

## BOOK BONUS

# TESTING



*The ultimate elimination diet to attain optimal health and heal your body*

### TESTING AND FUNCTIONAL TESTS

This guide provides you the support and recommendations for health marker testing.

[www.carnivorecure.com](http://www.carnivorecure.com)

**DISCLAIMER:** The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

## Carnivore Cure Bonus

# BLOODWORK AND FUNCTIONAL TESTING

## Recommended Bloodwork Panel

### METABOLIC COMPREHENSIVE + WELLNESS

- Complete Blood Count (CBCs) with differential
- Urinalysis, Complete with Microscopic Examination with Reflex to Urine Culture, Routine (UA/M W/RFX Culture Routine)
- Acid-Base Balance
- Alanine Aminotransferase (ALT)
- Electrolytes
- Glucose
- Hemoglobin A1C-HPLC
- Homocysteine
- Kidney Function Panel (estimated Glomerular Filtration Rate (eGFR), serum Creatinine, Blood Urea Nitrogen (BUN))
- Liver Function Panel (Total Protein, Albumin, Bilirubin, Alkaline Phosphatase, AST, ALT, AST/ALT ratio)
- NMR Lipid Panel (Lipid Ion Mobility, Lipid Subfractionization)
  - Breakout of: LDL-P, LDL-C, sdLDL-C, HDL, Triglycerides, Total Cholesterol
- Total Insulin Level
- Uric Acid (Serum Ammonia)
- Vitamin B12 levels (B1, B6 would also be ideal)
- Vitamin D
- Zinc

### IRON PANEL

- CoQ10
- Ferritin
- RBC Folate
- RBC Magnesium
- Serum Iron
- Total Iron Binding Capacity (TIBC)
- Transferrin

### INFLAMMATORY MARKERS

- Lipoprotein A (Lp(a)) – lipoprotein that may indicate higher risk for heart disease
- C-Reactive Protein (hsCRP) – produced by liver and an indication of inflammation
- Ferritin



# CARNIVORECURE

the ultimate elimination diet

## **THYROID MARKERS**

- Free T3 (FT3)
- Free T4
- Reverse T3 (RT3)
- TSH
- Thyroglobulin antibodies
- Thyroid peroxidase (TPO) antibodies

## **HORMONE PANEL TEST OPTIONS**

- Serum Testosterone (all androgen hormones)
- [Dutch urine testing](#) – progesterone, estrogen

## **INSULIN RESISTANCE**

- Fasting blood glucose
- Fasting insulin
- LP-IR

## **STRESS HORMONE TEST**

- Cortisol (saliva, blood and urine)

## **FULL SEX HORMONE PANEL**

- DHEA
- Estradiol (E2)
- Estrogen, Total
- Pregnenolone
- Progesterone
- Prolactin
- Sex Hormone Binding Globulin (SHBG)
- Testosterone (Free and Total)

## **GROWTH FACTORS (OPTIONAL)**

- Insulin growth factor (IGF Binding Protein-1)
- mTOR results (if possible)

## Functional Tests

### NUTRITION WITH JUDY'S COMPLETE WELLNESS PANEL

The Wellness Panel is more comprehensive than regular bloodwork provided during standard care physicals. It will help identify markers for those with significant stress or concomitant health conditions/concerns. It can also help you to stay on top of your overall health.

If your insurance doesn't cover comprehensive bloodwork, this wellness panel may be an alternative. Your results from the wellness panel will be accompanied by a report to help you understand the results and what you can do to improve any markers that may need support.

You can learn more [HERE](#)

## WELLNESS PANEL

Apolipoprotein B  
Bilirubin, Direct  
C-Reactive Protein (CRP), High Sensitivity  
Complete Blood Count (CBC) With Differential  
Comprehensive Metabolic Panel (CMP-14)  
Cortisol  
Dehydroepiandrosterone (DHEA) Sulfate  
Ferritin + Iron + Total Iron-binding Capacity (TIBC)  
Fibrinogen Activity (Factor I Activity)  
Gamma-Glutamyl Transferase (GGT)  
Hemoglobin (Hb) A1c With eAG  
Homocyst(e)ine  
Insulin  
Lactic Acid Dehydrogenase (LD / LDH)  
Lipid Panel + VLDL + TC/HDL Ratio + LDL/HDL Ratio + CHD Risk  
Lipoprotein(a)  
Magnesium  
Phosphorus  
Thyroid Profile II, Comprehensive; Tri-iodothyronine  
Uric Acid  
Urinalysis, Complete With Microscopic Examination  
Vitamin D, 25-Hydroxy



I have access to [all tests](#), including:

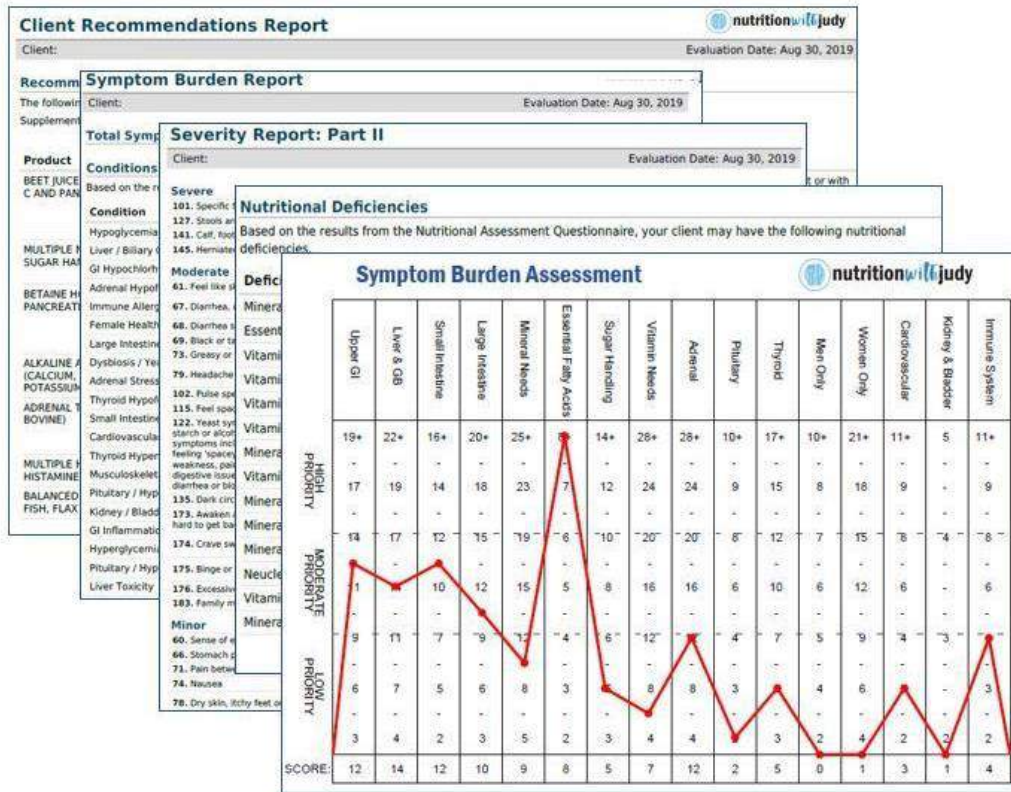
- [Omega3/Omega6 Fatty Acid Test](#)
- Male Hormone Testing
- [Female Hormone Testing](#)
- SIBO Breath Test
- Candida / Fungal Tests
- [Stool Tests](#) and H.Pylori Tests ([testing for fecal fat and fat malabsorption support](#))
- [Antinuclear Antibody Test \(ANA for autoimmune\)](#)
- and more

### NUTRITION WITH JUDY'S SYMPTOM BURDEN ASSESSMENT

There are many tools I use to find the root cause of my client's symptoms. I always say that each person's health is like a jigsaw puzzle that needs to be pieced together. The Symptom Burden Assessment is one tool I use to assess the total symptom load, identify health areas of priority, and track overall progress. The charted graph allows me to evaluate you more objectively by seeing the areas of your body that are the most inflamed (and thereby, higher priority).

We work together to establish a baseline and the assessment helps connect symptoms that may otherwise appear to be disconnected.

While this assessment is included as part of my initial consultation, I offer it a la carte so that you can begin piecing your health puzzle together.





This assessment takes a look at the health of your diet, medications, and overall lifestyle. The assessment will also look at the health of your:

- Upper Gastrointestinal System
- Liver and Gallbladder
- Small Intestine
- Large Intestine
- Mineral Needs
- Essential Fatty Acids
- Blood Sugar Handling
- Vitamin Needs
- Adrenals
- Pituitary
- Thyroid
- Reproductive Hormones
- Cardiovascular System
- Kidney and Bladder
- Immune System

You will be provided with an individualized plan constructed from the assessed findings including your primary health concerns and individual goals. Resources will be provided including any nutritional supplementation needs, if necessary.

***The symptom burden assessment results also include:***

- Custom supplement protocol for your specific needs (especially gut- and targeted nutrient-supports)
- Custom meat-based diet macros for your personal needs
- Custom hydration support for your needs
- Nutrition with Judy digestion tips
- Carnivore Cure elimination and reintroduction tips
- Sleep support recommendations

You can learn more [here](#).



## NUTRITION WITH JUDY'S 7-DAY FOOD AND MOOD JOURNAL ASSESSMENT

This food and mood journal assessment allows me to provide you insight into what's going on with your diet and how it may impact your physical and mental symptoms. I will provide you suspect foods and alternatives. I will give you insight into eliminating certain foods and possibly reintroductions and other next steps.

I will also provide you information in terms of your calories, macros and micronutrient consumption.

The more detailed you are in your responses, the better of an assessment will be produced.

An individualized detailed report with suggestions and next steps will be provided.

You can learn more [here](#).

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### FOOD & MOOD JOURNAL SAMPLE

NAME:  DATE:  WAKE TIME:  SLEEP TIME:

MEAL TIMES	FOOD
START: 7:30 am END: 8:00 am	2 slices bacon, 2 raised egg
START: 12:00 pm END: 1:00 pm	Salad w/ steak, 2 greens, 1 avocado, balsamic
START: 3:30 pm END: 4:40 pm	Large green, 2g tablespoon cod liver oil
START: 6:30 pm END: 7:30 pm	6 oz. wild salmon, organic wild boar, white
START: 9:30 pm END: 10:00 pm	1g raw, 1g tap water

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### FOOD & MOOD JOURNAL DIRECTIONS

#### DRINKS COLUMN

- Write down **everything** you drink, including coffee, tea, alcohol, water, etc.
- Include approximate amounts for each beverage in fluid ounces (fl. oz.) or milliliters (ml).
- As much as possible, try to indicate the quality and source of your water (e.g. filtered, natural spring, well, tap, etc.).

#### SUPPS, HERBS & MEDS COLUMN

- Write down the product name and dosage of each supplement, herb, or medication you take.

#### ENERGY & MOOD COLUMN


- Keep track of your energy level and mood throughout the day, especially as related to meals.

#### MOVEMENT & RELAXATION COLUMN

- Track the type, time, and intensity of all movement and exercise.
- If you engage in any relaxation activities, note the type and duration.

#### DIGESTION & REACTIONS COLUMN


- Monitor your digestion throughout the day, noting any bloating, gas, nausea, abdominal cramps, etc.
- If you have any reactions to specific foods, drinks, etc., note them here.
- If you have a bowel movement, note the time and Bristol number (see chart below).



- 1 SEPARATE HARD LUMPS, DIFFICULT TO PASS.
- 2 LUMPY & SAUSAGE LIKE, DIFFICULT TO PASS.
- 3 SAUSAGE SHAPE WITH CRACKS ON SURFACE.
- 4 SMOOTH, SOFT SAUSAGE SHAPE, NO CRACKS.
- 5 SOFT BLOBS WITH CLEAR, GUT EDGES.
- 6 MUSHY WITH RAGGED EDGES.
- 7 LIQUID WITH NO SOLID PIECES.

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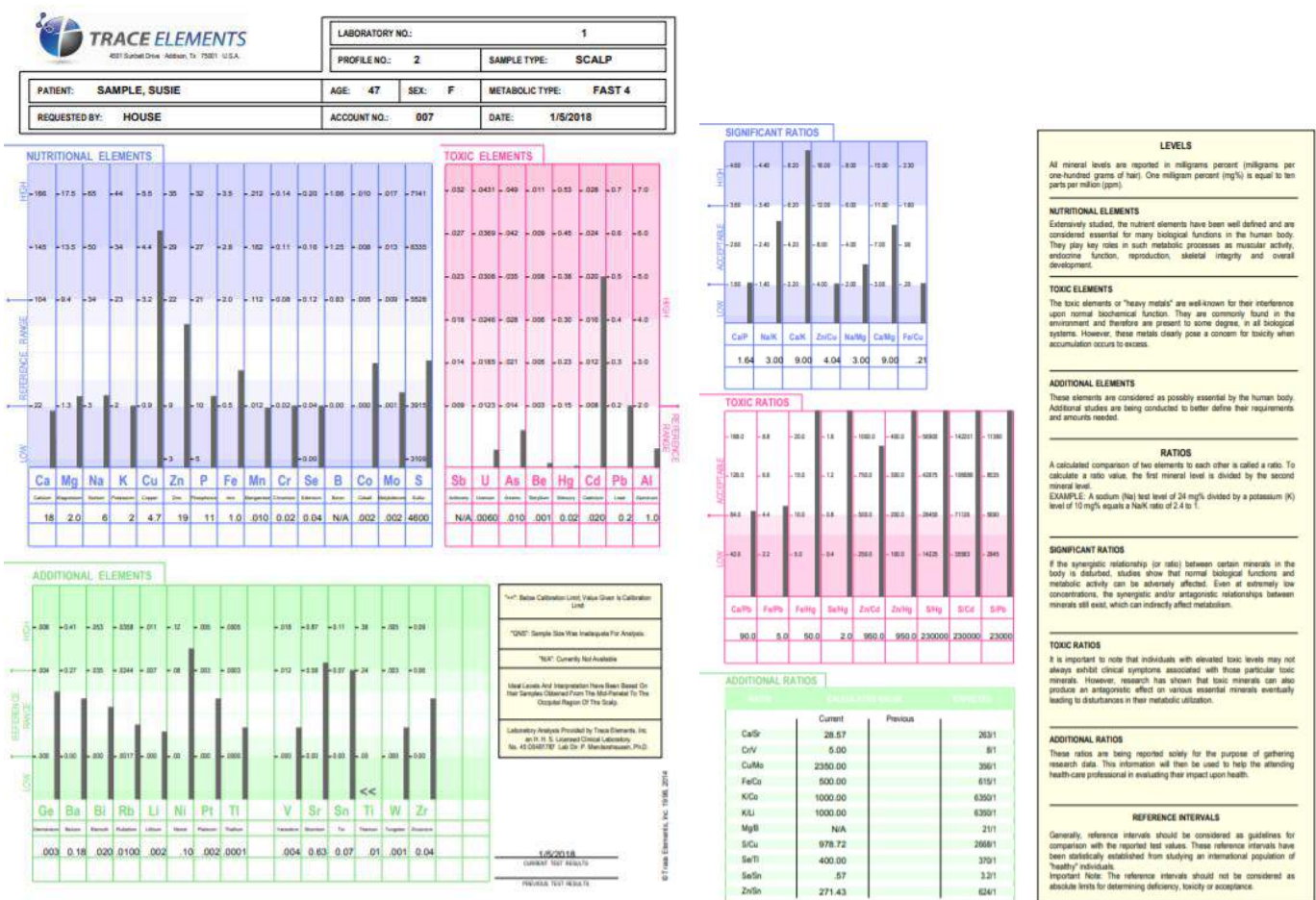
## NUTRITION WITH JUDY'S HAIR TISSUE MINERAL ANALYSIS

The HTMA test is the most thorough way of charting your detoxification process and see a detailed blueprint of your nutritional metabolic activity.

As protein is synthesized in the hair follicle, elements are incorporated permanently into the hair with no further exchange or equilibration with other tissues. Scalp hair is easy to sample, and because it grows an average of one to two cm per month, it contains a temporal record of element metabolism and exposure to toxic elements. Hair samples are typically a good 3-month snapshot of mineral status in the body. Whereas bloodwork is a much more temporary measure in time.

Nutrient elements including magnesium, chromium, zinc, copper and selenium are obligatory co-factors for hundreds of important enzymes and also are essential for the normal functions of vitamins. The levels of these elements in hair are correlated with levels in organs and other tissues. For example, high levels of potassium and sodium can be an indication of an adrenal imbalance.

Toxic elements may be 200 to 300 times more highly concentrated in hair than in blood or urine. Therefore, hair is the tissue of choice for detection of recent exposure to elements such as arsenic, aluminum, cadmium, lead, antimony and mercury. You can learn more [here](#).





## GREAT PLAINS LABORATORY

- **Organic Acids Test**

Not sure if you have gut issues?

## ORGANIC ACIDS TEST 75 HEALTH MARKERS



“The **Organic Acids Test (OAT)** offers a comprehensive metabolic snapshot of a **patient’s overall health with 75 markers**. It provides an accurate evaluation of intestinal yeast and bacteria. Abnormally high levels of these microorganisms can cause or worsen behavior disorders, hyperactivity, movement disorders, fatigue and immune function. Many people with chronic illnesses and neurological disorders often excrete **several abnormal organic acids in their urine**. The cause of these high levels could include oral antibiotic use, high sugar diets, immune deficiencies, acquired infections, as well as genetic factors.

GPL’s Organic Acids Test also includes **markers for vitamin and mineral levels, oxidative stress, neurotransmitter levels**, and is the only OAT to include **markers for oxalates**, which are highly correlated with many chronic illnesses.”


Functional tests I recommend most to my clients are:

- [Organic Acids Test \(OATs\)](#)
- [Homocysteine Test](#)
- [Comprehensive Stool Test \(Great Plains Lab\)](#)
- [Comprehensive Stool Test \(Microbiome Labs\)](#)
- [Mycotoxin \(Mold Toxicity\) Test](#)
- [Hormone Profile Test](#)
- [Heavy Metals Hair Test](#)
- [Amino Acids Test](#)
- [Toxic Non-Metal Chemical Test](#)
- [Vitamin D Status Test](#)
- If you want to learn more about the functional tests, you can find a full list [here](#).

**Some insurance companies reimburse for these tests.** Check Great Plains Laboratory’s site for [insurance coverage](#). I will provide you an invoice that you can submit for insurance.

## Closing

Before you spend a lot of money testing, follow the Carnivore Cure elimination and reintroduction protocol first. You should clean up the diet before doing any tests. If you no longer have symptoms after a clean diet, testing may become unnecessary. If you eat the Carnivore Cure way (at least three full months) and still have symptoms, that is when testing becomes ideal.

In  and health,



*Judy Cho*

The People's Nutritionist

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