

Test	What It Measures	Notes on Your Goals (and Why)
Basic Blood Panel	<i>Insights into immune function, nutritional status, detoxification, etc. A good starting point to decide on additional testing.</i>	
Blood Sugar Monitoring	<i>How your personal chemistry is reacting to the foods you are eating, how you're reacting to stress, and even how sleep affects metabolism.</i>	
DNA Testing	<i>How your genetics might be predisposing you to certain disease states, metabolic function, food sensitivities, etc.</i>	
Food Sensitivity	<i>Instead of labeling foods as "good" or "bad," find out how individual foods and food groups impact your personal health.</i>	
Hormones (Thyroid, Sex, Stress)	<i>How are these chemical messengers affecting one another, and how might they need balancing?</i>	
Stool	<i>Additional insights into gut function and integrity, and how it impacts your immune system and overall health.</i>	
Organic Acids	<i>Information on how your cells are working: Do they have enough raw materials, are their enzymes working, and what substrates are they producing?</i>	