

## APPENDIX F

### TERRAIN-CENTRIC CORE LAB TESTS AND TRUE HEALTHY RANGES

© 2021 DrNasha, Inc. and the  
*Metabolic Terrain Institute of Health*

These tables provide the core labs that anthroposophic, naturopathic, and integrative doctors often monitor. Some are familiar, commonly ordered during any patient's annual physical. Some are not so well-known. Almost all of the listings provide optimal ranges that differ significantly from what is listed as "healthy" on a standard lab report. The ranges below are based on what is associated with optimal health, rather than the "normal averages" of a generally unhealthy population group (see chapter 5 and its references).

For best treatment outcomes, it's crucial to test, assess, address, and not guess. Practitioners who want to learn more about all the testing available to the oncology patient and how to interpret and apply results in an effective holistic fashion, should connect with the Physicians' Association for Anthroposophic Medicine (PAAM) or take the *Metabolic Approach to Cancer, Mastermind Course* through DrNasha, Inc. (see "Resources").

<b>Trifecta Labs (see Chapter 5)</b>		
CRP (C-reactive protein)		Less than 1 (or < 0.1, depending on lab)
ESR		Less than 10
LDH		Less than 175 (or <450, depending on lab)

<b>Complete Blood Count (CBC)</b>		
Test	Units	Range
WBC (White blood cells)	x10E3/uL	5 to 7
RBC (Red blood cells)	x10E6/uL	4 to 5
Hemoglobin	g/dL	13 to 15
Hematocrit	Percentage (%)	40 to 45
MCV	fL	~ 90
MCH	pg	~ 30
MCHC	g/dL	~ 32
RDW	Percentage (%)	12.3-14.5
Platelets	x10E3/uL	175 to 250
Neutrophils	Percentage (%)	N:L Ratio = 2:1
Lymphocytes	Percentage (%)	N:L Ratio = 2:1
Monocytes	Percentage (%)	7
EOS (Eosinophils)	Percentage (%)	Less than 2
Basophils	Percentage (%)	0

<b>Complete Metabolic Panel (CMP)</b>		
Test	Units	Range
Glucose, serum	mg/dL	55 to 85
BUN	mg/dL	Less than 20
Creatinine, serum	mg/dL	Less than 1
eGFR	mL/min	Less than 59
BUN:Creatinine ratio		~ 20
Sodium, serum	mmol/L	Greater than 140
Potassium, serum	mmol/L	Greater than 4.0
Chloride, serum	mmol/L	In standard range
Anion gap		Less than 15
Carbon dioxide	mmol/L	Less than 25
Calcium, serum	mg/dL	8.8 to 9.5
Protein, total	g/dL	Greater than 7
Albumin, serum	g/dL	Greater than 4
Globulin, total	g/dL	In standard range
A:G ratio		In standard range
Bilirubin, total	mg/dL	In standard range
ALP, serum	IU/L	Less than 90
AST (SGOT)	IU/L	~ 20
ALT (SGPT)	IU/L	~ 20
GGT	IU/L	Less than 15

*Terrain-centric Core Lab Tests and True Healthy Ranges*

<b>Additional Labs</b>	
Homocysteine	About 7
Ferritin	35 to 75
Fibrinogen	Less than 300
Insulin	~3
IGF-1	~100
HbA1C (HgA1C, Hemoglobin A1C)	Less than 5
VEGF, serum	Less than 350
VEGF, plasma	Less than 50
Galectin-3	Less than 10
GGT	Less than 15
Triglycerides	Less than 90
HDL	Greater than 70
LDL	50 to 200
VLDL	5 to 40
Total Cholesterol	160 to 300
Vitamin D3 1,25 OH	Less than 70
Vitamin D, 25-OH	80 to 120
TSH	About 0.8 to 2.0
Total T4	7 to 9
Free T4	Greater than 1
Free T3	Greater than 3
T3	100 to 159
T3 uptake	30
Reverse T3	Less than 17
Anti-thyroglobulin antibody	Less than 5
TPO antibodies	Less than 5
Ceruloplasmin	Less than 20
Copper, RBC	Less than 120
Zinc, RBC	Greater than 13
G6PD w/RBC	In standard range
AM cortisol	15 to 17
Uric acid, serum	Less than 4
Iron, serum	35 to 155
Total iron binding capacity	250 to 450
Percent (%) iron saturated	25 to 55
UIBC	150 to 375
D-dimer	Less than 0.5 (or <300, depending on lab)
PAI-1	In standard range
<b>LDH Isoenzymes</b>	
LD isoenzyme 1 - heart and RBC	Less than 24
LD isoenzyme 2 - reticuloendothelial (immune)	Less than 33
LD isoenzyme 3 - lungs	Less than 21
LD isoenzyme 4 - kidneys, placenta, pancreas	Less than 7
LD isoenzyme 5 - liver and striated muscle	Less than 14

### *DIY tracking and home monitoring*

Integrative practitioners often recommend several at-home monitoring smart phone apps and devices. These are a few of our favorites:

Blood glucose and ketone monitoring: Keto-Mojo™ Meter or  
Abbot's Precision Xtra®

Nutrition and macronutrient tracking: Cronometer or  
MyFitnessPal™

Heart rate variability (HRV) trackers: Oura Ring, Fitbit®, or  
Biostrap™

Vitamin D reminder: Dminder, an app that flags optimal sun  
exposure times in your region