

General Pre-Consultation Preparations

Blood Workup

In certain instances, blood work can prove useful for steering us in the right direction concerning health protocols.

The following is what is generally looked at on blood panel workups. It may be suggested for you to get a fresh Complete Blood Count (full blood examination), if you haven't already.

Tests:
* Electrolyte levels (sodium, potassium, calcium, magnesium, etc.)
* Liver Enzymes (ALP, AST, ALT)
* Blood Urea Nitrogen (BUN) levels
* Creatinine levels
* TSH (Thyroid-Stimulating Hormone)
* Blood Platelet count
* White Blood Cell count
Also:
* PSA levels (Prostate-Specific Antigen)

Blood Pressure

A few days before prior to your consultation, please measure your blood pressure on both arms and write down your results each day (preferably at the same time of day) - that is - if you have a sphygmomanometer (blood pressure meter) at home or can otherwise gain access to one.

Additional Material

If you have any of the tests listed below (both old and recent), you can inquire of your practitioner whether or not to submit or bring these resources with you:

- * Hair Tissue Mineral Analysis
- * Laboratory Saliva Analysis
- * Laboratory Urinalysis
- * Laboratory Stool Analysis
- * Oxygen Saturation Test Results
- * Blood Glucose Levels

A 7-day food diary will help your practitioner understand and assess your diet.

In the Self-Assessment Health Questionnaire, you are requested to include any supplements and medications you're taking.