



Required Blood Chemistry Tests

Ask your General Practitioner (not your oncologist) for a “standing order” for all these labs. Your doc will then fax it to your nearest blood draw station. This standing order will only have to be renewed yearly with your general practitioner, and then you can go get labs anytime you want at your local blood draw, without having to contact your doctor. If you do not have cancer, you do not need to draw monthly.

You may have to ask many doctors until you find someone willing to help you. This is HARD, but worth it. The single most important way to track your path to optimal health is your lab tests. TEST, ACCESS, ADDRESS – DON'T GUESS! Note – general practitioners that are more freshly out of medical school, PA's and RN's are generally more open minded (but not always). Ask your friends if they know doctors that are more proactive about optimal health – they often will order labs where other doctors will not. It took me a month of searching to find one!

If you really get stuck and don't have time to search for a local general practitioners, you can use walkinlab.com to order. It is pretty affordable for one round, \$400 – \$500, but impossibly expensive for the long run. I have my labs run monthly, and this would cost me tens of thousands over the years. Test, access, address – is the keto to success.

Fast for at least 12 hours, just water only, and do the blood draw at the same time each month, as early as possible (8am) or when your blood draw opens.

1. hsCRP – high sensitivity C reactive Protein (always run – part of Dr. Nasha's trifecta to see if cancer is in the drivers seat)
2. LD – Lactate dehydrogenase (always run – part of Dr. Nasha's trifecta to see if cancer is in the drivers seat)
3. ESR – Sedimentation Rate (always run – part of Dr. Nasha's trifecta to see if cancer is in the drivers seat)
4. CBC w/diff (Complete Blood Count with diff)
5. CMP w/chem 20 (Comprehensive Metabolic Panel with Chem 20)
6. Ferritin
7. Vitamin D3 25-OH
8. AM cortisol (8am)
9. Fasting insulin (8am)
10. IGF-1
11. Full thyroid panel (TSH, total T4)
12. Thyroid – Free T3
13. Thyroid – T3 Uptake
14. Both thyroid antibodies: Thyroid Peroxidase Antibodies (TPOAb), Thyroglobulin Antibodies (TgAb)
15. VEGF – vascular endothelial growth factor
16. Copper
17. Ceruloplasmin
18. Fibrinogen
19. Full lipid panel
20. HgA1C – hemoglobin A1C
21. Homocysteine
22. Cytomegalovirus (CMV/herpes virus) Antibodies Blood Test, Titer with IgG and IgM
23. Epstein Barr Virus (EBV/mono virus) – Titer with IgG and IgM – if positive in the past or haven't run it yet