

## **Lab Recommendations**

### **Renee Jayne and Love Yourself Naked®**

*Note: Traditional Labs like Labcorp, Quest or online labs like <https://www.saveonlabs.com/Default.asp> can give you tests if you cannot find a doctor who will*

#### **IMPORTANT - GET THESE LABS FIRST**

o CMP (complete metabolic profile) \*provides important information about your body's chemical balance and metabolism. Metabolism is the process of how the body uses food and energy.

--- you can add GGT (if not included) which will tell you about your GSH (glutathione) activity (oxidative stress).

o CBC with Differential (blood cell info - can tell how you're doing functionally with regard to B vitamins etc)

o Thyroid (TSH, FT3, FT4, rT3 and if you can TPO & TgAB)

o Ferritin / Iron and TIBC (related to inflammation/ stomach acid/ thyroid rT3, etc)

o Amino Acids to determine mitochondrial function/ protein absorption

o RBC Folate, Zinc, Magnesium

o B6, B12, MMA (not urine)

o 25 hydroxy and 1,25 hydroxy Vit D

o DHEA-S

o Homocysteine (shows inflammation as well as methylation status)

o CRP (inflammation marker)

o HbA1c and FBG (fasting blood glucose)

#### **OTHERS - IMPORTANT BUT NOT URGENT UNLESS SPECIFICALLY LOOKING FOR THEM**

o MTHFR and a few other genetics can be added on, but tend to be very PRICEY!

o Infection/ Viral tests: EBV, CMV, Myco.Pneum, Clostridia, Lyme, coinfections.

o Oxidative stress tests specifically

· 8-hydroxy-deoxyguanosine (8-OH-dG)

· Thiobarbituric Acid reactive substances (TBARS)

· Oxygen radical absorbance capacity (ORAC)

· Lipid peroxides

· Isoprostanes

Non Traditional Tests for genetics and loads more like OATs and Micronutrients, and amino acids, hormones, and Oxidative Stress Panels...

· Contact Renee to book your genetic test (this doesn't sell your information like 23 and me does)

<https://www.gxsciences.com/>