

Basic Blood Work

Recommended by Dr. Kristofer Young

<http://Ventura-Chiropractor.com>

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Basic Testing

Chem Panel 20 = 20 common blood chemistries

CBC = complete blood count

Lipid panel (cholesterols, triglycerides, etc...)

Urinalysis

25 Hydroxyvitamin D3

HgbA1c = hemoglobin with sugar stuck to it – a test of glucose exposure and management

Insulin (not needed if GTT w/ insulin is ordered)

Omega Index by OmegaQuant - <http://www.omegaquant.com/>

Additional Testing determined by individual needs

Red blood cell magnesium

HsCRP = high sensitivity C reactive protein

Homocysteine

Fibrinogen

Glucose tolerance test with fasting and 2-hour insulin (requires that you return for 2nd draw in 2 hours)

Thyroid panel including the following tests:

- * Thyroid hormone (T4 and T3)
- * Thyroid stimulating hormone (TSH)
- * Thyroglobulin
- * Thyroid hormone-binding index
- * RT3 (Reverse T3)