



The Healthy Closet

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Suggested Blood tests people over 40 should take each year.

Tests Include:

CWP:

Over 50 individual laboratory tests to provide a thorough Biochemical assessment of your health, and includes the basic cardiovascular tests as well as diabetes testing:

Lipids (cholesterol, HDL, LDL, the risk ratio, triglycerides)

Complete Blood Count (CBC's)

Fluids and Electrolytes

Thyroid w/TSH

Liver

Kidney

Fasting Blood Glucose (Diabetes)

Mineral and Bone

Fructosamine

Fasting Insulin

Homocysteine

Cyrex array 3

Vitamin D, 25-Hydroxy:

Also known as the "sunshine vitamin" because the body manufactures the vitamin after being exposed to sunshine. Ten to 15 minutes of sunshine 3 times weekly is enough to produce

the body's requirement of vitamin D. Needed for strong bones and teeth, Vitamin D helps your body absorb the amount of calcium it needs. It also has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. There are associations between low Vitamin D levels and peripheral vascular disease, certain cancers, multiple sclerosis, rheumatoid arthritis, juvenile diabetes, Parkinson's, and Alzheimer's disease.

Foods that are rich in Vitamin D:

- milk fortified with vitamin D
- fish
- egg yolks
- liver
- fortified cereal

Ferritin:

Composed of iron and protein, Ferritin is a storehouse for iron in the body. Measurement provides an accurate picture of how much iron you have available in reserve. Low Ferritin is a sign of iron deficiency. Ferritin is high with inflammation, infection, liver disease, iron overload, and certain cancers (leukemia and lymphoma).

C-Reactive Protein, Cardiac (CRP,hs):

A critical component of the immune system and can be predictive of future risk of heart attack, stroke, sudden cardiac death, and the development of peripheral arterial disease. Individuals with elevated levels of CRP have a risk about 2 to 3 times higher than the risk of those with low levels.

Testosterone, Total & Free:

Testosterone is a hormone that causes male characteristics. The blood level is used by men to investigate abnormal sexual development and sexual dysfunction. Small amounts are produced in women's ovaries and levels are tested to evaluate virilization.

DHEA-S:

DHEA-S is the child hormone of DHEA and serves as a building

block for making the male sex hormone testosterone and the female sex hormone estrogen. DHEA-s concentrations peak after puberty and then the levels tend to decline with age. Adrenal tumors, cancers, and adrenal hyperplasia can lead to the overproduction of DHEA-s. The rate of secretion of DHEA-S into the blood stream is only slightly more than the rate observed for DHEA.

Estradiol (E2):

Estradiol, also known as E2, is the most active of the estrogens. For women, it is important to look at the relationship between estradiol and progesterone in evaluating menopausal symptoms such as hot flashes, mood disorders, and aging skin.

In men, high levels of estradiol are associated with abdominal fat, enlargement of the prostate and cardiovascular risk.

In both men and women, low levels of estradiol are associated with osteoporosis.

Hemoglobin A1c (HgbA1c):

This non-fasting test, also known as A1c, HbA1c, Glycohemoglobin, or Glycated hemoglobin, indicates how well you have controlled your diabetes over the last few months. Even though you may have some very high or very low blood glucose values, Hemoglobin A1C will give you a picture of the average amount of glucose in your blood over that time period. While the Hemoglobin A1C is the standard tool to determine blood sugar control for patients with diabetes, it is not a substitute for daily, routine blood glucose testing.

Progesterone:

Progesterone balances and offsets the powerful effects of estrogen. An imbalance between progesterone and estrogen can cause weight gain, insomnia, anxiety, depression, migraines, and even more debilitating conditions such as cancer, uterine fibroids, ovarian cysts, and osteoporosis in women. In men, the imbalance can cause weight gain, loss of libido and prostate enlargement.

Fibrinogen:

Used to detect suspected bleeding disorders or abnormal blood clotting. Fibrinogen is often significantly increased in conditions involving tissue damage, infection, or inflammation. Increased levels may be seen in smokers, during pregnancy, and in women taking oral contraceptives. Fibrinogen levels can be diminished in advanced liver disease.

Fasting Blood Glucose: commonly used to check for pre diabetes and diabetes. This test measures the amount of sugar, glucose in your blood after you have not eaten for at least 8 hours.

Fructosamine: used to measure the average blood sugar level over a short time period, usually the past 2-3 weeks.

Fasting Insulin: long before blood sugar begins to climb as a person becomes diabetic the blood insulin level will rise indicating the pancreas is working over time to deal with the access of dietary carbohydrates. It is a very effective early warning sign to get ahead of the diabetes curve and has tremendous relevance for staying ahead of brain disease.

Homocysteine: High levels of this amino acid produced by the body are associated with many conditions: colon, arteriosclerosis, narrowing and hardening of the arteries, heart disease, stroke, and dementia. It can often be significantly lowered with specific B vitamins.

Cyrex array 3: This is the most comprehensive marker of gluten sensitivity available.

Disclaimer: We do not diagnose or treat any medical condition or disease. Our services are for health maintenance only. Nothing in the information provided is intended to treat or cure disease or to replace conventional medical approaches.