



HEALTHY HORIZONS

Natural Health * Holistic Nutrition

LAB TESTS

The following are a few lab tests you could either request on your own or discuss with your doctor. If your doctor "orders" the tests it is more probable that your insurance company will cover the costs. IF the "Important" labs pose a financial concern I can help decide which ones would be the most important for you. Some are usually part of a typical panel, but some are not.

Valley Medical Services is a reputable full-service laboratory that does not require a doctor's order for most lab tests. Their address is 2427 Hwy 2 E in Kalispell. Appointments are preferred. Phone # is **406-257-1680**. Most tests need to be "**fasting**," meaning no calories 12-14 hours prior to test. Be sure to drink plenty of **water**. Herbal teas without caffeine would be ok.

Remember---I, (Lynn Evans) do NOT diagnose or prescribe. I present to you well-researched information about these lab tests including their **OPTIMAL** level vs "normal" reference range levels and what they may indicate about your health and how/why you may want to alter your diet/supplements/lifestyle to improve the test results. Your doctor is the most knowledgeable about lab tests and what to do about levels that are not **optimal** as well as other tests that may be important to your particular situation.

Important	Optional
Insulin level (fasting) C-Peptide Serum Ferritin (NOT to be confused with other iron test such as serum iron, total iron binding capacity or transferrin saturation) Fe GGT (Gamma Glutamyltransferase liver enzyme) Vitamin D level - specific value 25 (OH) D Calcium (total, serum) Free T3 (<u>not</u> "total" or "uptake") T3, Reverse TSH Free T4 HbgA1C Lipid Panel (total cholesterol, HDL, LDL, APO-B, Triglyceride) Liver Enzymes (Alkaline Phosphatase, ALT/SGPT, AST/SGOT) CRP (c-reactive protein)	Transferrin Saturation (%) Leptin (radioimmunosay-RIA) Thyroid Auto Antibodies DHEA-S (adrenal hormone) Cortisol Glucose (fasting) IGF-1 Norepinephrine Homocysteine BUN Creatinine Uric Acid B12 level Sedimentation Rate Ionized Calcium Omega 3 & 6 Index