Yorkshire Rose Health

HELEN HARDY · FAMILY NURSE PRACTITIONER

FUNCTIONAL MEDICINE PROGRAMME

A fuller picture, and the time to talk it through

Most annual bloodwork checks a handful of things and takes ten minutes to explain. This programme goes considerably further — and then we sit down together and go through every line of it, *properly*.

Testing on its own does not make anyone better. What helps is knowing which numbers matter for you, which ones don't, and what to do next. That conversation is the part of this programme that takes the longest, and it is deliberately unhurried.

How it works

ONE

Start with Foundation

Seven core measurements everything else is read against. If you have had them recently elsewhere, bring the results and we will skip them.

TWO

Add a focus, or don't

Five further panels, each aimed at something specific. None of them repeat anything in Foundation, so you never pay twice for a Foundation test.

THREE

Sit down with the results

A full appointment, in person or by video. Not a voicemail, and not a portal message saying everything looks fine.

What this is not

This is not a substitute for the preventive screening your insurance already covers, and it is not a diagnosis. It is a broader look at how your body is working, read by someone who knows your history.

Some findings will lead to treatment. Some will lead to a repeat test in three months. Some will simply be reassuring. We will tell you honestly which is which.

Start here

THE BASE PANEL

Foundation

7

MARKERS

CONSIDER THIS IF you want a thorough annual check with rather more depth than a standard physical. Most people start here.

The essentials, done properly — blood count, kidney and liver function, cholesterol, blood sugar, thyroid, and the two deficiencies we find most often.

- Complete blood count
- Comprehensive metabolic panel — kidney and liver
- Cholesterol panel
- Haemoglobin A1c — average blood sugar
- TSH — thyroid
- Vitamin D
- Vitamin B12

Laboratory — paid directly to Access Medical Labs	$65.00
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$215.00

Our fee is charged once

Our fee is charged once per appointment, however many panels you have taken. Adding a focus panel to Foundation costs only the laboratory price of that panel.

EXAMPLE COMBINATIONS	LABORATORY	YOU PAY
Foundation on its own	$65.00	$215.00
Foundation + Women’s Hormones	$144.00	$294.00
Foundation + Weight & Metabolism	$195.00	$345.00
Foundation + Men’s Hormones + Weight & Metabolism	$280.00	$430.00

THEN CHOOSE A FOCUS

Five panels, none repeating Foundation

Added to Foundation or taken alone. Take more than one at a sitting and our fee is still charged only once.

FOR WOMEN

Women's Hormones

8 MARKERS

CONSIDER THIS IF your cycle has changed, you are in or approaching perimenopause, or you have symptoms nobody has been able to place.

The full hormone picture — for cycles that have changed, perimenopause, or symptoms that don't fit anywhere else.

- Oestradiol
- Progesterone
- FSH and LH
- Testosterone — free and total, with SHBG
- DHEA-S

Laboratory — paid directly to Access Medical Labs	$79.00
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$229.00

FOR MEN

Men's Hormones

9 MARKERS

CONSIDER THIS IF energy, sleep, strength or libido have fallen away and you want to know whether hormones are part of it.

Low energy, poor sleep, loss of strength or drive — measured properly rather than guessed at.

- Testosterone — free and total, with SHBG
- Oestradiol
- LH and FSH
- DHEA-S
- Prolactin
- PSA

Laboratory — paid directly to Access Medical Labs	$85.00
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$235.00

TRYING TO CONCEIVE

Fertility

11 MARKERS

CONSIDER THIS IF you are trying to conceive, or your cycle suggests ovulation may not be happening reliably. Take this rather than Women's Hormones.

Ovulation, the pituitary signals behind it, and the thyroid and insulin problems that quietly interfere with conception.

- FSH and LH
- Oestradiol
- Progesterone — luteal, to confirm ovulation
- Prolactin
- Free T4 and thyroid peroxidase antibodies
- Testosterone — free and total, with SHBG
- Fasting insulin

Laboratory — paid directly to Access Medical Labs	$116.50
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$266.50

THEN CHOOSE A FOCUS

Continued

WEIGHT & GLP-1

Weight & Metabolism

16 MARKERS

CONSIDER THIS IF weight will not shift despite real effort, or you are starting or already taking a GLP-1 medication and want the baseline and follow-up done properly.

Why weight will not shift — insulin resistance, thyroid conversion, cortisol, inflammation — together with the baseline and safety monitoring for semaglutide or tirzepatide.

- Fasting insulin and C-peptide
- Cortisol
- Free T3 and free T4
- Testosterone — free and total, with SHBG
- hs-CRP — inflammation
- Amylase and lipase — pancreatic safety
- Ferritin, iron, folate, magnesium
- Uric acid

Laboratory — paid directly to Access Medical Labs	$130.00
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$280.00

GUT & ALLERGY

Food Reactions & Allergy

6 MARKERS

CONSIDER THIS IF food seems to set off symptoms, or you have been told you have a “food sensitivity” without anyone testing you for coeliac disease.

Starts where it should: coeliac disease is real, testable, and routinely missed in people told they have a “food sensitivity”.

- Coeliac evaluation — four markers
- Total IgE
- hs-CRP — inflammation

Laboratory — paid directly to Access Medical Labs	$106.00
Draw, processing and interpretation — Yorkshire Rose Health	$150.00
Total	$256.00

ADD TO ANY PANEL

Also available

Added to the same appointment and the same draw, so these are the laboratory cost only — there is no second fee.

Advanced cardiac risk	Lipoprotein(a), apolipoprotein B and homocysteine — risk cholesterol alone cannot see. Lp(a) is inherited, and measured once in a lifetime.	$71.50
Thyroid antibodies	Thyroid peroxidase and thyroglobulin antibodies — the test that identifies Hashimoto's, which a normal TSH cannot.	$39.00
Iron studies	Ferritin, iron, binding capacity and folate. For fatigue, hair loss or heavy periods.	$30.00
Autoimmune screen	ANA, rheumatoid factor and CCP antibodies. For joint pain, unexplained inflammation, or autoimmune disease in the family.	$65.00
Lyme disease	Antibody screen with automatic reflex to immunoblot. After a tick bite, or an unexplained summer illness.	$43.50
Sexual health screen	HIV, syphilis, herpes I and II. Results come back to Helen, not to a portal.	$69.00
Adrenal rhythm	Four saliva samples across a day, showing how cortisol rises and falls. Collected at home.	$99.00
Allergens, 295 by IgE	Environmental and food allergens with cross-reactivity analysis. Only where your history points to allergy.	$199.00
Heavy metals, urine	Arsenic, lead and mercury. For occupational or environmental exposure.	$59.00

Two tests we have chosen not to sell

IgG "food sensitivity" panels. These are widely marketed and we do not offer them. IgG antibodies show which foods you have eaten, not which ones you react to. The American Academy of Allergy, Asthma & Immunology lists IgG food testing among unproven tests to avoid, and the European Academy reached the same conclusion. A long list of "sensitivities" usually leads to cutting out foods you never needed to.

Broad allergy screens without symptoms. Allergy testing is real medicine and we do offer it — but only where your history suggests allergy. Run several hundred allergens on someone without symptoms and most of the positives will be sensitisation you will never react to, which is worry rather than information.

A word on honesty

Or build your own. The laboratory's catalogue runs to several hundred tests. If there is something specific you want measured, or you would rather assemble a panel around your own history rather than take one off this list, Helen can put one together and price it before you commit to anything.

Paying for this

The laboratory bills you directly. You will know the full cost before anything is drawn — no claim, no explanation of benefits, and no bill arriving six weeks later.

Our fee covers drawing your sample, processing and couriering it, and Helen's time reading the results and building a plan with you. We add nothing to the laboratory's own price.

Most patients can use HSA or FSA funds. Confirm with your plan administrator.

Insurance still has its place

Screening your plan covers at no cost to you — cholesterol, diabetes screening, hepatitis C, HIV and others — we will bill to your insurance as normal. The prices in this guide are for patients paying out of pocket.

We do not charge you cash for something your plan would have covered. If a test belongs on the insurance side, that is where we send it.

Booking and questions

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Prefer not to come in? At-home blood draws across Greater Boston and Central Massachusetts are $75, paid out of pocket and performed by Labs at Home — in addition to the laboratory price and our fee.

Fasting is preferred for all of our lab work. Most results are back within about a week; some specialty tests take longer.