mood, sleep, and metabolism. When these are out of range—even slightly—it can affect everything from motivation to digestion and emotional steadiness.

We also evaluate your balance of healthy fats, the essential components for glowing skin, cognitive sharpness, heart rhythm, and hormonal harmony. An imbalance here can drive inflammation, energy crashes, or difficulty losing weight—no matter how clean your diet may be.

How Efficiently Your Body Converts Fuel Into Energy

This panel explores the process your cells use to create energy from food and oxygen. If this process is compromised, it often shows up as unexplained fatigue, low drive, or mental sluggishness. We identify exactly where the breakdown occurs so your energy systems can be restored with precision.

Insights Into Mood, Focus, and Sleep Regulation

Your brain's chemical messengers play a major role in emotional wellbeing, cognitive sharpness, and sleep quality. We measure the building blocks and activity levels of these signals to determine whether your brain is being properly supported—or silently struggling. The result is a tailored approach to supporting calm, clarity, and restful sleep.

Detox Efficiency and Your Response to Daily Stress

Every day, your body works to remove toxins, neutralize environmental stressors, and defend your cells from damage. This test shows us how well that system is functioning, whether your detox organs need support, and if long-term exposures—such as heavy metals or pollutants—are silently burdening your system. We also uncover hidden signs of chronic inflammation that may explain fatigue, breakouts, or hormonal imbalance.

Why This Test Matters for Long-Term Wellness

This is not about chasing one symptom—it's about understanding the symphony of systems that keep you feeling radiant, focused, and energized. For the discerning client, this level of insight is the foundation of a refined, strategic health plan. If you've invested in diets, supplements, or self-care—but still feel less than your best—this panel shows us where the disconnect lies and how to correct it with elegance and precision.

Ideal for Those Who Experience:

- Low energy or burnout
- Brain fog or memory lapses
- Bloating, digestive discomfort
- Irritability, low mood, or emotional swings
- Trouble falling or staying asleep
- Midlife hormone changes or unexplained weight gain
- Long-term toxin exposure or immune reactivity

Experience the Power of Personal Insight

This panel offers more than numbers—it delivers direction. You'll walk away with a personalized roadmap that reflects your body's unique needs and a refined plan to support whole-body wellness from the inside out.

HORMONES THE SILENT MESSENGERS GUIDING YOUR WELLBEING

HORMONES COMPREHENSIVE

Your hormones are more than numbers. They are the silent messengers shaping how you feel, think, rest, and respond to life. When they're in harmony, you feel clear, energized, and balanced. When even one of them is out of sync, it can quietly shift everything—from mood and weight to sleep, motivation, and resilience. This advanced panel offers a fuller, more refined picture of your hormonal landscape. By collecting samples throughout the day, we don't just see a single snapshot—we gain insight into your body's natural rhythm across the full arc of a 24-hour cycle. It's a much more elegant, accurate, and personalized approach to understanding your internal cues.

What We Evaluate—and Why It Matters

We begin with the key female messengers that influence your monthly cycle, reproductive health, and life-stage transitions. These hormonal signals shape your experience of PMS, perimenopause, menopause, and everything in between. If even one is too strong or too quiet—or if their balance with each other is disrupted—it can lead to irritability, irregular cycles, cravings, bloating, or emotional highs and lows.

We also examine the timing of your sleep-regulating hormone: the signal that should rise gently as evening approaches and ease you into restful sleep. If its rhythm is misaligned, you may find yourself tossing, turning, or waking unrefreshed—no matter how early you go to bed.

Equally important is your body's stress response. We look at how your stress hormones rise and fall throughout the day to see whether your nervous system is calm and responsive or trapped in overdrive. When this system is dysregulated, you may notice stubborn weight gain around the midsection, anxious thoughts, lowered immunity, tension, or emotional fatigue. We also evaluate your body's overall resilience—its ability to recover and reset from life's inevitable pressures.

Why Luxury Health Requires More Than Routine Labs

Many women who live high-functioning, demanding lives are told their bloodwork is “normal.” But normal is not optimal—and it's certainly not personal. This test is different. It shows us the fine, often-overlooked shifts in your rhythm that traditional lab panels miss. These subtleties can explain why you're not sleeping well, why your mood is off, or why your energy fades when you need it most.

This type of analysis is ideal for women who are:

- Feeling chronically drained or unmotivated
- Navigating sleep challenges or nighttime overstimulation
- Experiencing changes in mood or cycles that don't feel like “you”
- Gaining weight in spite of clean eating and movement
- Managing deep emotional stress or burnout
- Struggling with focus, memory, or creative energy

Precision Testing for the Discerning Woman

This panel is discreet, gentle, and designed with your lifestyle in mind. It empowers us to create a personalized wellness strategy that works in sync with your body—not against it. This is not about masking symptoms. It's about decoding the signals your body has been trying to send and elevating your care accordingly.

WHAT YOUR GUT MAY BE QUIETLY SAYING ABOUT YOUR HEALTH

GUT, DIGESTION MICROBIOME

Your digestive system is more than just where food is processed. It is the foundation of your immunity, mood, metabolism, energy, and overall wellness. When your gut is balanced, everything works in sync. But when it's off—even slightly—it can show up in unexpected ways: fatigue, cravings, weight gain, skin issues, hormonal imbalance, or simply feeling unwell without explanation. This advanced analysis offers a clear, personalized look at how your gut is performing behind the scenes. We examine five key areas that shape how you feel every day—whether or not you have digestive symptoms.

1. How Well You Digest and Absorb Nutrition

We begin by assessing how efficiently your body breaks down and utilizes the foods you eat. Even the cleanest diet can fall short if your body isn't absorbing the nutrients properly. This test helps us determine whether you need targeted support—such as enzymes or specific nutrients—to help unlock energy, improve skin clarity, and support cellular repair.

2. Inflammation and Immune Activation in the Gut

Low-grade inflammation in the gut is often the hidden driver of fatigue, skin sensitivity, hormonal shifts, and even joint discomfort. This panel evaluates whether your immune system is in a reactive, overstimulated state—often caused by poor food tolerance, toxins, or a compromised gut lining. When the gut barrier becomes too porous, it allows irritants to pass through, affecting immunity, mood, and resilience.

3. The Balance of Beneficial vs. Disruptive Bacteria

Your gut is home to a vast ecosystem of microbes. Some support your health beautifully—enhancing digestion, supporting metabolism, calming inflammation, and producing essential compounds. Others, when overgrown or out of balance, can contribute to brain fog, bloating, stubborn weight, or lowered immunity. This test reveals your microbiome profile and where support may be needed to restore healthy balance.

4. Detecting Hidden Infections or Overgrowth

We screen for subtle imbalances that may not show up in conventional labs—including unwanted bacteria, yeast overgrowth, or parasites. These organisms may live undetected, quietly impacting your energy, sleep, hormones, or even emotional balance. Identifying them is a critical step in creating a clean, calm internal environment.

5. How Your Gut Helps Make Essential Nutrients

Your gut microbes are not just passive residents—they actually help create vitamins and other critical nutrients your body depends on for energy, cognition, and immune protection. If this function is impaired, your body may struggle to maintain equilibrium—even if you eat well and supplement regularly. This panel shows us how well your gut is contributing to your overall vitality.

Why This Matters to Your Whole-Body Wellness

Many sophisticated women struggle with vague, frustrating symptoms—only to be told everything is “normal.”

But when we look deeper, we often find the gut at the root of fatigue, mood shifts, food sensitivities, and hormonal disruption.

This panel is for women who are ready to stop guessing and start understanding. Whether you're navigating long-standing discomfort or simply want to optimize wellness at a higher level, this test gives us the missing pieces.

Take the First Step Toward Restoration

If you've tried different approaches but still don't feel like yourself, your gut may hold the answers. This panel reveals the inner workings of one of your most essential systems and allows us to craft a strategy that's as unique and refined as you are.

DISCOVER THE DNA BLUEPRINT TO WELLNESS

DNA GENETIC HEALTH

Your DNA is your personal operating system—a unique, unchanging code that quietly shapes how you feel, respond to stress, age, and adapt to your environment. While your genes don't determine your destiny, they do offer valuable clues about how your body prefers to function—and where it may need tailored support. This refined analysis reveals how your genetic blueprint influences everything from hormones and detox pathways to mood, metabolism, and resilience. Rather than looking for disease, we explore how your body is wired to perform at its best—and what may be subtly slowing you down.

What We Uncover—and Why It Matters

This test offers a detailed look into several core areas of your biology. With this insight, we can create a wellness plan that is elegant, personalized, and aligned with your body's natural design.

1. Hormone Processing and Balance

Some bodies metabolize hormones efficiently. Others recycle or retain them longer, which can contribute to mood shifts, cycle changes, weight fluctuations, or a heavier perimenopause or menopause experience. This insight helps us support your hormonal balance through precise nutrition, supplementation, and lifestyle refinement.

2. Sensitivity to Inflammation and Immune Load

Your genes influence how your immune system reacts to stress, infection, or toxins. Some individuals are more prone to an ongoing inflammatory response—leading to subtle, chronic symptoms like fatigue, skin reactivity, or joint stiffness. This knowledge allows us to quiet inflammation before it becomes a deeper issue.

3. Detox Pathways and Environmental Stress Response

Your body's ability to eliminate toxins—whether from air, food, or daily exposures—varies greatly based on your genetic code. If your detoxification system moves more slowly, you may need additional support to maintain clarity, vitality, and immune protection. This allows us to strengthen your liver, skin, and cellular defense with intention.

4. Vitamin Activation and Nutrient Utilization

Genes affect how well you convert and absorb key nutrients like B vitamins, which are essential for focus, hormonal function, and emotional steadiness. If these conversion steps are inefficient, you may benefit from specific nutrient forms that support energy, cognition, and metabolic balance more effectively.

5. Stress Response and Emotional Resilience

Your emotional bandwidth isn't just a matter of mindset—it's partially wired into your neurochemistry. Some individuals are naturally more sensitive to pressure, overthinking, or emotional fatigue. This analysis shows how your brain creates and recycles calming chemicals, so we can support your nervous system with precision and grace.

Why This Test Is So Transformative

Most tests tell us what is happening right now. This one tells us why. It gives us the "owner's manual" to your body's natural preferences, vulnerabilities, and potential. Understanding your DNA allows us to make decisions that match your biology—whether you're seeking more energy, a smoother aging experience, better sleep, or emotional steadiness.

This test is ideal for women who are:

- Seeking advanced insight into their long-term health
- Navigating ongoing mood, sleep, or weight challenges
- Focused on graceful aging and longevity
- Struggling to see results despite healthy habits
- Interested in custom wellness based on real personal data

Personalized Wellness at the Genetic Level

There's no one-size-fits-all path to optimal health. With this test, we eliminate the guesswork and design a plan built from the most intimate data you have: your own DNA. It's a thoughtful, intelligent investment in your future wellness.

OFFERING AN ELITE LENS INTO YOUR BODY'S DEEPEST OPERATIONS.

CELLULAR TRANSFORMATION

For those who refuse to settle for generic care, this is the gold standard in understanding your biochemistry on a cellular level—crafted for individuals who demand clarity, vitality, and longevity.

This is no ordinary health assessment. The Metabolomic Panel is an advanced analysis that examines the intricate web of your body's metabolic pathways. It captures how your body produces energy, processes nutrients, handles oxidative stress, detoxifies, and manages inflammation; all by analyzing comprehensive markers from urine and blood.

With this extraordinary depth of insight, we decode how your body is truly performing beneath the surface. It is the ultimate tool for tailoring a bespoke wellness strategy aligned with your personal biology.

The Value of Metabolomic Precision

- **Cellular Energy Production:** Uncover the efficiency of your body's energy factories, ensuring stamina and resilience.
- **Metabolic Flexibility:** Assess how adeptly your body utilizes proteins, fats, and carbohydrates.
- **Nutrient Optimization:** Identify precisely where vitamin and mineral support is needed for brain function, emotional balance, and focus.
- **Stress Response & Adaptation:** Learn how well your biochemistry adapts to daily stressors and environmental challenges.
- **Toxin Elimination:** Reveal the effectiveness of your detox pathways in managing pollutants, chemicals, and heavy metals.

Who is the Metabolomic Test For?

- The executive or entrepreneur optimizing performance and mental clarity.
- The wellness connoisseur dedicated to graceful aging and longevity.
- The individual with persistent, unexplained symptoms like fatigue, brain fog, or stubborn weight gain.
- Anyone committed to a fully personalized, proactive approach to health.

With this Panel, we transform complex biochemical data into an actionable, tailored plan designed exclusively for you.

No two results are alike, because no two bodies are alike. With this test, we move beyond symptoms to the source, crafting a wellness blueprint that aligns with your life, your goals, and your aspirations.

Step Into the Precision of your Health.

When you're ready to elevate your wellness to its peak, this Metabolomic Test is your entry point.

It is more than a test. It is an investment in clarity, confidence, and lasting vitality.

Specialty Testing

WHEN ULTRA- SPECIFICITY MATTERS

Of course all our panels are specific, but sometimes we need to know the exact situation in a more comprehensive way, therefore we have specific panels all health issues.



METHLYATION, TOXICITY, LONGEVITY, CARDIOVASCULAR, CYTOKINE/IMMUNE, LYME/MOLD

METHLYATION PANEL

The Methylation Panel measures homocysteine, SAME, SAH, and related markers to assess methylation efficiency, nutrient activation, detoxification capacity, neurotransmitter production, and hormone metabolism. It is ideal for cardiovascular risk, mood disorders, MTHFR variants, and precision driven optimization.

TOXICITY PANEL

The Toxicity Panel measures environmental chemicals, heavy metals, and oxidative stress markers to assess detoxification efficiency and liver function. It identifies toxic burden contributing to hormone imbalance, fatigue, immune disruption, and inflammation, guiding precise, organ supported detoxification strategies.

THE LONGEVITY PANEL

The Longevity Panel measures oxidative stress, inflammation, insulin regulation, lipid patterns, and vascular markers to assess drivers of aging. It identifies early cardiometabolic and cognitive risk, guiding precision strategies to optimize healthspan, metabolic resilience, and long term cellular performance.

CYTOKINE/IMMUNE PANEL

The Cytokine Immune Panel measures inflammatory signaling molecules that regulate immune response and cellular communication. It identifies patterns of immune activation, suppression, or dysregulation contributing to autoimmunity, chronic infection, fatigue, and persistent inflammation, guiding targeted, data driven immune modulation strategies.

LYME/MOLD PANEL

The Lyme and Mold Panel evaluates immune reactivity to tick borne infections and biotoxin exposure, measuring antibodies and inflammatory markers linked to chronic fatigue, neurologic symptoms, pain, and immune dysfunction, guiding targeted detoxification and infection focused recovery strategies.

INDIVIDUAL LAB LEVELS

On occasion, there is a genetic risk or a special lab-level concern that is either ongoing or needs to be reviewed more frequently. This allows for ongoing monitoring of key biochemical complexities to maximize care.

Crafting the Solution: Your Personalized Lab Testing



True wellness isn't one-size-fits-all. It's personal. It's precise. And it begins with understanding how your body truly works—from the inside out.

Whether we're exploring your gut, hormones, energy, nutrients, or genetic blueprint, each of these advanced panels offers something deeper: clarity. Clarity on what's causing your symptoms. Clarity on where your systems need support. Clarity on how to feel better—not just temporarily, but in a way that lasts.

This is not about chasing diagnoses or covering up discomfort. It's about partnering with your body, identifying the subtle imbalances that others often miss, and creating a custom plan to restore energy, balance, and resilience.

At this level of care, you deserve more than “normal” labs and quick fixes. You deserve real answers, expert insight, and support designed uniquely for you.

“Your body holds the answers and when you listen with the right tools, healing becomes clarity, not confusion.”

DR LORI PUSKAR



Pricing Menu

LAB PANEL PACKAGES

Each Panel includes: Lab Prescription, Lab Kit, Video Report from Dr. Lori explaining and detailing each level with personalized recommendations. (A \$3000 value.)

BIO-CHEMICAL HEALTH RISKS *\$1000*

INDIVIDUAL NUTRITION EVALUATION *\$1000*

HORMONES COMPREHENSIVE *\$1000*

GUT & BIOME *\$1000*

DNA GENETIC HEALTH *\$1000*

CELLULAR TRANSFORMATION *\$1000*

*SPECIALTY TESTING & INDIVIDUAL LAB LEVELS UPON REQUEST

**Payment Plans Available. Discount Pricing when purchased with a Wellness Journey Package*

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