

## ***TLC Alternative Options***

Tracy L. Carmack, ND, CCN, MIHI, BS, has been a Naturopathic Doctor for 3 years, a Certified Clinical Nutritionist for 8 years, a Master of the Institute for Human Individuality for 7 years, and a microbiologist/clinical chemist since 1984. Much like a forensic investigator she uses laboratory data to optimize health strategies but *for the living!* Information from Hair, Blood, Urine, Saliva and DNA give us clues about our metabolic propensities. We can then influence these factors to allow our bodies to burn fat, balance hormones, rebuild, detoxify and thus accelerate healing and/or slow degeneration. Currently she is a consultant to Functional Medicine Doctors, a public speaker and a facilitator for BioTechnology BioEthics Education. Although she is not seeing new clients she does have a network of physician referrals and can be contacted via web-site [www.DRTLCHHELP.com](http://www.DRTLCHHELP.com) or by e-mail at [DRTLCHHELP@sbcglobal.net](mailto:DRTLCHHELP@sbcglobal.net).



## ***Functional Medicine Physicians***

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*This list continues to grow as I consult with physicians throughout the metroplex.*

## ***NEURO-ENDOCRIN-IMMUNE SHIFT***

[www.alpha-stim.com](http://www.alpha-stim.com),

*Alpha Lipoic Acid,*

*5- Hydroxy Tryptophan*

*Functional Medicine Testing*

- CBC
- CMP
- VAP
- Glucose (fs, 2hrpp)
- Insulin (2hrpp)
- TSH,frT3,frT4,TPO, Thyglobulins
- Cortisol 8AM
- DHEA free
- CRP HS
- Homocysteine
- Fibrinogen

- Ferritin
- MTHFR
- Vitamin D
- IL-6, TNF $\alpha$
- Sex Hormones
- Antigliadin antibodies
- ANA, Sed Rate
- Amino Acids
- Uric Acid\*
- IGF-1

- Urinary
- Neurotransmitters
- Provoked toxic metal and mineral analysis
- Organic Acids
- HGH
- Estrogen metabolites
- Saliva
- Cortisol
- Hormones (limited)
- SigA
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- Fecal
- Heavy metals
- Stool analysis(DNA)
- Hair
- Heavy metals
- Blood
- Food IgG, IgE(BS+dr) , Amino Acid (BS+drw)
- Erythrocyte Nutrients(fatty acids, CoQ10, Mag etc limited)
- Immunologic Profile
- Blood Spot hormone profiles