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**SANKOFA**  
HEALING  
AND  
ENRICHMENT

*Integrating Ancient Wisdom with  
Modern Science to Address the  
Root Causes of Dis - Ease*

Dear Practitioner,

We are excited that your patient has engaged in our services to assist them with their health and wellness goals. In order to better serve them, we would like to request the following lab work to quantify their baseline health and future progress.

If you would be so kind to evaluate the following markers for your patient, it would help them tremendously. Our goal is to use lifestyle, diet, exercise, sleep, stress reduction, and several other strategies to help them.

With your help and encouragement, we can dramatically improve their health outcomes.

We suggest the following markers (the patient has agreed to pay any out of pocket expenses)

- Thyroid Profile:** TSH, T4, T3, TPO Ab, TGB Ab, TBG, Free T4 and Free T3
- Anemia profile:** Iron, Ferritin, TIBC, B12, Folic Acid, CBC with Diff.
- Liver panel:** AST, ALT, GGT
- Blood sugar panel:** Fasting Blood Glucose, Fasting Insulin, HbA1C
- CV panel:** Cholesterol, Triglycerides, LDL, HDL, VLDL, Homocysteine, Hs-CRP
- Vitamin D**
- RBC Magnesium**
- RBC Zinc**
- Serum Calcium**
- CMP**

Thank you kindly.

**Dr. Michelle Gamble DN**

*Nonmedical Doctor of Naturology*

*Integrative Wellness Specialist*

*Certified HeartMath Coach*

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