



Alison's AntiCancer Personalized Nutrition



Ask your local general practitioner (GP) or licensed health care provider (not your oncologist) for a “standing order” for these labs. For cancer, that would ideally be monthly, and for those wanting to prevent cancer, it may be just yearly or quarterly. For the most success, it is all about how you ask. Say something such as “my nutritionist suggested that I ask you to help me look at my labs to see if we can discover some answers to my existing and past health conditions (insert list here). I am also concerned that I may have inherited conditions from my family, such as cancer, heart disease, Alzheimer's, diabetes, Parkinson's, MS, arthritis, metabolic syndrome, allergies, mental health, migraines, ALS, autism, epilepsy, etc. (insert list here)” The more you can outline on paper for your general practitioner about yourself and your family, the easier it is for them to code for coverage by health insurance. For some, this might require finding a new GP. Once obtained, this standing order will only have to be renewed yearly, enabling going to get labs at your convenience at your local blood draw, without having to contact your doctor each and every time. [HERE](#) are the studies showing links between each lab and the cancering process, which you may print and hand deliver to your GP. Questions or need assistance, just message info@alisongannett.com.

Blood chemistry lab tests that are required:

1. hsC-RP: High Sensitivity C-Reactive Protein (must be HIGH SENSITIVITY)
2. LD: Lactate Dehydrogenase - THIS IS NOT THE Cholesterol test called LDH
3. ESR: Erythrocyte Sedimentation Rate
4. CBC w/Diff: Complete Blood Count with Differential
5. CMP: Comprehensive Metabolic Panel sometimes is says with Chem 12 or 14
6. Ferritin
7. Vitamin D3: 25-OH
8. Cortisol: must be taken at 6-8 AM and fasting 12-15 hrs
9. Insulin: must be taken at 6-8 AM and fasting 12-15 hrs
10. IGF-1: Insulin Growth Factor number 1
11. HgA1C: also called HbA1C or Hemoglobin A1C
12. Full thyroid panel: ideally TSH, Total T4, Free T3
13. Full lipid panel: must be taken at 6-8 AM and fasting 12-15 hrs

Optional tests but HIGHLY recommended for those w/cancer or family history

14. Thyroid: T3 Uptake
15. Thyroid: Reverse T3
16. Thyroid: Both antibodies: Thyroid Peroxidase Antibodies (TPOAb). Thyroglobulin Antibodies (TgAb)
17. Uric Acid
18. VEGF - Vascular Endothelial Growth Factor
19. Copper
20. Ceruloplasmin
21. Fibrinogen
22. Homocysteine