

# Optimising Health with Advanced Blood Analysis

Blood tests are an essential part of medicine, yet how many times have you been told by your doctor that your test results are 'normal' despite you feeling out of sorts? Routine blood tests are generally carried out to look for problems, so if your blood chemistry results fall within 'normal' ranges you might not get any further in finding out what could be causing your symptoms.

The blood tests carried out by FunctionalDX differ from the traditional blood tests that your doctor might have referred you for in the past. Rather than using traditional reference ranges, FunctionalDX uses 'functional' ranges- which are often narrower and determine optimal values for health and wellbeing with the aim of preventing disease, or improving your symptoms if you have already been diagnosed. This advanced form of testing can help to identify any hidden health trends at the time you start to feel unwell, often before you receive a diagnosis from a standard blood test.

Rather than just searching for abnormal lab results, the FunctionalDX software uses its unique and powerful algorithms to assess over 80 different blood markers which reveal areas of functional deficiencies (or wellness) in all of the main systems of the body; from hormone function to immunity, heart health to bone health. This helps to provide a clear and comprehensive understanding of your current health state and can pinpoint the likely root causes of your symptoms before they progress into a diagnosable condition. With this information, the relevant diet and lifestyle changes can be implemented as a preventative measure and get you feeling fit and well again.

The Functional Health Report uses highly sophisticated software to translate your blood results into clinically useful information. Any potential health and disease trends are identified, as well as your nutritional and immunity status.

Our consultation will use this information in your Health Improvement Plan to discuss and tailor a bespoke diet and lifestyle plan, specific to your individual needs.

**Your results will empower you to preventatively restore optimal health and well-being.**

## Key testing panels include:

- **Women's Health** - a specially devised range of panels for women looking for a comprehensive review of their health status and to identify areas of dysfunction
- **Thyroid** - a range of panels for those needing to identify a hypothyroid or hyperthyroid status, those who display multiple symptoms including those unrelated to thyroid symptom and those that show clinical signs of autoimmune disorders
- **Fertility** - panels created to look further than the traditional sex hormone fertility testing to encompass a full body health view of a patient
- **Men's Health** - a range of panels recommended for men who want a comprehensive review of their health including hormone and mineral status, those looking to identify areas of dysfunction or those with conditions or symptoms that require or suggest they need a comprehensive investigation.
- **Cardio Health** - suitable for those interested in gauging their current heart health, those with an existing predisposition or history of CVD issues including those with a sedentary lifestyle and unbalanced diet or those with the following suspected conditions: insulin resistance, immune and inflammatory disorders, weight gain and obesity
- **Cognitive Health** - for those looking to identify potential areas for cognitive decline risk, those interested in ageing well and looking to future proof their health and wellbeing and those with conditions or symptoms that suggest concerns to cognitive function such as cardiovascular disease, high blood pressure, diabetes, metabolic conditions, memory changes, cognitive changes.
- **Lifestyle** - from Workplace, to Workout and Weight Aware; this collection of panels are the ultimate tool when looking for a comprehensive insight into your health when concerned with performance, mental clarity, energy, weight and sleep which impact your work, sporting abilities or lifestyle.