

Weight Loss Test

A holistic approach to weight management.



Select a health screening package



Take a sample



View your results

Did you know:

- More than 40% of adults in the UK have high cholesterol
- Hyperthyroidism can cause 12-18 pounds of weight gain in adults
- Pre-Diabetic symptoms can be reversed by changing your diet and increasing exercise

As part of our Weight Management programme, a blood test is carried out during our initial analysis. This test measures several different metrics in your bloodstream, which allows our team to tailor your diet and exercise plans to your needs.

This detailed blood test will analyse your:

- Cardiovascular functions
- Metabolic functions
- Vitamin and mineral levels

The quick and easy home blood test kit will be sent to your address for you to provide the sample and send it back to our associated laboratory using the **free-post packaging** provided. Our specialists will then analyse your blood and provide you with the results within two days of receipt. Our clinic team will use the results, plus your answers to our Initial Analysis questionnaire to create your personalised plan for our 12-week weight loss programme.

It is advised that this test is taken first thing in the morning (around 9am) as certain markers will change throughout the day.

This blood test looks at the following biometric markers:

Cardiovascular Markers

- **Triglycerides** – The body's main form of fat. It is important for maintaining energy and provides the fuel for muscles to work. High levels can increase your risk of heart disease.
- **Total Cholesterol** – This can be used to assess the risk of cardiovascular disease. Measurement is calculated using different cholesterol components known as HDL, LDL, and triglycerides.
- **LDL** – Low-Density Lipoprotein carries cholesterol from your liver to tissues and organs around your body. If

your body has more cholesterol than it needs, it can build up on the artery walls. LDL is therefore known as “bad cholesterol”.

- **HDL** – High-Density Lipoprotein is known as “good cholesterol” as it picks up excess cholesterol in your blood and transports it to your liver for removal. The higher your levels of HDL, the lower the risk of developing heart disease.
- **HDL % of Total Cholesterol** – This is a measurement of the HDL as a proportion of total cholesterol.

Metabolic Markers

- **Thyroxine (T4)** – This is one of the main thyroid hormones (the other being T3) which is released into the bloodstream by the thyroid gland. Thyroid hormones have a role to play in a wide range of the body’s functions, including the maintenance of healthy bones, muscle control as well as brain development, heart and digestive functions. A thyroxine test is used to check that the thyroid is functioning properly. Problems with the thyroid function are more common in women.
- **Triiodothyronine (T3)** – T3 is the active form of Thyroxine (T4). Thyroid hormones play an important role in many of the body’s functions including helping to regulate the body’s metabolism and muscle control.
- **Thyroid Stimulating Hormone (TSH)** – The role of TSH is to regulate the production of hormones (T3 and T4) by the thyroid gland. Thyroid hormones help to control the rate at which your body converts food into energy. Thyroid imbalance can lead to problems with weight, energy and mood.
- **HbA1c** – This provides an average reading of your blood sugar levels over a period of 2-3 months. It is therefore a better indicator of pre-diabetes than a fasting glucose test which measures the level of glucose in your blood at a single point in time. High levels put you more at risk of gaining weight, high blood pressure, heart disease and diabetes.
- **Cortisol (9am)** – Cortisol is a steroid hormone which is produced by the adrenal gland. It helps the body to use sugar and fat which can be converted for energy. It also has an important role to play in stress management as well as reducing inflammation. The level of cortisol in the bloodstream changes throughout the day, being highest in the morning and lowest last thing at night. The timing of the test sample is therefore very important.

Vitamins and Minerals

- **Active B12** – B12, together with folate, is part of the B group of complex vitamins. They are not produced by the body so have to be absorbed through diet. B12 is required for the formation of red blood cells and also has a role to play in nerve health.