

A FREE GUIDE FROM TAILORED WELLTH

# How to be an Empowered Advocate for your Health

BY ELISE PHIPPS

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# WELCOME

Hello! I'm Elise, a functional medicine practitioner passionate about empowering others with the knowledge they need to help heal themselves now and stay healthy for life.

I believe in a multilayered approach to health that includes acknowledgment and support of the soul, lifestyle factors, energetics, emotions, connection to nature, the power of a positive mind, toxicity, and nutrition along with deep dives into organs, pathogens, and the physical body.

My goal in the following pages is to share some of the knowledge and tools I have learned in my own health journey, so that you can go into your next doctors appointment armed with a more thorough understanding of how to get the most out of your visit, and maximize your insurance benefits.

*Elise Phipps*



# How to use this guide

Every year, many of us visit our Primary Care Physician for an annual Physical or check-up. For a majority of those people, that visit includes blood and urine testing that (we are told) will give us an overall picture of our health. However, more often times than not, the markers being tested are, in fact, NOT showing us the whole picture.

I have created this guide to help you take the lead in understanding your own health better. In the following pages you will find information on what markers to ask your doctor to include in your testing--and why they are so important to gaining a better understanding of your overall health.

*Questions?*

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# INTRODUCTION

While I have always been passionate about health, it was not until I started to experience prolonged and daily impactful symptoms of my own that were not relieved via our current healthcare model that I went back to school and stepped into my role as a practitioner. For years prior I traveled around the country to see the top ranked doctors but each time left disappointed and without answers. Despite what was written in their biographies, no one took the time to really go over my past lab tests, symptoms, to get to know me, or to find the root cause of my issues. There was a standard protocol. "Well you don't look sick," I heard countless times. Many "patient focused" practitioners dismissed my feelings and the information I was giving them. Then, out of desperation and despite my best judgment, I would follow their protocols without any relief of symptoms.

Eventually, my worsening symptoms and constant survival state made it impossible to focus my attention anywhere else but my health. I wasn't sleeping or using the bathroom, my body had an ever growing list of food intolerances, I experienced mental and body fatigue, nagging pain, emotional instability, difficult to manage anxiety and bouts of depression. The pain became so unbearable, I was forced to listen.

If these "experts" couldn't solve my issues, I was going to. I had to.





# INTRODUCTION

I made the decision to go back to school and take my health into my own hands. I studied Integrative Medicine through the College of Integrative Medicine's Post-Graduate Certified Health Care Practitioner Program; focusing on clinical nutrition, genomics, integrative approaches to hormone balancing & gut health, and on how to find the root cause of many different diseases and disorders. I learned how to treat my clients as completely unique individuals, with the understanding that no two conditions or people are the same.

Once I figured out my own issues, I regained the energy to make the shifts my body had been demanding me to make. I was able to prioritize the things that gave me vitality and brought joy.

My purpose is to work side by side with you to help YOU get to the root of YOUR health issues. To spread the word that there is a different way: that the answer is to treat the person and not the condition...and to find the underlying imbalances BEFORE the onset of disease.

I believe we are all here to uplift others. My goal with putting together this guide is to provide actionable information to help you get answers and restore your vitality so that you too can live out your purpose with joy and uplift others.





## CHAPTER TWO

# ABOUT YOU



I know my story is not unique. I hear it from my clients routinely-- the lack of acknowledgement and relief they've had to endure in search of answers to their less than optimal state of health. It's not right.

While these experiences have caused most of us to stop going to our doctor-- armed with the following comprehensive list of markers to have your doctor run annually, you will be empowered going into your next appointment. You will be able to make the most of your health insurance plan and what our current healthcare system can offer you.



# Important things to know ahead of time:



## One

This comprehensive list is for those who feel generally healthy. It is thorough, but if you are suffering from a major issue, additional markers will most likely be necessary.



## Two

It's not just you that's fed-up. Many doctors set out to make a difference in other's lives. The medical system and insurance companies have exhausted them and tied their hands in regards to time spent with patients and freedom in treatment. Release any anger and empower yourself to use the system for what it can offer you. Stored negative emotions are absolutely a part of what keeps people sick.





# Three

You will need to advocate for yourself. The following list is comprehensive and contains markers most doctors are not routinely, if ever, running. There may be some pushback. Stay calm, prep yourself, and if you have to, find another doctor who will.



# Four

The standard range you see on bloodwork results is based on averages, not optimal levels. In America, the average person is chronically ill. By 2030, it is estimated at least half of the US adult population will be obese. These are not the averages or ranges you want your blood markers to be compared to.

# Five

Once you have your results, take a closer look. See if any markers are at either the high side or the low side but still within range. This can help you gain more insight into what is going on, especially if you are experiencing symptoms.





## CHAPTER THREE



# THE LIST

On the following pages you will find a list of markers you will want to ask your doctor to order at your next annual physical. This comprehensive list will provide an in-depth look at your health while working within the current healthcare model (i.e. how to get these tests covered by your insurance plan)



# Thyroid

**What's normally tested:** TSH only, sometimes T3 and T4. If you're lucky, Free T3 or Free T4.

**What you want tested:** TSH, T3, T4, Free T3, Free T4, Reverse T3, Anti-TPO, Anti-thyroglobulin

*Fun fact: TSH is actually a pituitary marker and not a thyroid marker.*

When we look at more than just TSH, T3, and T4 we are able to really see if there is an issue, and if there is, what part of the body could be the culprit.

For example: T4 gets converted to T3 in the liver. If your T4 levels are normal but your T3 levels are low, we will want to look at supporting the liver.

Many women have low T3 or low free T3 and are put on prescription medication like Synthroid, that only provides T4 support and doesn't address their low T3 levels. Alternatively, if only TSH and T4 are tested for and come back normal, deeper thyroid issues are never revealed let alone treated. My in-depth thyroid list also includes autoimmune markers, Anti-TPO and Anti-Thyroglobulin.

If your results come back with high autoimmune markers there is usually a pathogen behind it- a parasite, a virus or a bacteria. Often coupled with a toxin. And by often, I mean always



# Thyroid Cont...

Already know you have thyroid issues and so far nothing has worked to heal it? The thyroid gland is one of the most sensitive organs in our body and is often the last to heal. It is highly impacted by toxicity- heavy metals, environmental toxins in our cosmetics and cleaning supplies, radioactive elements found in our water, and yes, even EMFs from your cell phone and computer. Take a look at what products can be swapped out in your life. Be honest with yourself.

The thyroid is also energetically connected to our throat chakra- our unique voice and expression. Are there places in your life where your voice and expression muted or falsely represented? How can you speak up more? Mantra, creative expression, and practicing voicing your opinion are all ways to help stuck energy move through the throat chakra.

Symptomatology to note if your doctor says "no" to your request to in-depth thyroid testing:

Fatigue, constipation, low mood, weight gain =  
Comprehensive thyroid panel.

Obviously only say the things that truly apply to you. Operating in truth is an important part of being able to stand in our power.





# Lipid Panel

## Cholesterol AKA *The Mother of All Hormones*

Cholesterol, despite its bad reputation, is where all of our sex hormones come from. We need healthy cholesterol levels in our bodies to feel good. For females, that number ranges but is closer to 200. Modern medicine often tells us this is too high and aims for us to lower our levels. No bueno.

Statistically speaking, there are actually more heart attacks in women with low cholesterol than in those that have "high cholesterol." Plus low cholesterol just makes you feel shitty.

There are far more independent and predictive markers of cardiovascular disease, like Lp(a), that are rarely tested for before someone is put on a cholesterol lowering medication.

So, for a comprehensive look, here are the markers you will want tested: **Cholesterol, LDL, HDL, Triglycerides, VLDL, Non-HDL, Small Dense LDL, ox-LDL, hs-CRP, Lp(a), Homocysteine, Apolipoprotein A-1, Apolipoprotein B**

If you convince your doc to test you for the above, amazing! If they agree to everything but the Apolipoproteins, still great!



GLUCOSE & DIABETES

PREVENTION MARKERS:

# Glucose, HbA1c, Insulin

Note: These markers require fasting prior to having your blood drawn. Make sure to schedule your appointment first thing in the morning and go fasted. No coffee (sorry).



IRON MARKERS:

# Iron, TIBC, Ferritin, % Saturation

These are important for everyone, but are especially important for anyone on a vegan or vegetarian diet.



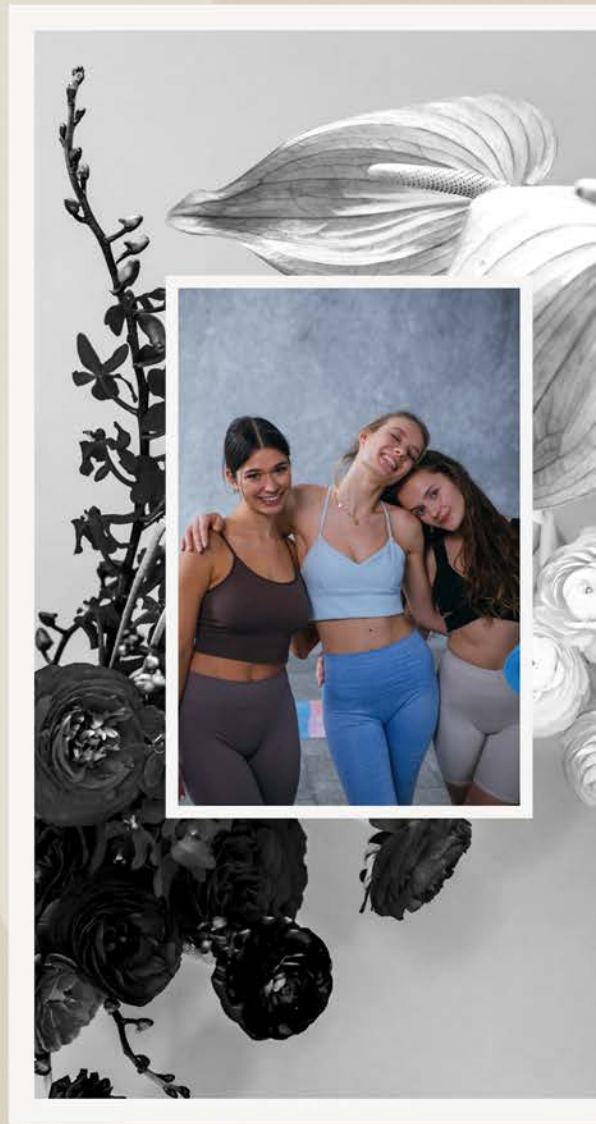


## FATTY ACIDS

# Omega 3 + Omega 6

Omeegas, that come from things like fish oil or flaxseed are highly correlated to our cellular health, an anti- or - inflammatory state in the body, and neurological health. Our cells are made up of a phospholipid bi-layer that allows nutrients to enter and toxins to be released. When we have an imbalance of healthy fats in our body our cells become weak in structure and compromised.

Testing for and understanding any imbalances (remember "average" is not healthy), allows us to change our diet and add the proper supplementation to restore cellular health.



## CMP + CBC

You should get no push back here. A Comprehensive Metabolic Profile and Complete Blood Count come standard with most conventional blood panels. These test things like your red and white blood cells, liver, gallbladder and kidney health.

### Always Remember: Symptoms > Data

Liver markers ALT & AST, for example, only show significant changes, high or low, once the liver is significantly damaged. We never want to wait for disease to occur before we step in and support our body. If you have been getting the intuitive hit that your liver needs support, listen to it. Don't ever dismiss your body's messaging just because data tells you to.



# Nutrient Markers

This one is tough. When we test our nutrient levels via blood, we are only testing what is in the blood and not what has been absorbed by our cells. There are other in-depth testing options for intracellular nutrient levels but at the doc-D3, Vitamins B12 and Magnesium are good ones to have tested.

If your B12 results come back high, it may not be that you have too much B12 in your body but that you are having difficulty utilizing it. There are 4 types of B12 and most of us have an affinity for one over another. One of those 4 types we should all be avoiding is cyanocobalamin. Cyanocobalamin is synthetic (man-made) and often found in cheaper supplements. Long term use of cyanocobalamin actually blocks our cell's B12 receptor sites and inhibits absorption of the healthier and natural forms of B12.

If you are currently taking a multivitamin or B-complex, go take a look at the label. If you see B12 comes in the form of cyanocobalamin, you'll want to upgrade.





# Sex Hormone Markers

What you want tested: Estradiol, FSH, DHEA-S, LH, SHBG, Total and Free Testosterone, Progesterone, Pregnenolone

Your doctor is going to want to test these via blood. They are most accurate via urine. See what they can do. For my clients, I tend to only look at urine based results. The DUTCH test is my absolute favorite. More details below.

If blood testing is the only thing you can get covered, it is a great way to start.

For menstruating women with a 28-ish day cycle, you will want to test your hormones between days 19-22. For women with shorter cycles, move it up a bit, longer, extend those dates back.

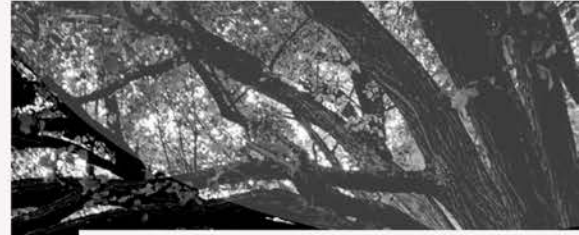


# Sex Hormone Markers Cont...

For non menstruating women, it depends why you are not menstruating. Post-menopausal women--go ahead and test anytime. If your period has stopped from stress, focus on alternative therapies to get your body out of stress before testing. If you want to get tested anyway, test anytime.

Women on birth control without a cycle? I know we are limited in our options for health reasons, but I REALLY do not recommend the use of birth control. Seek out a specialist to talk through alternative options. Birth control takes a big toll on your body and even on your soul. I believe it has highly contributed to our suppression and disempowerment as women. Not because it limits child birth, but because of the way it wreaks havoc on our health and neurotransmitter production.

If you continue to follow me and get to know me, I am ALL ABOUT any and everything that restores power in the individual, especially in women.





# Estradiol, FSH, DHEA-S, LH, SHBG, Total and Free Testosterone, Progesterone, Pregnenolone

The above are all markers you will want to have your insurance based practitioner order.

Although this guide is geared towards women, if you are a man reading this, make sure to add PSA to this list to check in on your prostate health.

Not listed with hormones above but very important, is cortisol. Why isn't it listed? Because cortisol needs to be tested via the urine at multiple points in the day. The first being IMMEDIATELY upon awakening. A 1x reading at the doctor's office at a random time in the day is not going to give us usable information.

More information on cortisol testing can be found in the next chapter.



# Summary

## Thyroid

What you want tested: TSH, T3, T4, Free T3, Free T4, Reverse T3, Anti-TPO, Anti-thyroglobulin

## Lipid Panel

What you want tested: Cholesterol, LDL, HDL, Triglycerides, VLDL, Non-HDL, Small Dense LDL, ox-LDL, hs-CRP, Lp(a), Homocysteine, Apolipoprotein A-1, Apolipoprotein B

## Glucose + Diabetes Prevention Markers

What you want tested: Glucose, HbA1c, Insulin

## Iron Markers

What you want tested: Iron, TIBC, Ferritin, % Saturation

## Fatty Acids

What you want tested: Omega 3 + Omega 6

## CMP + CBC

Comprehensive Metabolic Profile and Complete Blood Count

## Nutrient Markers

What you want tested: D3, Vitamins B12, Magnesium

## Sex Hormone Markers

What you want tested: Estradiol, FSH, DHEA-S, LH, SHBG, Total and Free Testosterone, Progesterone, Pregnenolone







## CHAPTER FOUR



# EXTRA TESTING

On the following pages you will find a list of tests and markers not available via your doctor. Unfortunately, these are not covered by insurance, but, in my opinion, tests everyone should consider ordering.

# Environmental Toxins

I mentioned this test above. Toxins impact every aspect of our health. The pesticide Glyphosate, which has been banned in many other countries, has been used so extensively in the US, not only is it in most of our food, it is also found in our drinking water and in our air. While levels in the air can be hard to avoid, there are lots of things we can do to help detoxify this chemical and prevent further exposure. Knowing your levels allows you to see just how much of a problem it is for your health.

## Why it's important:

Patented in 2010 as a broadband antibiotic, Glyphosate, whose main ingredient is roundup, disrupts over 50% of the bacteria associated with the human microbiome. Originally used as an antibiotic, now used as a pesticide sprayed on our food sources. When we see high levels in test data, we know, not only is it taking a toll on cells and hormones, it is also inhibiting formation of a healthy gut microbiome which is not only important for our digestion and nutrient absorption but also makes a big difference with our mental health.

In addition to Glyphosate, The Environmental Toxin Test from Vibrant America tests for 40 other chemicals commonly found in the human body including parabens, phthalates, VOCs, BPAs and other plasticizers, herbicides and pesticides. Below is an example summary only page from one of my clients Environmental toxin test:

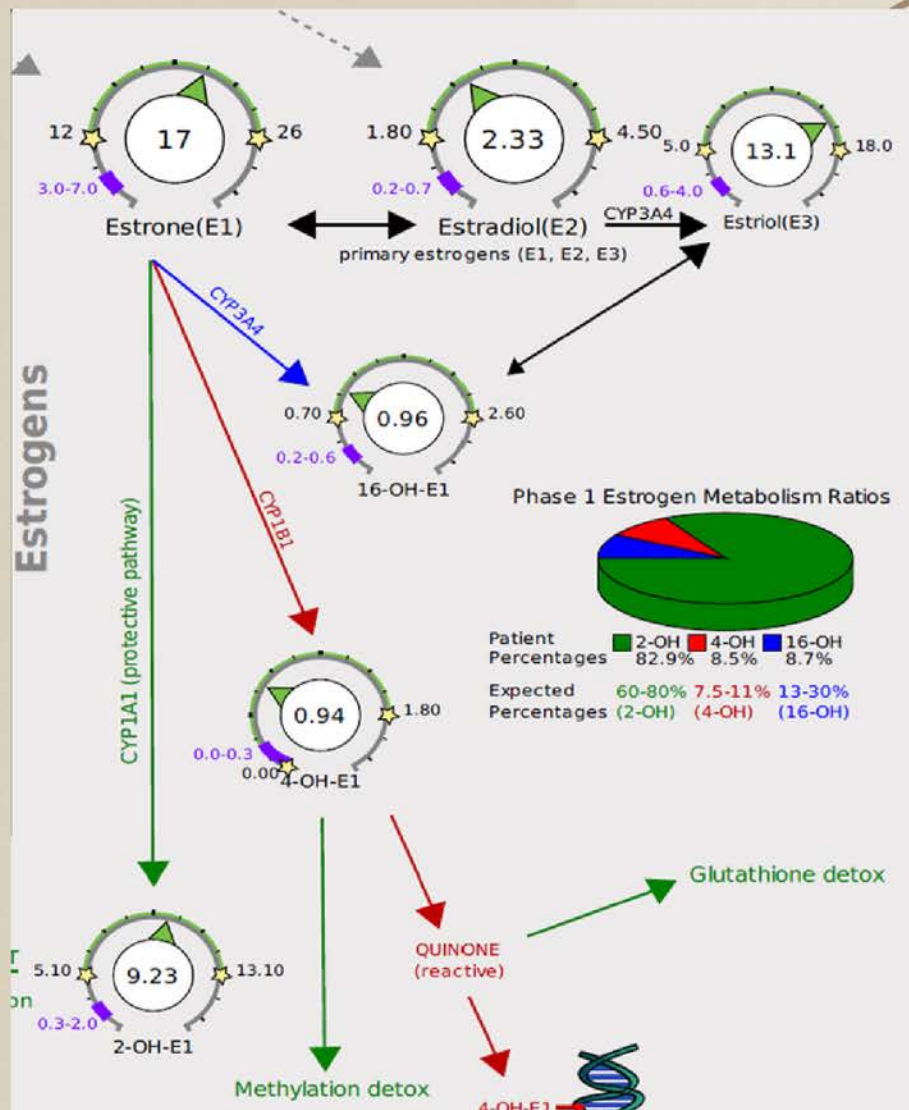
Environmental Toxins Summary					
Environmental Toxins - High					
Test Name	In Control	Moderate	High	Current Level	Previous Level
Diethylthiophosphate (DETP) (mcg/g)	≤0.70	0.71~2.76	≥2.77	5.91	
Diethylphosphate (DEP) (mcg/g)	≤0.80	0.81~12.59	≥12.60	50.31	
Mono-ethyl phthalate (MEtP) (mcg/g)	≤305.00	305.01~1478.22	≥1478.23	3717.33	
Bisphenol A (BPA) (mcg/g)	≤3.20	3.21~10.80	≥10.81	40.03	
2-Hydroxyisobutyric Acid (2HIB) (mcg/g)	≤1005.00	1005.01~5789.99	≥5790.00	>10000.00	

Environmental Toxins - Moderate					
Test Name	In Control	Moderate	High	Current Level	Previous Level
Glyphosate (mcg/g)	≤0.75	0.76~2.29	≥2.30	1.62	



# Estrogen Metabolites



Available via the DUTCH at-home urine based test. This test shows us the levels of all 3 types of estrogen in your body - E1, E2 and E3 (yes you have 3). More importantly, it shows us how estrogen is being metabolized and detoxified through our body. There are 3 options. One is healthy, one is healthy-ish but leads to lots of feelings of high estrogen - heavy periods, breast tenderness, moodiness, and even endometriosis. The last is carcinogenic and can lead to estrogenic cancers like breast or uterine.

I'm continually shocked by the number of women suffering with either heavy periods or a history of cancer who have not been told about this test. Testing and seeing your results allows you to make lifestyle changes, vitamin or herbal supplements to redirect the problematic estrogen. Sometimes it is as easy as adding the right form of a B complex.

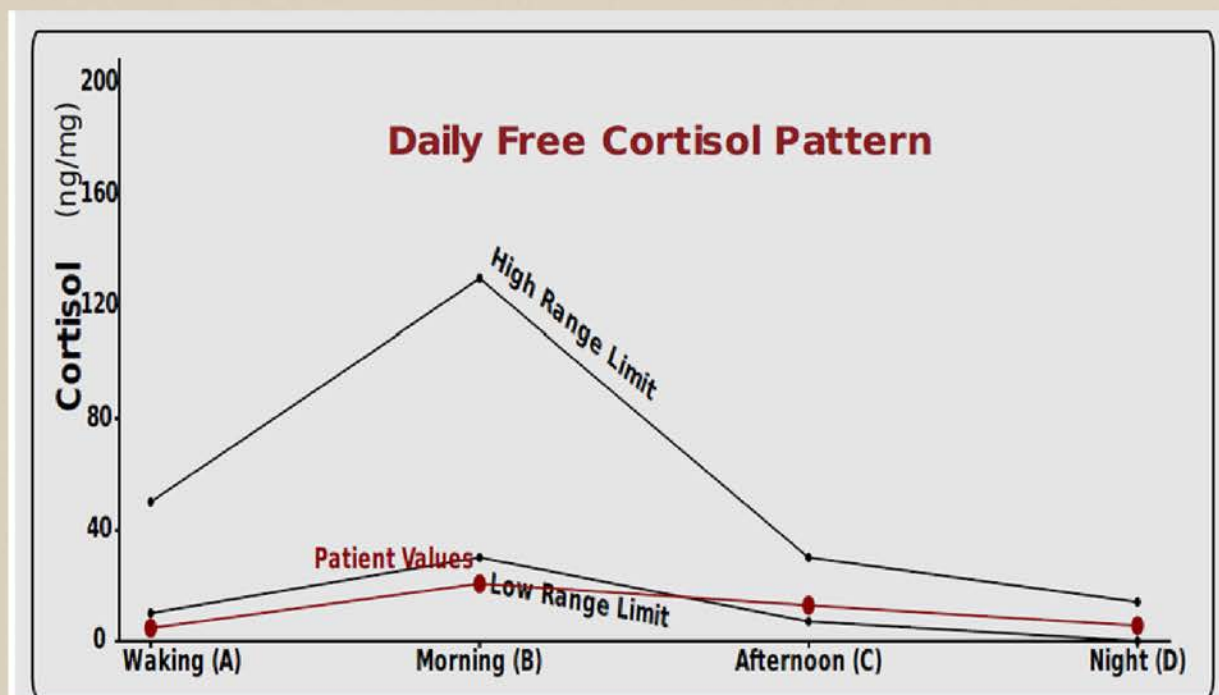
# Cortisol Testing

Cortisol = stress, and the majority of us have too much of it. When we are in constant high stress states our body stays in the catabolic state of survival, healing and repair is inhibited.

Cortisol should be like the sun, rising in the morning and lowering in the evening. If your cortisol doesn't spike early, you are left feeling tired and lethargic in the morning.

If it spikes TOO early, you wake up feeling stressed and anxious before your day has begun.

If cortisol does not lower in the evening it's hard for you to slow down and go into restore and repair mode for a good night's rest.



Using a test like the DUTCH at home urine-based test, that tests cortisol levels at multiple points in the day versus 1x at the doctors allows us to see your true cortisol pattern. Each pattern requires requires a different approach to healing.

Understanding your pattern enhances the speed and success in which you can begin to feel well again. That's why multiple markers throughout the day via urine testing versus a single blood marker is vital to understanding your cortisol levels and putting you back into a healing state.



# Conclusion

I hope you found the information in this guide helpful, and that you now feel empowered towards your next visit with your doctor.

If you are interested in additional testing or having someone to analyze your blood work results once you've received them from your doctor please don't hesitate to reach out! There's no better purpose for me, then to help YOU feel better and stay healthy so you can live vitally and pursue your own purpose here on earth.

Now go make the most out of your next Doctor's visit!

#knowledgeispower



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NEED MORE INSIGHT & SUPPORT?

# Get in touch with Elise to learn more about Tailored Wellth Services + Programs



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