**Logo**

**Let me be your blood detective!**

**Contact \_\_\_\_\_\_ to schedule an appointment.**

**HOW I CAN HELP AS A FUNCTIONAL MEDICINE NUTRITIONIST**

* **Analyze your lab values under a different lens**
* **Give deeper meaning to your lab work that may provide more clarity and answers for your health concerns**
* **Better help prevent any nutrient imbalances and diseases from occurring**
* **Utilize lab values to provide more personalized diet and supplement recommendations**
* **Use blood tests as an assessment of the effectiveness and progress of ongoing support**

**THE FUNCTIONAL MEDICINE APPROACH TO LAB INTERPRETATION**

* **Uses more markers to gain a bigger picture of your health**
* **Recognizes hidden health trends that could explain why you don’t feel perfectly well**
* **Identifies early stages of dysfunction that might otherwise be overlooked**
* **Detects core imbalances that underly chronic disease**
* **Evaluates for potential nutritional insufficiency even before deficiency occurs**
* **Considers your “story” along with lab results which leads to more personalized guidance**
* **This approach may help you better manage disease but also keeps you in the best place of prevention!**

**Are you tired of being told lab tests are all normal, when you know something’s wrong? You can function; you’re not sick in bed, but you’re not vibrant either. Normal is not always healthy.**

**Typically, bloodwork is used to assess disease, however, if looked at through a different lens, it can tell so much more. This is where Functional Medicine comes in…**

**A Functional Medicine Nutritionist can be your Health Detective to give you more answers!**

**Blood tests are the most commonly ordered labs for health assessment worldwide. The normal range of your blood results are based on statistics and often represents average populations rather than the optimal level required to maintain best health. Normal is not always optimal. This is what Functional Medicine calls the gray area; the place where you may be at risk for disease before it develops – the place where you often find answers!**

“Normal” according to most labs and MDs

Healthy Range

**What is normal?**

Normal but not always healthy

Normal but not always healthy

Abnormally High

Functionally High

Abnormally Low

Functionally Low

Functional Lab Range (Optimal Range)

**Can Your Blood Tests Tell You More?**