

## Checklist for Metabolic Healing Clinical Mentorship

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We're so excited that you've taken this huge step forward with us. This page is a simple reference guide to get you started.

You're going to learn pattern recognition through many types of tests and methods of clinical analysis.

## Section 1: 7 Mechanisms of Clinical Investigation

The foundation of our clinical work is Clinical Investigation. We have isolated 7 Primary Mechanisms of Clinical Investigation. We teach that it is imperative to be looking for these 7 mechanisms with every client, from the initial point of contact, throughout the entire consulting process.

### 1. Environmental

- Mold, toxic metals & chemicals, EMF/artificial light

### 2. Pathogenic

- Lyme, viruses, parasites, bacteria, fungi

### 3. Trauma

- Physical, emotional, past, present, transgenerational, pregnancy-related

### 4. Structural

- Injuries, surgeries, TBI, accidents, connective tissue-related, EDS, hypermobility

### 5. Medical/Dental/Iatrogenic

- Floxing, vaccines, surgeries, anesthesia, medical malpractice, dental infections/toxicity

### 6. Genetics/Familial Associations

- Quantifying gene expression & familial associations

### 7. Dietary

- Food quality, food intolerances, food compatibility

You can review the Resources for Week 1 Document [HERE](#), pending access.

## Section 2: Testing

We recommend that you begin running 3 specific lab tests with your clients as soon as possible:

1. Blood chemistry: Comprehensive Metabolic Panel, CBC, Lipid Panel, Comprehensive Thyroid Panel
2. Great Plains Urinary Organic Acids (OAT)
3. Precision Analytical DUTCH Test Complete

If you don't have a way to obtain these tests right now, you can set up a wholesale lab test account through DHA (Direct Healthcare Access). Apply at [THIS LINK](#). NOTE: If you don't have an NPI number, leave this section blank.

### Blood Chemistry

Michael has worked with DHA to construct comprehensive blood tests for his clinicians. For our mentorship program, we recommend the DHA **Comprehensive Wellness Panel**. Your cost for this test is \$204.

If you utilize another lab for blood testing, we strongly recommend:

- Comprehensive Metabolic Panel with additional markers:
  - LDH, GGT, Serum Iron, Ferritin, TIBC, Total Bilirubin, Homocysteine, Fibrinogen
- Lipid Panel: Total cholesterol, LDL, HDL, Triglycerides
- CBC
- Thyroid Panel: TSH, FT4, FT3, TT3, TT4, TPO Ab, Thyroglobulin Ab, RT3, T3U

### Urinary Organic Acids (OAT)

We strongly prefer Great Plains over all other labs for organic acids testing. We find that this test, when correctly performed and properly analyzed can yield a tremendous amount of hidden physiological data, which can be cross referenced with blood chemistry as well as DUTCH urinary hormones, in many cases.

## Precision Analytical DUTCH Hormones Complete

The DUTCH test is incredibly useful and important because these results can yield important data regarding: hormone activity, cortisol rhythm, thyroid function, insulin influences, inflammatory/anti-inflammatory activities, and can serve as an adjunctive test for identifying Lyme and mold. Because hormones can greatly influence neurology and immunology, we can isolate key patterns, which reveal deeper physiological mechanisms and responses.

## Additional Testing Discussed

NeuroQuant - RBC Fatty Acids

Genetics

Amino acids

Stool testing

Urinary mycotoxins

Urinary chemical testing

Hair Tissue Mineral Analysis

## Section 3: Metabolic Healing Clinical Reference Guide

Please download the 168-page [Metabolic Healing Clinical Reference Guide](#). This guide contains interpretation and analysis details for 3 tests:

- Blood chemistry
- Organic acids
- DUTCH hormones

This guide has been designed to assist your interpretation of these tests, as well as serve to provide a basis for understanding pattern recognition. Please begin studying this and utilizing this in your practice ASAP. We will be referring back to the markers in this guide throughout the entire program. **\*\*The PDF is password protects, to unlock use password: MS319**

We look forward to working with you.