



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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