



Clients can either supply recent labs (within last 8-12 weeks) that they may already have from their physician or they can order the required bloodwork from The Lab prior to scheduling the Discovery Program Sessions.

General Wellness Blood Panel should include at least the following:

- Comprehensive Metabolic Panel (14 markers) + CBC, Lipid Panel, LDH, GGT, Iron, Uric Acid, and Phosphorous

Blood Sugar & Insulin Resistance Panel Includes:

- C-Reactive Protein, Homocysteine, Insulin, Hemoglobin A1C, Fibrinogen

Other Required Testing:

- Histamine (Whole Blood)
- Copper Serum
- Zinc Plasma
- Ceruloplasmin
- Folate Serum
- Vitamin B12
- PSA (male only – optional)
- Vitamin D 25 OH
- Vitamin D 1,25 OH
- Ferritin
- Magnesium Red Blood Cell
- Advanced Thyroid Panel (TSH, Free T3, Free T4, Total T4, Reverse T3, Total T3, T3 Uptake, Thyroid Antibodies)

Possible Diagnosis Codes to use for insurance purposes (if going through an MD):

- R53.82 Chronic Fatigue
- G89.4 Chronic Pain
- R10.0 Unspecified Abdominal Pain

