



Suggested Routine Blood Work

1. Get your blood tested regularly. Get printed copies to keep for your own personal reference.
2. Schedule follow-up tests as necessary to see the effects of better eating and supplementing.
3. Read these books for reference:
 - a. *Normal Blood Test Scores Aren't Good Enough* by Ellie Cullen, RN
 - b. *Blood Chemistry and CBC Analysis* by Dr. Dicken Weatherby
 - c. *Signs and Symptoms Analyses from a Functional Perspective* by Dr. Dicken Weatherby
 - d. *Treasures of Health Nutrition Manual* by Annette Reeder BSN
4. Become an Inner Circle member. Follow our 3 program steps to join Annette in her personal coaching group. More information on www.thebiblicálnutritionist.com.

The blood work can be ordered by your doctor or you can order them yourself through www.directlabs.com. This is an inexpensive resource for individuals to manage their own health and a way to keep your results private.

Always fast before having blood completed – at least 10 hours. Drinking water is recommended since many tests are affected by dehydration. As an example high cholesterol can be attributed to dehydration.

If the numbers seem Greek, ask for assistance. Find someone who can help you understand if the values are optimal or just ok. Sometimes being 'normal' is not good enough. This is where the Inner Circle can be very helpful!

Some Blood Test Notes:

- CA test are for measuring Cancer scores. Getting a baseline will alert you in the future if a cancer begins to form and you can act on it quickly before it is even diagnosable.
- CRP – measures inflammation – a good indicator of cancer as well. Get inflammation under control and the heart disease/cancer risk lowers greatly.
- Vitamin D has become known as the precursor to a lot of other health problems. Read about this in the *Treasures of Health Nutrition Manual*.
- For women who are menstruating, but not yet in menopause, if testing hormones please have blood drawn on day 18-21 of your cycle (Day 1 is 1st day of menses).



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Everyone (Over 12 years)	Optional
<ul style="list-style-type: none"> • CBC w/differential • Lipid Profile (including VLDL) • Comprehensive Metabolic Panel • Magnesium • Hemoglobin A1C • Homocysteine • hs-CRP • 25-OH Vitamin D • DHEA • Urinalysis • TSH 	<p>Those with thyroid concerns: Thyroid Panel with TSH, free T3, free T4, Total T3, Total T4, and rT3</p> <p>Those with autoimmune thyroid concerns: Anti-TG, and Anti-TPO</p> <p>Those under stress: Cortisol (or consider a 24-hour saliva cortisol test)</p>
Women	Men
<ul style="list-style-type: none"> • Estradiol (if menstruating) • Total Estrogen (if menopausal) • Progesterone • Total and Free Testosterone • Prolactin, FSH, LH (if having difficulty conceiving) • CA 15-3; CA 125; and CEA (optional cancer markers. They're nice to have done once as a reference point.) 	<ul style="list-style-type: none"> • PSA • Total Testosterone • Free Testosterone • CEA • CA 15-3