

## FAQs

### ***Can my GP not run these tests on the blood chemistry panel?***

As an experienced practitioner with an extensive knowledge of functional blood chemistry Tanya has compiled a list of markers that she regards as essential from a functional medicine perspective. This invaluable data will provide a very thorough and comprehensive evaluation of your health status and allow her to best serve your needs in your quest for optimal health and wellbeing. Running this test is a prerequisite for all clients working with Tanya. Unfortunately, she cannot accept incomplete blood tests from other sources such as those provided by General Practitioners, as they simply are not as comprehensive.

### ***What can I expect to pay in professionally recommended supplements based on your blood work?***

The estimated cost for supplements that are recommended as part of your plan after the Treatment Plan Appointment is typically £150–£250. Then as you progress into the on-going treatment, again fees vary considerable, but average approximately £25–£100 a month.

### ***What are the most common test/s at Case Review Appointment stage?***

1. Comprehensive Metabolic Blood Chemistry Panel (CMP):  
The CMP is the single most efficient and effective tool for quickly evaluating your health. It screens for a wide range of conditions, including several types of anemia; viral and bacterial infections; immune status and inflammation, insulin resistance and hypoglycemia; liver and kidney issues; and thyroid and adrenal health. It offers important clues for how to structure and focus your treatment to get the best results. And it provides a baseline of biomarkers that can be used to objectively track the progress of your treatment over time. Full details below.
2. Comprehensive Digestive Stool analysis
3. SIBO (small intestinal bacterial overgrowth) Breath Test:  
The optimal health of Gastrointestinal system (gut) is a crucial linchpin in any treatment plan, and becoming far more mainstream as we understand that the bacteria (microbiome) that inhabit our gut plays many important and diverse roles for wellbeing. As such I very often recommend running these two panels at this point too.

***How long can I expect to be working with Tanya?***

Finding root causes, conducting testing, researching and connecting all the dots of your health puzzle, to create you a unique treatment plan, it takes time. In this type of work Tanya cannot truly help you in 1- 2 sessions. It's rather like committing to increase your fitness to run a marathon; a one off session at the gym or going to a class every once in while isn't going to achieve your goal of completing a marathon. After years practicing in this way Tanya has a sense of how much time it may take to facilitate healing – how much time behind the scenes putting together your health jigsaw and ongoing treatment plan can take. Plan on a minimum of 4 months and for others it may be a longer process