

Understanding Your Lab Results: The Path to Feeling Your Best

What is Functional Testing?

Functional testing is like using a high-definition microscope to look at your health. While standard blood tests usually only look for "disease," functional tests look for "imbalances." This helps us find the root cause of why you might feel tired, foggy, or "off," even if your doctor said your standard labs were "normal."

Why This Matters For You

- **The "Normal" vs. "Optimal" Gap:** Standard labs compare you to the average person (who is often not very healthy). We compare you to **optimal** levels—the specific ranges where research shows people feel their absolute best and have the most energy.
- **No More Guesswork:** Instead of trying every supplement on the shelf, these tests show us exactly what your body needs. It's like having a custom GPS for your health journey.
- **Seeing the Full Picture:** Advanced testing (like "Shotgun" gut mapping) doesn't just look for "bad bugs"; it looks at how your entire internal ecosystem is working together to support your mood, digestion, and immunity.

What You Can Do Today

1. **Shift Your Mindset:** Remember that "Normal" on a lab report just means "average for a sick population." Our goal is to move your markers into the **Optimal Zone** so you can thrive, not just survive.
2. **Track Your "Why":** Think about your symptoms (like fatigue or brain fog). When we look at your tests together, we will connect those feelings to the data. Knowing "why" you feel this way is the first step to fixing it.
3. **Invest in Quality:** If we recommend a specific advanced test, it's because it provides a much deeper level of detail. Think of it like the difference between a blurry photo and a 4K video—the better the picture, the better we can help you.

Questions to Discuss with Your Practitioner

- "My previous doctor said my labs were 'fine,' but I still feel exhausted. Can you show me where my levels sit compared to the **optimal** range?"

- "What does this specific test tell us about my daily energy levels that a standard test might have missed?"
 - "How will we use these results to create a plan that fits my specific lifestyle?"
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