# Blood Test – Recommended

**COMPLETE BLOOD COUNT OF RBCs AND WBCs**

**RBCs test to include: Total RBC, hemoglobin, hematocrit, MCV, MCH, MCHC, RDW, platelets,**

**WBC test to include: Total WBC, neutrophils, lymphocytes, monocytes, eosinophils, basophils.**

**THYROID & BLOOD SUGAR**

* **TSH**

 **Total T4**

 **Free T4**

 **Total T3**

 **Free T3**

 **Reverse T3** Very important. Likely an extra cost, but worth it!

**If you or your doctor suspects thyroid damage which is commonly associated with autoimmune disease, ask for thyroglobulin antibodies, thyroglobulin AB, or thyroid peroxidase (TBO)**

* **GLUCOSE**
* **HEMOGLOBIN a1c**
* **INSULIN-FASTING (12 hrs)**

**LIVER & KIDNEY HEALTH**

* **URIC ACID**
* **BUN**
* **CREATININE**
* **BUN/CREATININE RATIO**
* **GFR**
* **SODIUM**
* **CHLORIDE**
* **POTASSIUM**
* **CO2/Bicarbonate**
* **TOTAL PROTEIN**
* **ALBUMIN**
* **BILIRUBIN**
* **ALT**
* **ALP**
* **AST**

**BASIC NUTRIENTS**

* **FERRITIN (SERUM)**
* **TOTAL IRON BINDING CAPACITY**
* **FOLATE**
* **VITAMIN B12**
* **VITAMIN D –** Very important. Likely an extra cost but worth it.

**THE LIPID PANEL**

* **TRIGLYCERIDES**
* **CHOLESTEROL, TOTAL**

**HDL**

**LDL**

**BASIC INFLAMMATION**

* **HOMOCYSTEINE**
* **HS C REACTIVE PROTEIN.** May be an extra cost. But worth it!

**ASK MICHALE DIET & DETOX**

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