

Basic Blood

Work For Men & Women



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Table A

Initial Blood Work Men & Women (Fasting)

CBC

Chem Package

Insulin

Ferritin

RBC Magnesium

CoQ10

Vitamin D (25-OH)

Homocysteine

B12

TTG

Gliadin

TSH

Free T4

Reverse T3

TPO Antibodies

Thyroglobulin Antibodies

DHEA

IGF-1

SHBG (Sex Hormone Binding Globulin)

Table B

Initial Blood Work Men & Women (Fasting)

EBV (Epstein Barr Virus)

Lyme Antibodies (AB), IgE, IgM

Chlamydia (Serum) IgE, IgM

Mycoplasma IgE, IgM

Babesia Microti Antibodies (AB) IgE, IgM

Bartonella IgE, IgM

Ehrlichia IgE, IgM

Herpes Virus 6 IgE, IgM

Strep Pneumonia (AB) 23 Ig, G

Coxsackie Virus IgE, IgM

Table C

Initial Blood Work Women Only - In Addition to Basic Blood Work for Both Sexes

Note: These always need to be run on day 19-21 of the menstrual cycle. Day 1 = 1st day of menstrual flow. These may be run with initial blood work if convenient or at a later date if menstrual related issues/sex hormone issues don't clear spontaneously with your interventions.

Estradiol (E2)
Estrone (E1)
Progesterone
Pregnenolone

TT (Total Testosterone)
Free T (Free Testosterone)
DHT (Dihydrotestosterone)

Table D

Initial Blood Work Men Only - In addition to Basic Blood Work for Both Sexes

TT (Total Testosterone)

Free T (Free Testosterone)

DHT (Dihydrotestosterone)

Estradiol

Estrone