

HEALTH UNLIMITED

Health Test Cheat Sheet



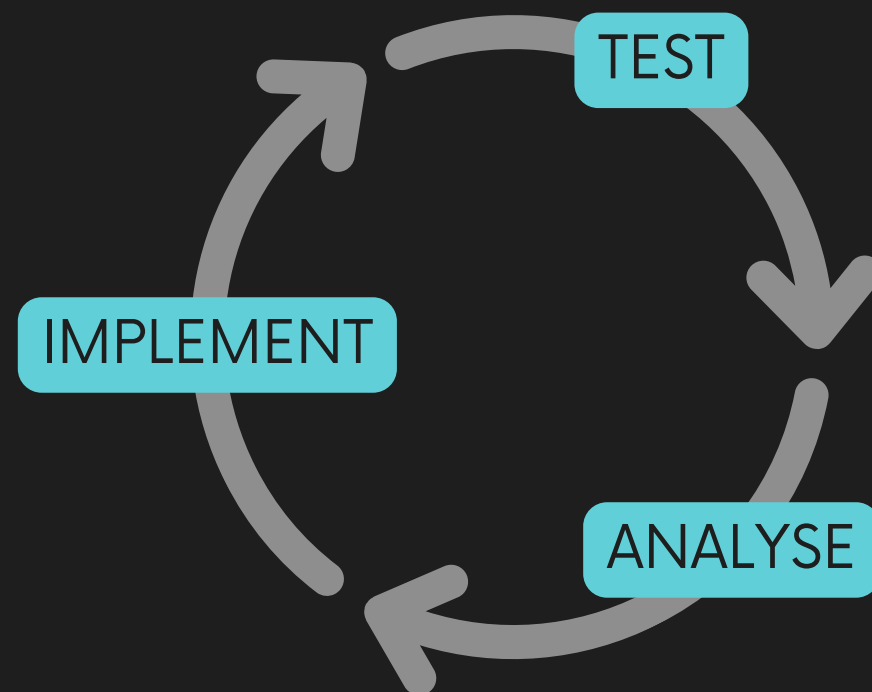


Understanding your health is your **unique super power**.

Our biggest goal with the Health Hacking Lifestyle is to truly understand ourselves, so we can make **independent, informed health choices** that align with our unique needs. A crucial part of this journey is assessing where we currently stand by testing and tracking our health, allowing us to make **smarter, more personalised decisions** moving forward.

Redesigning Your Health

Everyone's health journey is unique.



TESTING

To make the best decisions for yourself, it's essential to understand your current health foundation by gathering data on your body's current state.

ANALYSING

Once you gain this clarity, you can compare your results to past data and identify trends or imbalances that you can target with intentional health strategies.

IMPLEMENTING

With this approach, you can make the right health choices for your body, and fine-tune as you go through adjust your nutrition, sleep, exercise, and start living your personalised Health Hacking lifestyle.

8 Core Biological Systems

Optimising these core biological systems is essential for your personalised Health Hacking Lifestyle:

1. Microbiome & Gut
2. Immune & Inflammatory
3. Mitochondria & Energy Production
4. Detoxification
5. Hormone Balance
6. Metabolic Health
7. Blood & Lymphatic Flow
8. Structural & Skeletal

What you should test when...

You want to check your
general health state



General Health Testing

If you're generally healthy but want to monitor key health markers annually, these are the core blood tests a functional medicine doctor would typically recommend:

BASIC Panel

Complete Blood Count (CBC)
(Red Cells, White Cells, Platelets)

Blood Type

Comprehensive Metabolic Panel (CMP):

- **Liver enzymes** (AST, ALT)
- **Kidney function** (Creatinine, BUN)
- **Electrolytes** (sodium, potassium, calcium, magnesium, phosphate, chloride)

GGT (Gamma-Glutamyl Transferase)

A sensitive marker for liver function and detox capacity.

Cardiovascular Health

Lipid Panel (Cholesterol Test)

Includes:

- **Total Cholesterol**
- **LDL ("bad" cholesterol)**
- **HDL ("good" cholesterol)**
- **Triglycerides**

hs-CRP

Marker of inflammation linked to heart disease.

ApoB

A stronger predictor of cardiovascular risk than LDL alone.

Homocysteine

A marker for cardiovascular health and methylation.

Nutrient & Mineral Status

Vitamin D

Vitamin B12

Folate

RBC Magnesium

Iron Panel (Ferritin, Serum Iron, TIBC, Transferrin Saturation)

Electrolytes (Sodium, Potassium, Calcium, Phosphate, Chloride, Magnesium)

What you should test when...

You want to improve your
longevity long-term

Longevity Tests

In order to monitor and optimize your longevity long-term, you want to ensure that your bodily organs are functioning smoothly through the following indicators.

Adrenal Function

Cortisol (AM Cortisol Test)

Monitors adrenal function and stress response.

DHEA-S

Thyroid Function

Thyroid-Stimulating Hormone (TSH)

One of the most important markers to assess hormonal health state.

Free T3 & Free T4

Provides deeper insights into thyroid hormone levels.

Blood Sugar

Fasting Glucose

Measures baseline blood sugar levels.

HbA1c

Reflects average blood sugar levels over the past 3 months.

Insulin

Shows sensitivity & metabolic health

Benchmarks:

Fasting Glucose (< 100 mg/dL)

Peak Post-Meal Glucose (< 120 mg/dL)

Two Hrs. after Eating (< 140 mg/dL)

Average Daily Glucose (< 120 mg/dL)

Fasting Insulin (< 9 mIU/mL)

Biological Age

Assessing Biological Age (vs. Chronological Age)

Status of Telomeres

Rate of Inflammaging

Screening Early-Stage Diseases

DNA Methylation



What you should test when...

You want to learn about
your genetic pre-disposition

Genetic Testing

Genetic testing analyzes your DNA to identify variations that may impact your health, metabolism, and how your body responds to nutrients, exercise, and medications.

What you will learn:

NUTRIGENOMICS:

Learn how your genes influence your body's response to different micro- and macronutrients, helping you tailor your diet and training for optimal results.

HEALTH RISK INSIGHTS:

Identify genetic predispositions to conditions like heart disease, diabetes, or vitamin deficiencies.

PHARMACOGENOMICS:

Understand how your genes affect your body's reaction to medications.

How this will enrich your life:

- How efficiently you metabolize nutrients like caffeine, carbs, and fats.
- Whether you're predisposed to deficiencies in vitamins like B12 or folate.
- Your body's ability to detoxify, handle stress, or regulate inflammation.
- Your risk for specific health conditions
- How lifestyle changes can mitigate them
- Which medications are safest and most effective for your body.

How you can test this:

At-home test kits (like DNALysis or 23andMe) or through specialized healthcare providers (dietitians, functional medicine practitioners)

Genes to look out for

If you're new to genetic testing, a full DNA analysis is the most comprehensive approach, but if you want to start with specific areas, focus on key functional health markers.

Methylation

MTHFR

Affects folate metabolism, methylation, and homocysteine levels.

COMT

Impacts dopamine breakdown, stress resilience, and estrogen metabolism.

GST & CYP Genes

Involved in detoxification and liver function.

Cognition

APOE (Apolipoprotein E)

Determines risk for cognitive decline and Alzheimer's.

BDNF (Brain-Derived Neurotrophic Factor)

Affects brain plasticity and mental resilience.

MAOA & MAOB

Influence neurotransmitter balance (dopamine, serotonin).

Metabolism

FTO ("Obesity Gene")

Linked to metabolism, appetite regulation, and fat storage.

TCF7L2

Associated with type 2 diabetes risk and blood sugar regulation.

What you should test when...

Your body feels inflamed &
is under chronic stress

Inflammation Testing

If your body feels inflamed and you're experiencing chronic stress, it is worth taking a deeper look into inflammatory markers and possible toxicity states in your body.

Toxicities

Heavy Metal Challenge Test

Assesses detox pathways for metals

Hair Tissue Mineral Analysis

Measures heavy metal accumulation (mercury, lead, arsenic, cadmium)

Mercury-Tri Test

Measures "Organic Mercury" (Fish) and "In-organic Mercury" (Dental & Pollution)

Mold & Mycotoxins:

IgE Antibodies
IgG Antibodies

Inflammation Panel

hs-CRP

Homocysteine

Cortisol (Saliva or Blood Test)

DHEA-S

Specific Inflammation Tests:

Antinuclear Antibodies
Rheumatoid Factor
Apolipoprotein E Genotype
Tickborne Disease

In-Depth Tests

Gut Microbiome / Stool Analysis

(Identifies gut dysbiosis, leaky gut markers, and pathogens)

Organic Acids Test (OAT)

Identifies metabolic dysfunction, yeast/mold overgrowth, and neurotransmitter imbalances)

Omega 3:6 Ratio

The balance of inflammatory vs anti-inflammatory essential fatty acids.

Wearable Data

HRV (Heart Rate Variability) via

WHOOP/Oura/Garmin

A real-time measure of stress resilience and autonomic nervous system health.

CGM (Continuous Glucose Monitor)

Tracks blood sugar fluctuations to identify inflammation triggers from diet and stress.

Other Tests:

This foundational layer of test helps you understand your genetic pre-disposition, general health, inflammation levels, as well as longevity markers.

Further focused tests that can be added on are:

- Sports Performance
- Sleep Quality
- Microbiome Health
- Stress Assessment
- Fertility Testing
- Hormonal Balance

If you want to dive deeper, please get in touch with us and we will send you further materials. You are also kindly invited to join one of our Health DeepDive Programs which are focused around specific health areas e.g. Female Cycle Syncing, Sleep Issues, Weight Loss etc.

QUESTIONS

What tests should I start with?

If you've never had any health tests done, you should start with a BASIC full blood panel. From there, you can build on and expand your testing activities into specific areas.

Where can I get tested?

GDPs will perform most health tests upon request. Just beware that the majority of tests won't be included in general check-ups but require you to specifically request them (this might not be covered by insurance). Your best route would be to find a 'Functional Practitioner' in your area who can help you schedule the right tests and interpret the test results together with you.

How can I make sure all health markers are included in the test?

That's why we designed this 'Health Test Cheat Sheet' that you can use as your framework to double check whether ALL relevant markers are listed in your test.

IMPORTANT



Most health tests should be repeated once a year under the same conditions (e.g. 11 AM 2025 > 10-12 PM 2026)



More specialized health tests can be repeated every 2 years, or as needed to explore further symptoms.



NO smoking, alcohol, chewing gum, coffee, caffeinated drinks, herbal teas the day before testing



Most health tests require you to fast 24-48 hrs. before taking them:

e.g. liver function tests, cholesterol tests, blood glucose, metabolic panel



No strenuous exercise & strength training, and sexual activity up to 48 hrs. before testing



Drink plenty of water before (especially when fasting before testing) + keep hydrated on the testing day



Avoid special food, rich/fatty foods, as well as stop taking supplements & vitamins up to 48 hrs. before testing



Attention, a number of specialized tests require special preparation:

e.g. creatinine tests, cortisol tests

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