

# Best and Worst Lab Testing

What's Worth the Price for Diagnostics?



## Worst Labs

- Parasites
- Lyme
- Mold
- Heavy Metals
- Allergies

## Best Labs

- 25 (OH) and 1,25 (OH) Vitamin D
- CMP: Comprehensive Metabolic Panel
- Complete thyroid panel
- DUTCH test
- DNA Connexions for Lyme

## My Recent Labs: *Fill in any lab work you've had done in the last 2 years*



Our philosophy on testing: Be cautious about spending a ton of money on testing, because there are a lot of false negatives (and false positives) in the "worst labs" listed above. The questionnaire is really the goldmine.

