



Most of us accept, with a doctor’s nudge, that being exhausted, gaining weight, and feeling like crap is a normal part of ageing. I call B.S. on that.

-DR. ELIZABETH CANTRELL

CAN YOU IMAGINE IF THE ONLY WAY TO GET AN A IN SCHOOL WAS TO GET A 99 OR HIGHER?

BUT ANYTHING BETWEEN A 3 AND A 98 WOULD EARN A B?

SO YOU, WHO STUDY 10 HOURS A WEEK, AND THE SLACKER, WHO SLEPT THROUGH HALF THE LECTURES, GET THE SAME GRADE?!?

THIS IS THE SCALE THAT TYPICAL LABS USE TO GRADE YOUR HEALTH. AND IF YOU ARE ANYWHERE IN THE B-RANGE THEN YOU AND YOUR LABS ARE WRITTEN OFF AS “NORMAL.”

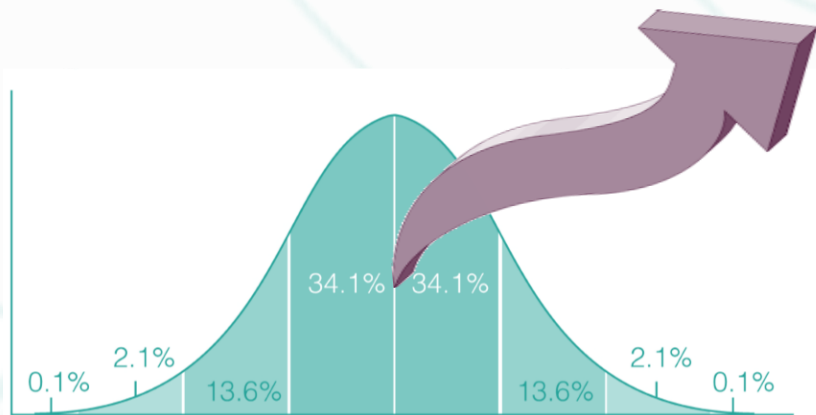
HOW IN THE ZARK DOES THIS HELP YOU WHEN YOU FEEL TIRED OR FEEL FAT OR FEEL LIKE CRAP?

LAB GRADING SCALE	
A	100%+
B	96-% - 100%
C	5% - 95%

HAVE BEEN TOLD THAT YOUR LABS ARE “NORMAL?” EVEN THOUGH YOU ARE TIRED, NO MATTER HOW MUCH YOU SLEEP? EVEN THOUGH YOU CAN’T LOOSE WEIGHT, NO MATTER WHAT YOU DO? EVEN THOUGH YOU FEEL LIKE CRAP ALL THE TIME?

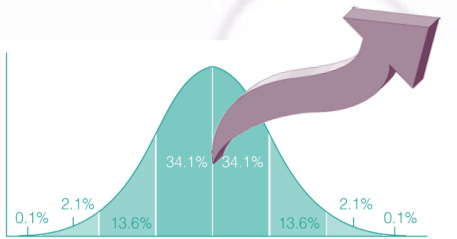
DO YOU WANT TO SCREAM IN FRUSTRATION?

I’VE BEEN THERE. I FELT LIKE A NEW YORK STREET CORNER KNOCK-OFF VERSION OF MY ULTIMATE SELF. AND I WAS SICK OF IT. SO I PUT MY TRAINING TO WORK, AND FOUND SOME ANSWERS.



I kicked “NORMAL” to the curb, and seized AWESOME!

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YOUR FIRST STEP TO BREAK FREE OF “NORMAL” IS KNOWING YOUR NUMBERS.
THEN YOU CAN IDENTIFY WHAT IS HOLDING YOU BACK FROM YOUR AWESOME.

HERE ARE THE FIRST LOOK LABS THAT YOU NEED TO JUMP START YOUR JOURNEY
TO FEELING AWESOME EVERYDAY.

Know Your Numbers- FIRST LOOK LABS

Stress Response

Glucose*, Hemoglobin A1c, fasting Insulin
Thyroid Stimulating Hormone, free T4, free T3
[FBG (in CMP), HgbA1c, fasting Insulin, TSH, fT4, fT4]

Inflammation

Complete Blood Count with Differential
High Sensitivity C-Reactive Protein
Liver Enzymes*, Albumin*, Globulin*
Lipids
[CBC w/ Diff, hs-CRP, AST, ALT, Albumin, Globulin (In CMP), Lipids]

Nutrition

RBC, Hgb, Hct, Total Iron, Total Iron Binding Capacity, % Saturation, Ferritin
Vitamin D
Electrolytes*
[Iron, TIBC, Ferritin, 25-OH-Vitamin D, Lytes (in CMP)]

Hormones

Estradiol, Progesterone, DHEA-Sulfate, total Testosterone, free Testosterone
[E2, Pg, DHEA-S, Testo free & total]

Lab Order:

[CMP, HgbA1c, fasting Insulin, TSH, fT4, fT3, CBC w/ Diff, hs-CRP, Lipids, Iron, TIBC, Ferritin, 25-OH-Vitamin D, E2, Pg, DHEA-S, Testo free & total]

If you listen to your body
when it whispers,
you won't have to hear
it scream.

-SOME YOGI, PROBABLY



We help women to be powerhouses and manifest world awesomeness,
because energetic, dedicated, thoughtful women are the change-makers of our future.

— Brenna Murphy, N.D.

THE FOLLOWING LABS ALLOW CONSUMERS TO ORDER LABS DIRECTLY WITHOUT A HEALTH CARE PROVIDER VISIT OR PRESCRIPTION. SOME MAY ALLOW BILLING TO INSURANCE, IF APPLICABLE. DIRECT ACCESS LABS GENERALLY CHARGE A LOWER FEE FOR PAYMENT IN ADVANCE.

- ANY LAB TEST NOW: WWW.ANYLABTESTNOW.COM
- DIRECT LABORATORY SERVICES: WWW.DIRECTLABS.COM
- HEALTHCHECKUSA: WWW.HEALTHCHECKUSA.COM
- MYMEDLAB: WWW.MYMEDLAB.COM
- REQUEST A TEST: WWW.REQUESTATEST.COM
- SONORA QUEST LABS: WWW.SONORAQUEST.COM
- WALK-IN LAB: WWW.WALKINLAB.COM

Labs to Order:

CMP,	Iron, TIBC,
HgbA1c,	Ferritin,
fasting Insulin,	25-OH-Vitamin D,
TSH, fT4, fT3,	E2,
CBC w/ Diff,	Pg,
hs-CRP,	DHEA-S,
Lipids,	Testo free & total]