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The following blood tests should be added to a standard blood chem panel for a more complete lab report that will better enable me to help you

The following are a few blood tests which most physicians have not been adequately taught the value of. These tests will better enable me to assess your health and help you to improve it

Please ask your physician to order as many as he/she is willing. It is for your benefit

Homocysteine Good numbers are generally under 9 with lower being better. (5-9)

Methylmalonic acid The only accurate test for B12 level - you want the lower 30% of the range

Neutrophilic hypersegmentation index The only accurate Folate test (Meridian Valley Labs)

Plasma Zinc Numerous reactions in the body are Zinc dependant and cannot work correctly if low

Serum Copper As above plus the Cu/Zn ratio is very important, esp. for emotional conditions

Ferritin one of the best iron tests. I like healthy people to be in the 40-100 range

Whole Blood Histamine A good marker of adequate methylation required for detoxification

High Sensitivity (also called cardio) C reactive protein The healthiest numbers are below 0.75

Serum formiminoglutamic acid (FIGLU) **OR** Neutrophilic hypersegmentation index both are functional

test for adequate folate Many labs do not offer these. Genova and Meridian Valley each do one

D-dimer and Fibrinogen Tests your degree of hyper-coagulability Tests for proper blood flow

TSH The reference range is misunderstood. Educated endocrinologists generally know that if the thyroid is working optimally, the various experts have shown that the healthiest numbers appear to be between 0.6 and 2.0 but people differ as to what feels best for their body.

Ha1c Hemoglobin a1c How well your body is handling sugar, starch and alcohol. For long term health **your goal** would be a range of 4.7 to 5.4 with lower being much better.

You can change this result with a healthy diet and pancreas & Liver supporting supplements

The following three tests are absolutely REQUIRED in order to assess the body's ability to rebuild bone in Osteopenia or Osteoporosis (but are equally necessary for general health)

Magnesium, RBC (NOT SERUM). You want to be in the top 15% of the reference range or even up to 10% over **Listed with Direct labs as Magnesium, RBC (THIS IS NOT SERUM MAGNESIUM !)**

25 (OH) Vitamin D3 currently the research is telling us that we want to be in the 55 -80 range

Vitamin K1 Required to assess bone rebuilding status. You want to be in the top 15% of the range or even up to 10% over. **Undercarboxylated Osteocalcin, a functional test, is much preferred (but on this test you want to be in the lower 30%)** Currently available from Genova Diagnostics

YOU MUST BRING ME YOUR ACTUAL LAB TEST REPORTS.

DO NOT ACCEPT YOUR PHYSICIAN TELLING YOU THAT YOUR TESTS ARE "Normal"

I need photocopies of the actual lab reports your physician received,

NOT JUST THE NUMBERS WRITTEN DOWN ON A DIFFERENT SHEET OF PAPER

To the physicians with whom I share my patients:

You may not be familiar with some of these tests or with the idea of "Functional" tests in general, so please allow me to explain just a few of the tests on the front of this page..

A standard blood test for vitamin B-12 or Folic acid simply shows how much of each nutrient is in the blood or the serum and not whether that amount is adequate for the body's needs.

A functional test looks at an indicator which raises or lowers in relation to whether a specific nutrient is doing its job adequately rather than how much of the nutrient is present. A test for TSH is somewhat similar, since it is the pituitary gland telling the thyroid what to do.

There may be plenty of B12 in the serum, however if there is not enough for the body's needs, or if it is not getting into the cells adequately, the **Methylmalonic Acid** value will be in the upper half of its range, indicating to the well versed clinical nutrition professional that more B12 is required or possibly that it should be given in a different form, such as Methyl cobalamin instead of Cyanocobalamin for better utilization by the cells.

There may be plenty of folic acid in the serum, but if not enough is getting into the cells in order to do its jobs adequately, the neutrophilic hypersegmentation index test (FIGLU TEST) will be in the top half of the reference range since too little folate results in too much hypersegmentation of the neutrophils. This may also occur due to the patient not being able to convert their adequate-appearing folic acid level, into the required 5-methyl-tetra-hydro-folate form for utilization by the body. This can also be proven with appropriate DNA testing.

On another front, so to speak;

In the case of osteoporosis, the body cannot build new bone if any of the essential bone building nutrients are too far below optimal levels. Although the osteoporosis drugs (bisphosphonates) work by preventing the body from eliminating old bone tissue, a full complement of adequate nutrients can in fact build new bone (I have done this with many patients over the past 20 years).

These nutrients include Vitamin D3, Magnesium, Vitamin K1, Silica, Boron, and Calcium. Too much calcium has now been shown to cause heart disease and most likely this is due to the body's inability to utilize it for bone building because of a lack of one or more of the other nutrients I have listed. K1 and red blood cell magnesium as well as vitamin D3 - 25 (OH) Vitamin D, are simple tests to order and must be in the upper 25% of their ranges or even a bit above, to begin to reverse osteoporosis.

For those interested in more information on nutrition and health, I have been teaching a 10 week course for the past 20 years. Information is available from www.PPNF.org the 61 year old non profit Price-Pottenger nutrition foundation. Many physicians and other health practitioner have taken this course and tell me that it has changed their lives.

Thank you very much for your help as we work to improve the health of our mutual patients.

Sincerely,
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