

## TOP TWENTY BLOOD TESTS

*“One-quarter of what you eat keeps you alive.  
The other three-quarters keeps your doctor alive.”  
—Egyptian Proverb*

**T**here are many different tests to determine cardiac risk. Many tests are very useful to determine the cause of just about every symptom or health problem that exists. If your doctor is not checking these, find one who does. Here are my Top 20 tests, many of which are covered by insurance. Check with your carrier first.

1. **Advanced lipid analysis**—Instead of the 1970’s test of total cholesterol, LDL, HDL, and triglycerides, this really looks under the hood, so to speak. In this test, HDL and LDL particle numbers and size are determined. These are much more predictive of risk than the old test. This test also checks the nasty LDL called Lp(a). It is very important

to know if this number is high as it is a leading cause of familial heart disease.

2. **Diabetes panel**—this group includes tests such as fasting glucose, insulin, and the three-month control of sugar, Hgb A1C. Fructosamine, adiponectin, and leptin also provide metabolic information.
3. **Homocysteine**—a protein linked with an increased risk of heart attacks, strokes, blood clots, cancer, dementia, and death. Knowing your blood level is critical.
4. **Inflammation markers**—hs-CRP, PLA2, IL1b, TNF, IL-6. The more inflammation, the higher the risk of disease. CRP raises blood pressure and causes vasoconstriction. It is a marker of disease and contributes to worsening hypertension, and blockages.
5. **Oxidation markers**—lipid peroxides, myeloperoxidase and F2 isoprostanes. If these are high, the body is suffering extreme damage. If you really want to know your risk of heart and other diseases, ask for these markers.
6. **Food sensitivity panel**—Quite simply, do you react negatively to certain foods and could these foods be leading to disease? If so, avoid them. When the results are abnormal, there is definitely a problem. But if your test is normal for a food, it does not mean you are out of the woods. For example, one test may not reveal a gluten problem, but more extensive tests may uncover it as an issue. One of the best tests is a question: How do you feel after eating a particular food? Monitor for symptoms up to 48 hours later.
7. **Heavy metals**—whether by blood, urine, or hair, find out your metal burden.
8. **Genetics**—MTHFR, Factor V Leiden, Apo E, Prothrombin gene mutation, and KIF 6. This list is growing every day and there can be plenty of confusion. Nonetheless, it pays to know your DNA. Several websites allow you to plug in your DNA from 23andMe.com and get information. Do it.
9. **Thyroid**—Numbers here are very important and there is a tight range of normalcy. Autoimmune markers, such as anti-thyroglobulin and anti-

thyroid peroxidase, are very important. Elevation in one or both of these antibodies lets us know something (poor nutrition and chemicals) is attacking your thyroid and likely other parts of your body.

10. **Genova Diagnostics**—This company offers panels with incredible information from blood, urine, and stool. Gut function, metals, intracellular nutrients, protein and carbohydrate metabolism, lipid peroxides, etc. are just a few of the tests which are of critical value in determining your health status.
11. **Vitamin D**—This hormone is responsible for many bodily functions, and every disease is more common in those people with low levels. You need to know.
12. **Leaky Gut**—Cyrex is a company based out of Phoenix with a unique test for intestinal permeability. If your gut is leaky, you had better find out the cause and fix it fast.
13. **Infections**—Whether by blood or stool analysis, the bugs must be found. Bacterial overgrowth, yeast, and parasites can wreak havoc on your body and need to be eradicated. Stool testing can also be used to assess your digestive capabilities and need for digestive enzyme therapy.
14. **Spectracell**—This company offers a test to look at intracellular nutrients AND vitamins along with CoQ10 level and anti-oxidant status. If you are taking plenty of supplements, wouldn't you like to know if they are working?
15. **Omega 3 Index**—Do your cells contain enough omega 3 fats in their membranes? The lower your index, the higher your cardiovascular risk. Omega 3 fatty acids in the cell membrane help cells “talk” with each other and other molecules (such as hormones) circulating in the body. If levels are low, eat wild salmon and anchovies to boost, and take an omega 3 DHA/EPA supplement.
16. **Neurotransmitters**—Usually performed by saliva testing: dopamine, norepinephrine, GABA, and serotonin levels are very useful in patients with conditions from anxiety and panic to hypertension and heart rhythm problems.

17. **Adrenal function**—Another saliva test to assess cortisol levels four times throughout the day. Low cortisol can lead to many symptoms such as fatigue, lightheadedness, and sleep problems. This list goes on. Labrix is my choice here.
18. **Sex hormones**—Finding a proper balance with male and female hormones is very important. Bio-identical replacement can be tricky and does not go after the CAUSE of the problem. Very often, hormone replacement is not necessary when the diet is cleaned up and the toxins are removed.
19. **Galectin-3 and BNP**—Are very useful to determine heart stress. If levels are high, the cause needs to be found. Usually this is a sign blood pressure is elevated, or the heart function is not normal. Leaky heart valves can also lead to a rise in heart stress.
20. **Uric acid**—Another risk marker when elevated. The cause of the elevation is sugar and starchy carbs. High uric acid leads to painful arthritic symptoms named gout. High uric acid is a risk factor for heart disease.

### **ACTION PLAN:**

1. Do not settle for basic, 1970's blood tests.
2. Blood, saliva, urine and other noninvasive tests provide great information.
3. Skip the tests that subject you to unnecessary radiation.
4. You and your health team should come up with a plan based on your history and bloodtest results.
5. Repeat these tests as necessary to ensure you are constantly tracking your results.