

## LABORATORY BLOOD & URINE TESTING



Dr. Mayer often refers his patients for blood and urine testing. Many problems can be identified by laboratory testing before you actually experience symptoms. Certain tests when read properly, will indicate that you are progressing towards a serious illness, such as cancer, diabetes, liver, heart, or other diseases.

Sometimes, an individual case may call for specialized tests, such as hair analysis or micronutrient testing in order to identify problem areas.

Most blood test results are compared to "Normal Ranges". If you are within the "Normal Range" you will most likely be told you are normal, which can be confused with being healthy, as many people incorrectly believe. Normal Ranges are determined by taking approximately 100 to 200 people who tested recently with a particular lab (not a centralized agency). These results are then averaged – this is the middle of the Normal Range. In statistical terms, the high and low sides of the Normal Range will be two standard deviations from the average.

Unfortunately, most of the people's results used in these calculations are flawed since they were having blood tests run in the first place because they already had a health problem!

Does it make sense to compare your blood test results to averages taken from people who were already experiencing a problem? That is why being "normal" is not good enough! Normal blood test scores simply mean you are not yet as sick as the other people used to determine the normal range.

Dr. Mayer uses laboratory testing as a tool that can reveal more subtle imbalances and assist in correcting them. He can compare your test results to "healthy" ranges (as opposed to "normal" ranges), giving you a better picture of your true health status.

No general screening test is more efficient, effective and affordable than a comprehensive blood chemistry panel. It allows the healthcare provider to establish a baseline of biomarkers to track your health and nutritional needs. Getting a blood test is essential to understanding your health.