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If you haven't had a recent blood test within 6 months, I recommend getting one done.

Please bring it in with you at your first appointment.

The general tests I recommend are:

Vitamin D

Iron studies

TSH, FT3, FT4 (thyroid panel)

Lipids

Liver function

Glucose

Insulin

FBE

Remember to ask for a copy of your test to bring with you.

My treatment includes studying your blood test in depth as it gives me an indication of your health status.