

SUSAN'S RECOMMENDED LABS

1. CBC with differential

2. CMP

a. Add: fasting insulin

3. Lipid Panel

a.* Adds: Lipoprotein fractionation (NMR)

b. LP (a)

c. Apolipoprotein B

d. APOA-1

e. O6:O3 Ration

4. Iron Panel

a.* Make sure Ferritin is included. If not, add it!

5. CRP or hs-CRP (preferred)

6. Thyroid Panel

a.* Should include: TSH, Ft4, Ft3, Rt3, TPO Antibodies

7. Hormone Panel (MALE AND FEMALE)

a.* Should include: Testosterone (free and total);

Progesterone; Estradiol; DHEA; SHBG, Pregnenalone.

Optional: DHT (especially females using testosterone, getting androgenic effects.)

8. Homocysteine

9. Vitamins B12, B9 (Folate)

Disclaimer: Susan is not a licensed practitioner and does not diagnose, treat, or cure any illnesses or diseases. Her role is to guide and support you in making informed decisions about your lifestyle and empower you to take control of your health.

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