

THYROID PROTOCOL

LAB REFERENCE SHEET



LAB TESTS TO DISCUSS WITH DR. LULU

My name is Dr. LuLu, and I am a Naturopathic Physician.

I am excited to offer this valuable tool to guide you on your journey to optimal thyroid health. Because general practitioners usually diagnose thyroid disorders, your doctor may not be a thyroid expert and may not perform the necessary diagnostic tests or understand the many drivers involved in thyroid disease. The most common thyroid disorders, such as Hashimoto's and Graves' disease, are autoimmune conditions, and advanced testing is often required to get the root of symptoms.

Thorough testing can help your doctor determine what is driving your symptoms, which is essential for taking specific action.

You will find a printable **LAB TESTS REFERENCE SHEET** with the lab tests to discuss with your primary doctor or Dr. LuLu.

If your primary doctor cannot order these diagnostic tests for whatever reason, Dr. LuLu can order the necessary labs through [Rupa Health](#).

Direct to consumer labs do not take insurance, so you will need to pay directly for any testing but payment plans are available

LAB TESTS REFERENCE SHEET

Thyroid Hormones	
Thyroid Stimulating Hormone (TSH)	Complete thyroid panels are not routine. Request a complete thyroid panel with antibodies.
Free T4	
Free T3	
TgAb (thyroglobulin antibodies)	
TPO (thyroid peroxidase)	
Reverse T3	
Stress Hormones	
Cortisol	The primary stress hormone.
Gut Testing	
Zonulin Test – Verisana Labs	Measures the zonulin value of your gut, as it gives an indication of the permeability of the gut mucosa. For those with autoimmune thyroid conditions, gut permeability can trigger symptoms.
Comprehensive Stool Analysis – Great Plains Laboratory or Genova Diagnostics	The Comprehensive Stool Analysis detects the presence of microorganisms such as yeast, parasites, and bacteria that contribute to chronic illness and neurological dysfunction.
SIBO	Small Intestinal Bacterial Overgrowth. SIBO is common among people with thyroid conditions – especially with Hashimoto's.
Food Sensitivity Testing	
IgG Food MAP	Tests all subclasses of IgG antibodies for 190 Foods + Candida; they use upgraded technology and claim this test provides reliable and reproducible results.
Gene Testing	
MTHFR DNA Testing	Test detects two of the most common mutations.
Additional Tests	
Vitamin D 25-hydroxy	Low vitamin D levels are common among those with thyroid conditions.

BASIC REPRODUCTIVE HORMONES

THYROID HORMONES AND ANTIBODIES

Thyroid disease is much more common in women than men. Thyroid disease also runs in families. It is advised to evaluate thyroid hormones if a family member has ever had thyroid disease or if you have symptoms of thyroid disease. As well, many symptoms we attribute to estrogen and progesterone imbalance are caused or made worse by less-than-optimal thyroid function.

WHY TEST SEX HORMONES?

Along with standard thyroid testing, I recommend testing your sex hormones as well. Addressing any imbalance with your sex hormones can go a long way in supporting optimal thyroid function.

Sex Hormones	
Estrogen	
Progesterone	
Testosterone	

WHY TEST ANTI-THYROID ANTIBODIES?

Antibody testing is used to diagnose autoimmune thyroid disorders such as Hashimoto's and Graves'. Many conventional doctors do not order thyroid antibody tests. This is because conventional medicine adheres to the same treatment protocol whether you have nonautoimmune or autoimmune thyroid

dysfunction. Consequently, many doctors do not see the need for this type of testing.

TSH (THYROID STIMULATING HORMONE)

TSH stands for Thyroid Stimulating Hormone. TSH is an important pituitary hormone that is secreted in response to the level of thyroid hormone present in the blood. TSH is measured to check how well the thyroid gland is functioning and detect thyroid disorders before symptoms are evident.

FREE T4 (THYROXINE)

The thyroid gland produces a hormone known as thyroxine, which is also called T4. Free T4 measures the amount of T4 that is not bound to proteins and available for use. Free T4 is evaluated to assess thyroid function and diagnose thyroid disease, including hypothyroidism and hyperthyroidism.

FREE T3 (TRIODOOTHYRONINE)

The T3 hormone is also known as Triiodothyronine. Free T3 measures the amount of T3 that is not bound to proteins, and available for use. Free T3 is typically evaluated to help diagnose hyperthyroidism or to help monitor treatment of thyroid disease.

ANTI-THYROID ANTIBODIES

TPO

Thyroid peroxidase (TPO) is an enzyme normally found in the thyroid gland. A TPO test detects antibodies against TPO in the blood. This test is generally ordered to determine the cause of thyroid disease.

THYROGLOBULIN ANTIBODIES (TGAB)

A thyroglobulin antibodies (TgAb) test is used to evaluate blood levels of antibodies the body has made against thyroglobulin. This test is generally ordered to determine the cause of thyroid disease.

REVERSE T3

According to alternative medicine and naturopathic practitioners, rT3 levels can become elevated due to several factors, including stress, synthetic T4 medications, and liver disease.

STRESS HORMONES

CORTISOL

Cortisol is more commonly known as the stress hormone. The adrenal glands release it upon signals from the HPA, the hypothalamic-pituitary-adrenal. It is the chemical controller of far more than you thought: digestion and hunger, sleeping and waking, blood pressure and physical activity, as well as stress levels. Cortisol is a top-tier hormone and has a massive downstream effect on reproductive hormones.

GUT TESTS

ZONULIN TEST

Zonulin regulates the size of the openings between the intestinal lining and the bloodstream. Small openings are needed between the two to transport nutrients back

and forth; when these openings become too large other molecules can escape the gut and get into the bloodstream. Gluten, parasites, candida yeast, and harmful bacteria can cause zonulin levels to rise¹.

COMPREHENSIVE STOOL ANALYSIS

The Comprehensive Stool Analysis detects the presence of microorganisms such as yeast, parasites, and bacteria that contribute to chronic illness and neurological dysfunction².

IGG FOOD MAP

While it is thought that only about 4% of the population suffers from food allergies, there is growing evidence that food sensitivities are more common and have a more substantial effect on our health than formerly understood. While often confused with food allergies, food sensitivities also consist of food intolerances, which, unlike allergies, do not involve the immune system³.

IgG antibodies remain in the system for an extended amount of time, which means symptoms could present days after you ingested the offending food. Because of this, you may continue to eat foods that are causing reactions without even knowing of the adverse side effects.

By removing hidden food sensitivities from the diet, many individuals have improved their overall health and wellbeing. Some of the most common improved symptoms include coughing, ringing in the ears, chronic fatigue, headaches, gas, bloating, diarrhea, skin rash and itching, and nasal congestion. Many have been able to alleviate symptoms like migraine headaches, irritable bowel syndrome, attention-deficit hyperactivity disorder (ADHD), and autoimmunity.

¹ <https://draxe.com/health/leaky-gut-test/>

² <https://www.greatplainslaboratory.com/comprehensive-stool-analysis>

³ <http://worldshealthiestfoods.com/genpage.php?tname=faq&dbid=30>

MTHFR DNA TEST

The MTHFR (Methylenetetrahydrofolate reductase) helps the body break down a substance called homocysteine. Homocysteine is a type of amino acid the body uses to make proteins. Typically, folic acid and other B vitamins break down homocysteine and change it into other substances the body needs. If you have this gene variation, your MTHFR gene may not work right. This may cause too much homocysteine to build up in the blood, which can lead to various health problems – including feelings of stress or anxiety⁴.

DON'T RELY ON OUTDATED REFERENCE RANGES

In early 2000, the American Association of the Clinical Endocrinologist recommended that thyroid lab references should be narrower. However, many laboratories and doctors have not yet updated their practices to reflect this recommendation.

⁴ <https://www.healthline.com/health/mthfr-gene>

WHERE TO ORDER

[Rupahealth.com](https://rupahealth.com)

All the tests listed above can be ordered through Dr. LuLu and her functional lab testing company Rupa Health.

[Letsgetchecked.com](https://letsgetchecked.com)

- Thyroid Antibody Test includes TSH, Free T4, Free T3 and antibodies.
- Cortisol test to check cortisol levels.

[Verisana.com](https://verisana.com)

- Zonulin Test

[Greatplainslaboratory.com](https://greatplainslaboratory.com)

- IgG Food Map

[Greatplainslaboratory.com](https://greatplainslaboratory.com)

- Comprehensive Stool Analysis

[Lifeextension.com](https://lifeextension.com)

- MTHFR DNA Test

[Metsol.com](https://metsol.com)

- SIBO Breath Test

IMPORTANT NOTE

Testing will accurately reflect your current hormone levels. If you are currently taking bio-identical or synthetic hormones, your hormone levels will change once you discontinue use. Many labs do not advise specific tests, such as ovarian function tests, while taking hormone therapy (including hormonal birth control). It is not advised to alter your hormone therapy without consulting your physician first.

If discontinuing hormone therapy, labs generally recommend waiting six weeks until collecting the sample. Some supplements, such as biotin (B7), can also interfere with hormone tests such as TSH, FSH, LH, T4, T3, Estradiol, Testosterone, and Cortisol. If you have further questions regarding testing while taking hormones, medications, or supplements, speak to your doctor.

This reference sheet is for educational purposes only. The information provided comes from the companies listed above and labtestsonline.org. It is advised that you work with your primary health care physician to determine the appropriate regular health screening tests for your age, health, and lifestyle.