

Blood Tests for Nutritional Analysis

- MBA20 (lipids, liver function, EUC, etc..)
- Homocysteine, Lp(a), fibrinogen
- Uric acid (essential to investigate *Protein Metabolic Index*)
- Iron Studies + B12 + red cell folate
- FBC + ESR + CRP
- Serum IgE
- Serum IgG
- IgG food sensitivities – wheat, egg, soy, dairy
- Serum IgA
- IgG/IgA antigliadin AB (where suspected)
- RAST
 1. Staple food mix (egg white, milk, wheat, peanut, soybean);
 2. Cereal mix (wheat, oat, corn, sesame seed, buckwheat);
 3. Seafood mix (codfish, prawn, mussel, tuna, salmon);
 4. Nut mix (peanut, hazelnut, Brazil nut, almond, coconut).
 5. (RAST – grain mix, gluten, yeast, candida, milk, cheese, soy, egg)
- TSH + free T4, T3
- Ca, PO4, OH-vitD, di-OH Vit D
- Free insulin (essential to investigate *Insulin Sensitivity Index*)
- Hormones – testosterone, androstenedione, DHEA, cortisol, IGF-1, aldosterone, estrogen, progesterone
- Urinary: cortisol, Na, K, Ca, Mg, Zn, iodine, chromium, creatinine, urate, oxalate (of great assistance to investigate *excretion* and likely *depletion*)