



TOP 10 LAB TESTS AND RESOURCES



Kelly Wilson, Certified Nutrition Coach
and Behavior Change Specialist



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How do you know which tests to order?

This is very deep and wide topic and since I'm not a doctor, I'm not allowed by law to tell you exactly what I think you should get on an individual basis, but I can guide you in the right direction.

Here are some tests that many functional medicine experts recommend as a starting point.

Please go to <https://fitfizzstudio.com/lab-testing> for places where you can order lab work online then find a local lab to have the blood drawn at a time that's convenient for you.

1. **CBC** (Complete blood count)

2. **CMP** (Comprehensive metabolic panel)

Comprised of several biomarkers which might include things like glucose, calcium, albumin, sodium, potassium, protein, bicarbonate (carbon dioxide), AST, ALT, ALP, bilirubin, BUN (urea), and creatinine or others.

3. **Lipid Panel**

Cholesterol and triglyceride levels.

4. **HbA1c**

Will tell you your average blood sugar levels

5. **hs-CRP (C-reactive protein)**

This is a measure to test for inflammation in the body. CRP is a protein that fights bacteria and viruses and increases in response to infection. But it also increases in response to chronic stress, being overweight, high blood pressure, diabetes, gum disease, and/or are exposed to emotional stress.

Inflammation is a breeding ground for cancer but it's also related to things that can usually be fixed/reversed.



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6. Vitamin D

There will be many kinds listed. You will most likely want the one called 25-Hydroxy Vitamin D.

7. Iron / Ferritin

Many people are deficient due to poor diet, BUT on the other hand, some chronic diseases can cause iron overload, which is extremely toxic to our bodies. It can also affect fertility.

8. Homocysteine

This will tell you if you're folate or vitamin B12 deficient. High levels increase your risk of heart attack, stroke, depression, dementia, and osteoporosis, and alzheimers. It is very bad for the wall of the arteries and heart. There can be an abnormal homocysteine process taking place if you have genetic mutation called MTHFR.

9. Sex Hormones

This is a very wide range and obviously varies for men and women. Usually labs will have a package for women and a package men in you're interested in having hormones tested.

10. Thyroid Hormones

Most regular doctors will only check a couple things in relation to thyroid. Many will not (or claim to be unable) to test on a deep enough level to truly get to the root of thyroid issues. Thyroid tests in order to get a full picture:

- Thyroglobulin Antibodies (TgAb)
- Anti-TPO/TPO/TPO antibodies
- Anti-thyroglobulin/TG/TG antibodies
- Thyroid Peroxidase Antibodies (TPOAb)
- TSI (thyroid stimulating immunoglobulin)
- Reverse T3
- Free T4
- Free T3
- Ferritin
- TSH
- TBII



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Other tips

It's best to go when you haven't been sick for at least a few weeks. Even if you have mild cold, it can throw off results for 4-6 weeks.

Women: It's usually best to go around 7 days after the last day of your period. If you are on the pill, the results you get can be deceiving if you're not working with a functional medicine doctor will know how to accommodate for that. Each time you go, try to at the same of the month and make a note of that. It will ensure more consistency in your results. If/when you work with a doctor, tell them you went X days after your last period. It makes a difference and they'll be impressed with your proactiveness.

Where to order

Please visit <https://fitfizzstudio.com/lab-testing> for the latest resources.

What to do after you get your results

1. Work with a functional medicine doctor. You can find places to find these inside my private Facebook Community, the FitFizz Raw Energy Oasis.
2. Do your own research online and be sure to look for OPTIMAL ranges.
3. Lab Test Analyzer: <https://www.labtestanalyzer.com>

You're invited!

Please join us in the [FitFizz Raw Energy Oasis Facebook Community](#) if you haven't already!



Gain support. Learn more. Celebrate victory!

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