



WHAT IS MY BLOOD TRYING TO TELL ME?

At The Healing Sanctuary, we practice medicine in a unique way. We strive to get to the root of the problem rather than simply treat the symptoms with medication. Part of the process of getting to the root of the problem often involves the lab testing of blood.

Blood tests help can help your provider check for certain diseases and conditions. They also help check the function of your organs and show how well your treatments are working.

Blood tests are very common. Many blood tests don't require special preparations. For some, you may need to fast (not eat any food) for 8-12 hours before the test.

Below is a comprehensive, but not all inclusive list of some common lab tests that are ordered.

CBC (complete blood count) - CBC can help detect blood diseases and disorders such as anemia, acute and chronic low grade infections, clotting problems, blood cancers and immune system disorders.

Comprehensive Metabolic Panel - The comprehensive metabolic panel is a group of tests that measures different chemicals in the blood. These tests are usually done on the fluid (plasma) part of the blood. This test can give information about your muscles (including the heart), bones, and organs, such as the kidney or liver and electrolytes.

Vitamin D - Vitamin D is a fat soluble vitamin. This means that they are dissolved in fat and stored in fat. It is recommended to check your Vitamin D levels so a personalized treatment plan can be made for you along with continued monitoring of levels. Vitamin D is very important for bone health, but also can play a role with energy levels, moods, immune support and overall vitality.

Vitamin B12 - Vitamin B12 is a water soluble vitamin. This means it dissolves in water and is excreted through the kidneys. It plays a roll in red blood cell formation, nerve function, energy levels and mood, just to name a few.

Free T3 - T3 is a hormone that the thyroid produces to help with different functions in the body. T3 is used to determine if your thyroid medication is being dosed properly and if your personal treatment plan is maximizing the benefits of your thyroid replacement medication. T3 is the active form of the thyroid. It is the key hormone that acts on all cells in the body.

Free T4 - T4 is produced by the thyroid but must be converted to T3 to be active. Certain enzymatic pathways must be functioning correctly to make T4 into T3. Key minerals and vitamins help to accomplish this.

EBV Panel - EBV (Epstein Barr Virus) is also known as mononucleosis. It is a virus that many patients have antibodies to because they were exposed to it in their youth. Some patients have a “reactivation” of this virus which tends to cause symptoms such as chronic fatigue, brain fog, joint pain, fibromyalgia and overall feelings of being unwell. These labs are often checked to determine if this may be a root cause of such symptoms and to help guide your treatment recommendations.

Lyme Panel - Lyme disease is something that may be more prevalent in our area than originally suspected. Most people are aware that Lyme disease is transmitted via ticks, but many patients with Lyme disease are not aware of being bitten by a tick. This lab is measured to look for a root cause of chronic fatigue, joint pain, and other symptoms of illness due to chronic Lyme.

MTHFR - All humans have the same set of genes. Our differences come from the tiny variations in those genes. Those variations influence not only how you look or behave but in how your body reacts to the foods you eat and the lifestyle you live. One of the most common and potentially dangerous variations is known as an MTHFR mutation. MTHFR, short for Methylene tetrahydrofolate Reductase, is a very important enzyme in the body. It's necessary for Methylation to occur. Methylation is a metabolic process that switches genes on and off, repairs DNA and many other important things. It is important to know if you have this mutation for your own health and receiving proper treatment.

Genova is an off-site lab that is used for comprehensive and innovative testing. This test is used to analyze things such as heavy metals in the urine, problems with the digestive system, and testing for different food and substance allergies.

Your provider may order one or more of these labs to help guide you on your way to wellness. This list is not comprehensive and different tests may be ordered on a case by case basis.

The Healing Sanctuary team strives to be the leading provider of comprehensive and innovative health care. We aim to improve the lives and well-being of each individual by bringing insights to the complexity of health and wellness.

Some blood tests are not considered “standard” at various insurance companies. You may be responsible for the cost of these tests. We may submit your lab work for pre-authorization to your insurance company with your permission. You and/or your insurance company will be billed by the testing lab directly.