



Acupuncture & Natural Health Solutions

Functional Medicine Summer Series #6

Overview of Comprehensive Metabolic Panel

Hello, Fire Spirits and Earth Nurturers!

I hope this summer finds you doing well. I know many of you have travelled to exciting places and/or are visiting friends and family all over the world. I love hearing about all of your adventures.

I apologize for disappearing after the CBC portion of this series. Many of you know that I have been having my own health issues since early May and wound up having to have an unexpected surgery on July 8th. My recovery has been slow and difficult, but I feel like I might be on the upswing, finally. Thank you for your patience with the rescheduling of appointments and my reduced hours. All of your thoughts and prayers made a huge difference, I am sure.

Although school started in Naples this week, it is still summer. So, it is the perfect time to continue our Summer Functional Medicine Series on the Basic Blood Lab Values.

Earlier this summer we discussed all of the values on the CBC aka Complete Blood Count with Differential. If you missed it, you could find the links to that series here, [CBC-Basics](#).

Today, we will dive into the CMP aka **Comprehensive Metabolic Panel**.

Just a reminder before we continue, I am talking about numbers falling inside the tightened up functional or optimal health range, not the normal range found on

the lab report. The functional or optimal range is the range where a person functions the best. It is inside this range that healing actually occurs.

Keeping numbers within the “normal” range on the lab sheet does not elicit a healing response, it just makes people happy when they look at the numbers. I know many of you have had blood work that comes back “normal”, but you know that things are not “normal”. In order to obtain the goal of optimum health, your numbers should be in the tightened up optimal or functional range for at least 60 days.

The Comprehensive Metabolic Panel also known aka the Chemistry Panel aka CMP14, measures 14 different values to give us an overall picture of your body’s health. It measures the body’s glucose levels, fluid and electrolyte balance, as well as liver and kidney function. The values on this test also tell us about your gut integrity, your bone health, adrenal function and amino acid requirements.

We will be discussing these values in groups. So next week we will review the electrolytes and how they relate to adrenal function, of which so many of us struggle.

My hope in writing this summer series is that you will pull out your most recent blood work and look at these tightened up, optimal ranges to see where you might need some added support and avoid finding yourself in a state of “dis-ease”.

Want more natural health insights? Listen to my podcast where I discuss lesser-known approaches to chronic health issues. [Listen Now](#)

Supporting your health journey,

Toni Eatros, Acupuncture Physician and Functional Medicine Specialist
Acupuncture and Natural Health Solutions