

# TERRAIN TESTING

## Recommendations to discuss with provider

As the terrain affects all systems there are different tests that can be done to identify which system is being affected in your individual circumstance.

## PROBLEMS WITH THE BLOOD

DETERMINE IF THERE IS A PROBLEM WITH HOW BLOOD MOVES THROUGH YOUR BODY:  
VEGF, D-DIMER, FIBRINOGEN, PAI-1

INFLAMMATION: IF YOU HAVE ANY -ITIS CONDITIONS  
CRP, LDH, ALLERGY TESTS

IS YOUR BLOOD TOO SWEET?  
HGBA1C, FASTING GLUCOSE AND INSULIN, IGF-1, KETONES

INFLAMMATION: IF YOU HAVE ANY -ITIS CONDITIONS  
CRP, LDH, ALLERGY TESTS

## HORMONES

RECOMMEND TESTING:  
THYROID PANEL, THYROID ANTIBODIES, HORMONE URINE OR SALIVA TEST

## ENVIRONMENTAL TOXINS

EVALUATE YOUR ENVIRONMENT: AIR QUALITY, POLLUTION, HIGH TENSION WIRES, WORKPLACE HAZARDS, CHEMICAL USE AND HANDLING

RECOMMEND TESTING:  
HEAVY METAL TESTING, LIVER PANEL, MOLD TESTING

## GENETIC TESTING

Often with Cancer genetic testing is done if cancer appears at a certain age for example with Breast Cancer diagnosis before the age of 45 years genetic testing is recommended. But if it is not recommended you may want to ask your provider.