

# Your Lab Tests

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When the results from your blood test come back normal, and your doctor tells you you're healthy and there's nothing to worry about... Should you trust this evaluation? Did you know that most doctors do not order all of the tests that are required to determine your level of health?

In addition, the common blood test (Complete Blood Count, or CBC), mainly only identifies acute issues. Chronic conditions are usually buffered out of the blood by pulling nutrients from the bone & other tissues to maintain homeostasis, which makes it difficult to detect chronic disease patterns until they become more critical.

So if you want to get a more accurate assessment of your true level of health, it will require you and/or your doctor to have a deeper understanding.

In order to do this, you need to understand **your** unique norms on your CBC (by analyzing many of them over the course of your life, if possible) as explained by Roger Williams in his book "Biochemical Individuality", knowing that around 15% of the "low" and "high" norms found on your blood test may not actually be normal for **you**.

You must also realize that some of the CBC findings are meaningless (for example, fasting glucose) and that there are many false negatives in blood work as explained by Paul Ewald in his book "Plague Time". Infections elude the immune system, and are not always found in the blood markers. They are only found in and around the cells. This makes it necessary to use specialty tests from independent labs in order to effectively evaluate the findings from your basic CBC.

Here are some of the specific tests that you, or your doctor, may need to order. You probably will not need to order all of these tests, just the one(s) needed to solve your puzzle. The tests you order, and their findings, must reflect your symptomology.

-Hair Mineral Analysis: Used to determine your metabolic type, either fast-oxidizer, slow-oxidizer, or mixed-oxidizer, which is helpful in determining the proper nutrition for your particular body type.

-Salivary Adrenal Hormone: The Cortisol/DHEAS Saliva Test measures the levels of the stress hormones DHEAS and cortisol in your saliva, and provides an evaluation of how cortisol levels differ throughout the day.

- Oxidized Cholesterol: Plasma levels of Ox-LDL are a sensitive biomarker of atherosclerosis. Elevated Ox-LDL is associated with accelerated atherogenesis, CAD, acute myocardial infarction, and stable and unstable angina. High Ox-LDL has also been associated with metabolic syndrome, impaired glucose tolerance and insulin resistance, and untreated overt hypothyroidism.

- C-Reactive Protein: CRP test to check for inflammation. Inflammation may indicate infection or a chronic inflammatory disease, such as rheumatoid arthritis or lupus, as well as risk of heart disease.

- Serum Ferritin: This measures the amount of stored iron in the liver, which can better

determine if there is a true iron deficiency or overload in the body.

- Peripheral Blood Smear: A specific analysis of blood cells that tests for irregularities in size, shape, and color indicating a variety of disorders.
- Methylmalonic Acid: The MMA test may be used to help diagnose an early or mild vitamin B12 deficiency. It may be ordered by itself or along with a Homocysteine test as a follow-up to a vitamin B12 test result that is in the lower end of the normal range.
- HCG Urine Immunoassay: The "Navarro test" detects the presence of cancer cells even before signs or symptoms develop. The higher the number of HCG present, the greater is the severity of cancer.
- Polymerase Chain Reaction: The PCR is the most sensitive of the existing rapid methods to detect microbial pathogens in clinical specimens.
- Glucose Tolerance: A glucose tolerance test measures how well your body is able to break down glucose. It is far superior to the normal fasting glucose test normally found on a CBC at identifying potential blood sugar metabolism issues. The test can be done by your physician, but is quite simple to administer yourself with the use of an "Acucheck".
- Glycosylated Hemoglobin: This test shows what a person's average blood glucose level was for the past 2 to 3 months.
- 25-Hydroxyvitamin D: A test to identify a possible deficiency in vitamin D, which can be associated with bone issues, abnormal metabolism of calcium, and parathyroid problems.
- Full Thyroid Panel: In normal thyroid function, your body's thyroxine (T4) hormones chemically convert to tri-iodothyronine (T3), helping to maintain healthy metabolic levels. However, when your system is under stress, it may conserve energy by making "Reverse T3," which is an inactive form of the T3 hormone. This test screens for Reverse T3 in your system, along with TSH and other free thyroid hormones.

Here are some specialty labs you, or your doctor, can order from:

<http://www.arltma.com/Newsletters/OxidationTypesNews.htm>

<https://www.gdx.net>

[http://www.privatemdlabs.com/lp/diagnostic\\_blood\\_tests.php?gclid=CMGF3pa10M0CFUdrfgodlCsHvg](http://www.privatemdlabs.com/lp/diagnostic_blood_tests.php?gclid=CMGF3pa10M0CFUdrfgodlCsHvg)

<http://www.zrtlab.com>

<http://www.canaryclub.org>

<https://www.directlabs.com>

<http://biohealthlab.com>

<https://www.labcorp.com/wps/portal/patient/mytest>

<http://requestatest.com>

<https://labtestsonline.org>

<http://www.navarromedicalclinic.com/index.php>

<http://www.healthcheckusa.com>

<https://www.amazon.com/Eldoncard-Blood-Type-Test-Complete/dp/B00JFTSPMW>

For a deeper understanding of your lab tests, please visit [medicmedicine.com](http://medicmedicine.com), where Dr. Vincent Medici teaches the most reliable health concepts. For less than \$25, you can get a one-year subscription to his show archive, where you will find at least five hours of information on this topic. And if you end up needing more help figuring out your particular issue, go see him in Southern California where he WILL figure it out, and give you the best insight into your unique body & needs.