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TotalHealth
life, in balance.

Ref: Dr. Dicken Weatherby, ND

WHY BLOOD TESTING?

In the hands of a trained practitioner (like myself), blood testing becomes one of the most important assessment tools for the identification of clinical conditions, dysfunctions, and most importantly health trends.

Human blood is a functional library of information about the state of your functional health and well-being, past, present, and future. A standard blood test panel similar to what you receive with your annual physical along with a few specified panels based on your specific symptoms is generally all you need as a start or baseline. This is generally a Comprehensive Wellness Profile and CBC (Complete Blood Count), ideally expanded to include a Vitamin D test and a partial thyroid panel that includes TSH, T-4, and T-3.

So the answer to “Why Blood Testing?” is this....Blood testing is no longer simply a part of disease or injury management. It’s a vital component of a functional health consultation and a vital component of comprehensive health promotion education for my clients.

So what does this test mean to you?

- It improves your decision making.
- It reduces your uncertainty and confusion
- It provides objective data.
- It helps assess the efficacy of your customized health and wellness strategy.
- It helps you and I assess your progress.

It is not about diagnosis but a way to understand your state of health and guide you to assess trends towards ill health or towards optimal health. With this information and information from other specific assessments, you better understand how to your own unique blueprint for health.

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NORMAL IS NOT OPTIMAL

Many of my clients who come to me feeling unwell or “off” and have received results from a Comprehensive Wellness Panel and CBC blood test, will say this...

“Oh, I’ve already had a blood test done, and my doctor looked at it and told me everything was normal.”

One of the things to remember is the majority of people who feel unwell will come out “normal” on a blood test. Note: The results in the normal range can come from an overlap population of healthy as well as people with diseases. People who feel unwell or “off” are by no means “normal” and a far cry from being optimal or having optimal health.

They may not have yet progressed to a known disease state, but they are what is known as *dysfunctional* i.e, their physiological systems are no longer functioning properly and they are beginning to feel unwell.

Take a look at some of the typical signs and symptoms of functional disturbance or imbalance most often presented to me by my clients whose blood tests are in the “normal” range.

- Fatigue and low energy
- Digestive disorders such as bloating, heartburn, constipation, and gas
- Allergies
- Reduced immunity
- Infertility
- Pain and inflammation – muscle aches, stiffness, etc.
- Thyroid abnormalities - anything from full blown thyroiditis (the most common autoimmune condition on the planet) to the myriad of signs and symptoms associated with a sluggish thyroid
- Sex hormone issues ranging from erectile dysfunction, low libido, menstrual irregularities, to struggles with going through menopause
- Sleep disturbances
- Anxiety or depression
- Weight fluctuations or management
- Hypertension and the range of issues associated with the cardiovascular system
- Cognitive Impairment

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While having all test results within normal limits is certainly a good sign, it's not a guarantee. For many tests, there is a lot of overlap among results from healthy people and those with diseases, so there is still a chance that there could be an undetected problem.

EDUCATION AND EMPOWERMENT IS YOUR FIRST LINE OF DEFENSE

A testimonial from one of many clients who were able to take control of their health with a functional health review of her blood test.

"I can't tell you how important it is to make sure to keep your health in check. It's more than going to the doctor and getting a check up. I decided to get a complete wellness blood test and the results were eye opening. I knew there were some things going on but I couldn't pinpoint it. While my doctor looks at me crazy thinking I don't know what I'm talking about. These blood results show I knew exactly what I was talking about. I decided to see a health coach who is awesome. She helped me look at these results and opened my eyes to what changes I really need to make. Your blood tells your body's story. People hear me all the time say listen to your body. I listened and now I know what areas I need to work on instead of playing a guessing game and trying a bunch of stuff that will make my issues a lot worse. I'm not knocking doctors but you know your body better than anyone. If they say your fine and you know there's an issue, find someone who will listen. Thank you so much Antoinette St.Clair for listening. This is the start of my wellness." – Jennifer Streete

A Functional Health Review of your blood test is a comprehensive health promoting educational review that includes:

Functional Index Summary Report – This report gives us an indication of the level of dysfunction that exists in various physiological symptoms your body from the digestion of the food you eat to the health of your liver and the strength of your immune system; which are all key factors in maintaining optimal health

Nutrient Index Summary Report – This report gives us an indication of your nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation, and cellular uptake of the nutrients themselves.

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Health Improvement Plan Summary & Suggested Individual Nutrients Recommendation - This summary takes all of the information in the report and focuses on the top areas that need the most attention to bring the systems of your body back into balance.

Functional Health Consultation - We use this information to put together a unique plan designed to bring your body back into a state of functional health, wellness, and energy.

[Click here](#) to schedule your **Functional Health Consultation** so that you can take charge of your health NOW by taking specific and targeted actions appropriate for your unique bio-chemistry and lifestyle.

[Click here](#) for a free 15-minute consultation if you have any questions or need guidance on how to obtain the recommended blood panels through my network, [Ultra Lab Tests](#) or by your health insurance provider.

DISCLAIMER:

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions. I am not treating, curing, or diagnosing any condition or illness. If you have a condition that requires medical attention, I encourage you to make your own health care decisions based on your research and in partnership with a qualified health care practitioner.

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These statements have not been evaluated by the Food and Drug Administration.

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TONI ST. CLAIR



Toni has been a healthy living enthusiast for over 25 years and her business TrueSelf TotalHealth, was born from her desire to empower people with information, education, and practical tools to confidently create their own unique blueprint for health so that they can truly experience wellness; not just feel better.

She is a transformational coach with an emphasis on functional nutrition education, lifestyle and mindset, and a wellness consultant.

Toni is a sought after presenter for local and national health and wellness conferences, seminars, and webinars. She has recently

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been featured on ABC - Good Morning Washington providing life changing healthy eating strategies and recipes.

Toni has received multiple but interrelated certifications as a live food chef, plant-based nutrition educator, hatha yoga teacher, and natural eyesight improvement teacher. She is also a certification candidate for nutritional endocrinology, designed to provide education and information to address your unique health goals and challenges.