

Blood Work Workshop – Chat and Questions (April 28, 2021)

00:43:28 Teresa Ryce: Vitamin D - since people need more if they weight more - would you recommend a dosage of vitamin D based on weight or go solely based on what their test results are for Vitamin D levels?

00:45:14 Lindsey Emerling: In Ontario, many doctors don't provide blood test results and the office will charge \$ for a copy. It is the law that the patients actually owns their health records, doctors offices can't legally charge patients for copies of records including diagnostic results.

00:45:18 Anne Bergman: I've had my doctor not accept to include a specific test b/c she did not understand the purpose, and didn't want to sign her name to that on the requisition

00:45:55 Real Nutrition Solutions-Aloma: I had to beg my doc to do a vit D test and Free T3 and T4

00:46:03 Zophie: same

00:46:39 Katherine Mossop: <https://www.joshgitalis.com/student-resources/>

00:52:06 Anne Bergman: Vitamin D is not covered in Ontario. I paid \$37 in Feb of this year.

00:58:15 Sandra Schellenberg: Last September I had my D levels checked and they were on the low side of normal, I had spent a lot of time outside and had been supplementing with 6,000 IU/day for quite a while (longer than 3 months)

00:58:57 Lindsey Emerling: people with pernicious anemia usually require methylcobalamin injections

01:03:00 Katherine Mossop: methylmalonic acid to check for B12 deficiency

01:11:57 Ann Sirenko: I want to try that

01:12:12 Ann Sirenko: any recommendations on brand for continuous monitoring?

01:12:36 Matthew: I have worn cgm- gained a lot of info! Highly recommend.

01:12:39 Sandra Schellenberg: I have a CGM on its way!

01:13:33 Ann Sirenko: Which brands did you guys use for the CGM?

01:16:21 Sandra Schellenberg: I ordered the Dexcom 6 mostly because my husband is a type 1 diabetic and is prone to lows

01:19:04 Real Nutrition Solutions-Aloma: IS THERE IS A RESOURCE OR CALCULATOR FOR CONVERTING THE UNITS FOR DIFFERENT TEST

01:19:48 Katherine Mossop: Hi Aloma, you can usually find conversions with a quick google search. There are a lot of good calculators

01:39:34 Sandra Schellenberg: Can you go over cholesterol levels again?

01:41:46 Real Nutrition Solutions-Aloma: What do you think about genetic testing and what company do you recommend to review

01:43:11 Teresa Ryce: Thank you. I have to run.

01:45:42 Sandra Schellenberg: Back to the LDL / HDL, h A1C, have you noticed a correlation with discrepancies with those and thyroid issues?

01:46:47 Katherine Mossop: PureGenomics through Pure Encapsulations

01:48:23 Real Nutrition Solutions-Aloma: will we be discussing GI mapping in the functional workshop?

01:49:09 Jodi: Thanks Josh!

01:49:09 Katherine Mossop: thanks everyone!

01:49:21 ali's iphone: Thank you!