



Know Your Numbers: Conventional Labs

We are coming to the end of the calendar year and my question is: Do you know your numbers? We are talking about lab values. If you haven't had an annual physical yet this year, now is the time to get a lab check up. We can work on prevention if we start to see trends on your labs. If we see something low, we can start natural and dietary interventions to reverse a potentially health condition. We are talking about conventional labs, which should be covered under insurance.

Unfortunately, patients are telling us that some of the biomarkers, such as vitamin D, isn't covered so their doctor won't order it. This is especially true for Medicare patients who discover that a national lab charges over \$200 for a vitamin D level. When you realize that low vitamin D, which acts like a hormone, will contribute to the causes of memory loss, depressive disorder, gut issues, hormonal imbalances and inflammation, it is common sense to test for it! This follows suit for a full thyroid panel, hormonal panels, lipid panel and a comprehensive blood chemistry panel.

Because of the insurance environment, we at D-Signed Nutrition have partnered with a lab company in Florida to offer a comprehensive male and female panel at a discount price of \$179.00. If you pay out of pocket for an equivalent panel, it would cost up to \$2000 out of pocket. The company will take insurance, but if denied, you will never pay more than \$179. This is only available if you have the blood drawn in Florida. For out of state clients, We also have a lab company that heavily discounts labs in most states. We send you the requisition and it is drawn at Quest.

Once we get your results, we take it one step further for you to fully understand the meaning of each biomarker and work with optimal levels to tweak your nutrition and lifestyle plan to get you to optimal health and turn unwanted trends around to prevent disease. We use a functional medicine lab analysis program that compares previous labs, looks at the interactions with biomarkers and gives you a full education on what all this means. We take the time that your conventional doctor doesn't have to look at the nuances and how to improve overall health.