

**Test Once:**

- Lp(a) - an LDL variant that greatly increases cardio risk
- APO-E4 - a risk factor for Alzheimer's
- TTG and Gliadin antibodies - gluten intolerance

**Test Once and When Necessary**

- MTHFR - possible cause of elevated homocysteine
- H. pylori - presence of a dangerous stomach bacteria

**Test Annually**

- TSH - indicator of thyroid function

**Test Every Six Months**

- PSA (men) - indicator for prostate cancer
- CA-125 (women) - indicator for ovarian cancer

**Test Quarterly**

- A1C
  - Fasting glucose
  - Insulin
  - Triglycerides
  - HDL
  - Cortisol
  - C-Reactive Protein (CRP)
  - Homocysteine
  - Total Testosterone
  - IGF-1
  - Creatinine
  - Liver: AST, ALT, GGT, bilirubin
  - Ferritin
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- } Sugar
- } Lipids
- } Stress  
Inflammation
- } Anabolism
- } Other

**SIXTEEN TESTS AND FIVE CATEGORIES**