

# Introduction to Diagnostic Testing

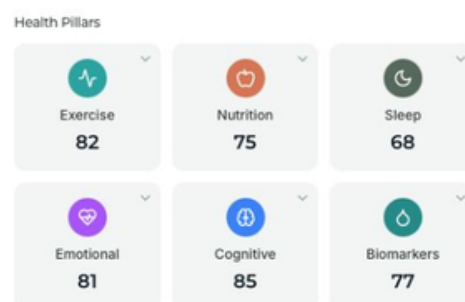
## Navigating Modern Health Insights



**Modern diagnostic tools reveal hidden nutrient gaps, hormonal imbalances, and genetic predispositions, empowering you to make informed health decisions.**

### Baseline Health Testing: Establishing Your Wellness Starting Point

Baseline testing offers a snapshot of your overall health and helps detect imbalances early, guiding smarter diet, exercise, and supplement choices.

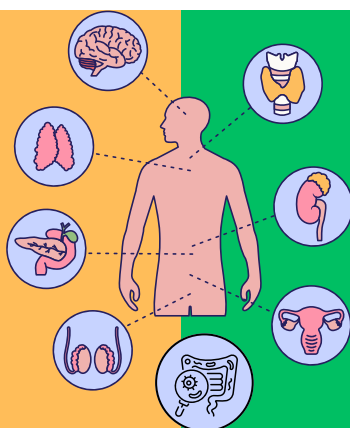


### Vitamin & Mineral Deficiency Testing: Closing Nutritional Gaps

Hidden nutrient deficiencies can impact energy, immunity, and brain function. Testing reveals imbalances so you can fine-tune your nutrition.

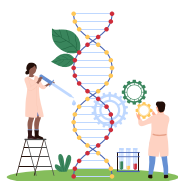
### Hormonal & Endocrine Health: Finding Balance for Energy & Vitality

Hormonal imbalances affect metabolism, mood, and energy. Testing key markers helps identify imbalances and guide targeted health strategies.



### Gut Health & Food Sensitivity Testing: Optimizing Digestion and WellBeing

The gut is central to digestion, immunity, and mental health. Testing identifies food sensitivities and bacterial imbalances to optimize gut function.



### Genetic & Epigenetic Testing: Understanding Your Blueprint & Beyond

Genetic testing uncovers inherited risks, while epigenetics shows how lifestyle influences gene expression—helping you personalize long-term wellness.

**Use Health Data to Personalize Your Wellness**

Discover how diagnostic testing can guide smarter nutrition, supplements, and lifestyle strategies. Explore the full module for deeper insights

