



Essential #7

Your Healing Journey Action Steps

____ **Make a conscious decision to be proactive with prevention by following The 7 Essentials System®.**

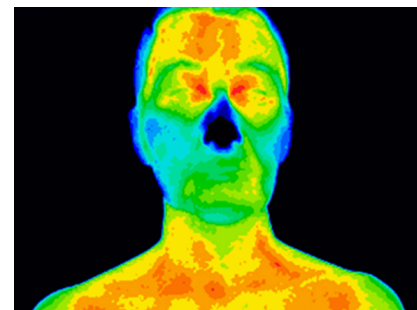
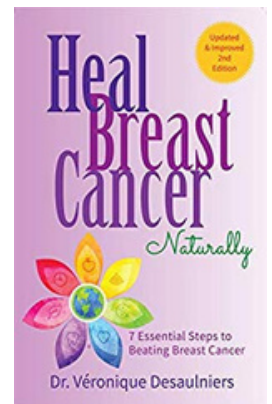
___ **Study Dr. V's book – Heal Breast Cancer Naturally – and apply the principles**

___ **Spend time reviewing the blogs on the BCC website**

___ **Review information about mammography and make an informed decision about future screenings. Always back it up with an ultrasound and/or Thermography.**

___ **Read up on Thermography on the ACCT website. www.thermologyonline.org**

___ **Find a certified Thermographer in your area and ask questions.**



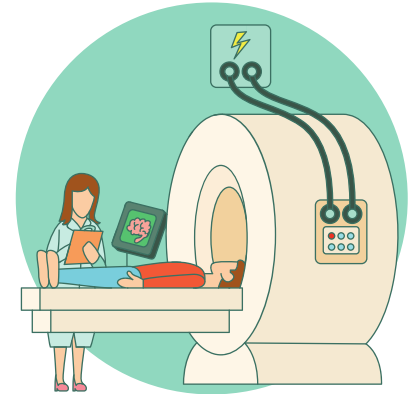


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___ Concerned about the contrast dye for an MRI?
Prenuvo scanning may be an option for you.

___ An upgrade to ultrasound is Sonocine
ultrasound – more accurate and more detailed.



___ Practice monthly Breast Self-exams

___ Find a Bio-Energetic practitioner in your area.

___ Decide which preventive blood tests would work
best for you and your budget.

___ Next time you have regular blood work done
through your medical doctor, ask about adding
Homocysteine and the Inflammatory tests

___ Make sure you Vitamin D3 levels are in the upper
range, near 80 ng/ml.





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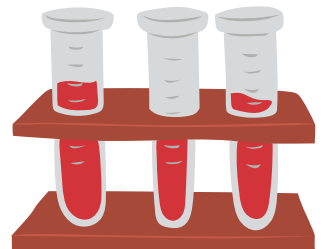
Your Healing Journey Action Steps

___ Learn more about Genomic testing and add it to your bucket list.

___ Use the RGCC Test as a monitoring tool for CTC and effective natural extracts for your journey. (or chemo for IPT)

___ If you are being proactive with prevention, many of the suggested tests may provide information so that you can specifically target your health challenges.

___ Become part of a supportive community





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Examples of Available *Yourlabwork* Testing Panels

FAVORITE PANELS



Why I Love This Panel

"The greatest part of the Foundation Panel is that you can get the most critical and actionable lab data in one bundle. Just swing by the local lab and you'll be able to see your results within a couple days."

The **Breast Health Foundation Panel** provides you with personalized health data in four categories of overall health:

INFLAMMATION

hs-CRP | ESR | LDH | Total CK

METABOLISM

Fasting Glucose - Hemoglobin A1c

NUTRIENTS

Vitamin D - Vitamin B12 - Serum Ferritin - Iron & Total Iron Binding Capacity (TIBC)

CORE TESTS

Comprehensive Metabolic Panel (liver and kidney function, electrolytes, and protein stores) - Serum Sodium - Potassium - Chloride - Serum Creatinine - Blood Urea Nitrogen - estimated Glomerular Filtration Rate - Carbon dioxide - Calcium - Total Protein - Albumin - Globulin - Albumin/Globulin Ratio - Total Bilirubin - Alkaline Phosphatase - AST - ALT - ABO Blood Type and Rh Status - Complete Blood Count - White Blood Cell Count - Red Blood Cell Count - Hemoglobin - Hematocrit - MCV - MCH - MCHC - RDW - Platelet Count - MPV - Neutrophils - Lymphocytes - Monocytes - Eosinophils - Basophils

PRICE: \$229 \$209

[Purchase Now](#)

ADDITIONAL PANELS

BCC Panel Exposure

Tests Included:

Epstein Barr Virus
Lyme Disease
Adult Food Allergy - ICE
Toxic Mold Panel
Arsenic
Mercury
Lead

PRICE: \$999

[Purchase Now](#)

BCC Panel General Health Screening

Tests Included:

Comprehensive Metabolic Panel
Lactose Dehydrogenase (LDH)
ABO and Rh blood typing

PRICE: \$79

[Purchase Now](#)

BCC Panel Inflammatory

Tests Included:

hs-CRP
Homocysteine
Total CK
Lactose Dehydrogenase (LDH)
ESR (Erythrocyte Sedimentation Rate)

PRICE: \$99

[Purchase Now](#)

BCC Panel Metabolism

Tests Included:

Fasting Insulin
Fasting Glucose
Hemoglobin A1c

PRICE: \$59

[Purchase Now](#)

BCC Panel Nutrient Panel

Tests Included:

Vitamin D
Ferritin
Omega 3 Index
RBC Magnesium
Zinc
CoQ10

PRICE: \$349

[Purchase Now](#)

BCC Panel Thyroid

Tests Included:

TSH
T3, Free
Reverse T3
T4, Free
TPO
Thyroglobulin AB

PRICE: \$279

[Purchase Now](#)