

STANDARD BLOOD TESTS

How and Where: Go to your local hospital or laboratory, or drawing center (Quest, LabCorp, etc.---for this you'll need your local licensed health care practitioner to write you an order.)

Or order kits online [most of the tests below are available for self-pay without a doctor's order at www.directlabs.com, or www.lifeextension.com (click on "Blood Testing")] or www.requestatest.com or as given below.

→**NOTE ON FASTING:** You'll need to fast (water only) from 8 PM the night before and best to go in the morning by 9 AM for most accurate results. Go ahead and drink water before you go to the lab in the morning. It will make your blood draw easier (your veins will be more accessible.)

→ **NOTE: Priority is Indicated in the List below by # of Asterisks:**

NOTE: It is recommended to do ALL of the tests if: you have a medical condition, take medication, hormones or birth control pills, or use alcohol or other chemicals, haven't followed a pure, wholesome diet for many years or simply can afford to be thorough and do them all.

** = If pure diet and lifestyle for many years, and not on prescription medications, these are suggested as a minimum. (You are at low risk from some imbalances, but may be at increased risk for lack of hormones and nutrients)

* = Budget saving minimum. (Note: Includes more tests than there are for those following a "pure" diet and lifestyle for many years, above.)

[For Your Health Practitioner to Fill out]:

Date:

Ordering Physician Information:

Physician Name:

Dr. Signature:

Fax Results to:

NPI #:

Phone Number:

License #:

Office Address:

Patient Name:

Birthdate:

Address:

Phone:

Insurance:

ICD 10 Diagnosis Codes:

ATTN LAB TECHNICIAN: please do all tests Circled or Checked below:

Critical Tests Do all if can (see above) * = Budget saving minimum. ** = If pure diet and lifestyle X years, these are suggested as a minimum.		Comments- Lab Test Code #
Inflammation Markers		
*, **hs-CRP		< 0.9

* , **Homocysteine		< 7	
** Total or Reduced Glutathione		5.0-5.5	
*A/G ratio (albumin/globulin)- is included in CMP test- Coamprehensive, Metabolic Panel- listed below		>or= 1.8 >4.5 (albumin)	
Vitamin B6		60-100	
* , **Vitamin B12		500-1500	
Folate		10-25	
Vitamin C		1.3-2.5	
* , **Vitamin D-25-OH		50-80	
Vitamin E		12-20	
* , **Fasting insulin		< or = 4.5	
* , **Fasting Glucose- Note: This is included in "CMP" -Comprehensive, Metabolic Panel- listed below		70-90	
* , **Hg A1c		<5.6	
* , **Total Cholesterol		>150	
* , **HDL		>50	
* , ** sd-LDL (small, dense LDL)		<20	
* , ** LDL-p		700-1000	
* , **Oxidized LDL		<60	Us. approx. \$75 LabCorp #LC817472 Test
* , **Triglycerides		<150	
RBC Thiamine (B1) pyrophosphate		100-150	
**AntiGliadin IgG, IgA (Gluten sensitivity)		Negative	LabCorp- 161646, 161687
* , ** Omega 6: omega 3 ratio		0.5- 3.0	
TROPIC Factors			
* , **Ferritin		(per NL: >30)	
* , **Estradiol (E2)		50-250	
**Progesterone (P)		1-20	
* , **Pregnenolone		50-100	
* , **Cortisol 8 AM		10-18	
* , **DHEA-sulfate		350-430 W 400-500 M	
Total Testosterone		500-1000	
* , **Free testosterone		6.5-15	
**Free T3		3.2-4.2	
**Free T4		1.3-1.8	
**Reverse T3		<20	
* , **TSH		<2.0 fT3:rT3>20	
TPO		Negative (This is not included in Bredesen cognoscopy)	

ATA: anti-thyroglobulin		Negative (This is not included in Bredesen cognoscopy)	
*, **ELISA Lyme ab Screen		negative	
Lyme Western Blot		negative	Igenix lab offers more in-depth testing and may be positive when the Elisa and Western Blot are negative—Igenix testing costs about \$500-750
Minerals			
*, **RBC-magnesium		5-2-6.5	
*, **Serum Copper		90-110	
*, **Serum Zinc		90-110	
Serum Selenium		110-150	
Standard			
*, **CBC- Complete Blood Count			
*, **CMP (comprehensive metabolic panel)			
Gamma GTP		< 25	
*, **Urinalysis with reflex C and S			
Hidden Inflammation- “CIRS” Chronic Inflammatory Response Syndrome—can represent hidden viral infection, Lyme, mold exposure, heavy metals, etc			
MMP-9		< 30	
TGF-Beta1		< 2380	
VEGF		31-86 (per paper by S. Rapaport, MD)	
MSH		> 35	

ICD 10 Diagnosis Codes for Tests Below (X'd diagnoses apply to this patient):

- ___ G31.84- Mild Cognitive Impairment
- ___ Z13.220- Encounter for screening lipid disorders
- ___ R73.02 - Impaired glucose tolerance (oral), Elevated glucose tolerance
- ___ E61.8 - Deficiency of other specified nutrient elements
- ___ N95.8 – Other specified menopausal disorders
- ___ D89.89-- Other specified disorders involving the immune mechanism, not elsewhere classified
- ___ R65.10- SIRS of non-infectious origin w/o acute organ dysfunction
- ___ A69.22- Other neurological disorders in Lyme disease
- ___ E27.40- Unspecified adrenocortical insufficiency, Adrenocortical insufficiency NOS, Hypoaldosteronism
- ___ F51.01 - Primary insomnia, Idiopathic insomnia

___R53.81- Other malaise, Chronic debility, Debility NOS, General physical deterioration, Malaise NOS, Nervous debility
___E08.00 Diabetes mellitus due to underlying condition w/ hyperosmolarity w/o nonketotic hyperglycemic-hyperosmolar coma
___E55.9 Vitamin D deficiency
___E21.3 Hyperparathyroidism, unspec
___E83.51 hypocalcemia
___M83.9 Adult osteomalacia
___M81.8 Other osteoporosis without current fracture
___R68.89 Other General Symptoms and Signs
___K90.9 Intestinal Malabsorption, unspec.
___D52.8 Folate defic anemia, other
___R27.9 Unspec lack of coordination
___E53.1 Vit B6 deficiency
___G60.9 Hereditary and idiopathic neuropathy, unspec.
___G25.89 Other specified extrapyramidal or movement disorders
___G25.70 Drug-induced movement disorder
___E43 Unspec severe protein - calorie malnutrition
___D51.3 Other dietary B12 anemia, Vegan anemia
___D51.8 Other Vit B12 deficiency anemias
___E53.8 - Deficiency of other specified B group vitamins, Biotin deficiency, Cyanocobalamin deficiency
 Folate deficiency, Folic acid deficiency, Pantothenic acid deficiency, Vitamin B12 deficiency
___R35.1 nocturia
___R35.8 polyuria, other