

Extra Tests You May Want to Add to Your Basic Body Chemistry Tests:

Homocysteine - risk factor for heart disease, stroke, Alzheimer's, Parkinson's, depression, osteoporosis, and other conditions. According to an article published in the Journal of Cardiology in 2007, elevated Homocysteine and a decreased Folic Acid level could account for an 800% increased risk of death, due to cardiovascular events.

cardio CRP - this measures inflammation in and around the heart, which is now recognized as an independent risk factor for heart disease. In the Journal of the American Nursing Association in 2005, it was reported that: "In a group of more than 27,000 women (Women's Health Study), elevated levels of CRP were a better predictor of risk for future cardiovascular disease events than elevated LDL cholesterol."

Fibrinogen - if elevated this indicates an increased risk for clot formation, which may indicate an increased risk for heart attack and stroke.

Hemoglobin A1C - elevated levels indicate increased risk for diabetes

PSA (for men) - elevated levels indicate prostate enlargement, symptoms of an enlarged prostate include: frequent or delayed urination, weak urine stream, and/or getting up at night frequently to pass urine. Men with these symptoms should see their doctor or urologist to rule out more serious conditions, including prostate cancer.

Salivary Hormone Panels: According to hormone expert John R. Lee, M.D., saliva testing for steroid hormones is the preferred method for estradiol, progesterone, testosterone and DHEA. If deficiencies are found, we recommend natural, over the counter, bioidentical hormones and then do follow up testing in 3-4 months to monitor progress. Symptoms of hormone imbalances include: Hair thinning, hair loss, facial hair in women, mood swings, low sex drive in both men and women, fatigue, depression, mood swings, erectile dysfunction, low muscle tone, infertility and more.

IgG Food Sensitivity Testing: Screens for 115 delayed food sensitivities. These types of food sensitivities may affect you up to 3 days after eating the food. This makes it difficult or impossible to determine these sensitivities on your own and has proved invaluable for many people. Food sensitivities could cause almost any symptom, from common allergic symptoms to headaches, fatigue, digestive problems, mood disorders, behavioral problems, joint pain, and many more.

Candida Testing: Screens for antibodies against *Candida albicans*, which is a systemic infestation and overgrowth of this yeast, which can cause many different symptoms.

Gluten Sensitivity Testing: Screens for sensitivities to gluten from wheat and other grains.

Bone Loss Monitoring (NTx): The NTx profile is a 24 hour urine profile that measures collagen markers in the urine, due to bone loss (osteopenia and osteoporosis). This profile can be done 2-3 times per year to monitor bone loss. Traditional bone density screening (DEXA testing) can only be done every 1-2 years

TSH: Thyroid Stimulating Hormone, a pituitary hormone is an indication of low thyroid function when elevated. It compliments the other thyroid hormone profile that we do in our basic program. Subclinical low thyroid profiles can sometimes be corrected with the right nutrients.

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