



Aware Of Awake

Mind Your Body Centers



The "13 Vitals" Forensic Lab Checklist

A Guide for Students of Mind Your Body Centers

LEGAL DISCLAIMER: Mind Your Body Centers and its staff are not doctors or licensed healthcare providers. We specialize in meditation and "Awake Mind-Body Balance" through dedicated meditation practices. This checklist is an educational tool for your personal knowledge. Always consult with a licensed medical professional before making any changes to your diet, exercise, or medical treatment.

Section 1: The Essential 13 Markers

Request these markers from your Primary Care Physician (PCP) to establish your baseline:

1. Vitamin C (Ascorbic Acid)
2. Magnesium (RBC Test preferred)
3. Calcium (Serum)
4. Sodium
5. Oxidative Stress (hs-CRP or GGT)
6. pH Balance (Anion Gap via CMP)
7. Hydration (Urine Specific Gravity)
8. Ketones
9. Carbon Dioxide (CO₂ / Bicarbonate)
10. Oxygen (O₂ Saturation/Hemoglobin)
11. Acid Levels (Metabolic balance)
12. Fascia Health (Physical Trigger Point Assessment)
13. Blood Oxygen Flow Mapping

Mind Your Body Centers Specializing in Meditation & Awake Mind-Body Balance

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