

## Medical tests to bring along

If useful, you can bring along **select medical tests**. The documentation must be **recent, no older than a year**.

- blood tests
- abdominal ultrasound
- electrocardiogram
- spine x-ray
- thyroid function tests
- blood sugar, cholesterol levels (etc.)

## I will not require

**I will not request any unnecessary test**, certainly none that would not require a doctor's order to be performed.

**No bioelectrical impedance analysis.** I prescribe a bone mineral density test, if I consider it useful. This is the only test that can clearly measure the fat mass and the lean mass, as well as the bones weight in grams. It also shows the distribution in the various areas of the body. This test can only be accessed per doctor's request.

**No food intolerances tests.** These can be run even without a doctor's order (they have no scientific validity and are not conducive to weight loss).

**I don't measure fat thickness:** I am not a tailor.