

## STRAIGHT NUTRITION

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### NUTRITION EVALUATION: 10/15/2018

#### PATIENT INFORMATION

Ann Onymous  
1234 Anywhere St.  
Anywhere OH 45425  
(555) 555-5555  
Sex: F  
Birth Date: 10/01/1966  
Age: 52  
Blood Type: A+

#### DATA USED FOR ANALYSIS

|            |            |
|------------|------------|
| Vitals     | 07/28/2017 |
| PSS        | 07/28/2017 |
| Medication | 06/13/2017 |
| Blood      | 06/13/2017 |

#### VITALS

Height: 5'6"  
Weight: 145  
Blood Pressure: 139 / 95  
O2 Level: 83%  
Heart Rate: 98

#### PRIMARY SYMPTOMS

1. Hypercholesterolemia (High Cholesterol) E78.0
2. Tendency of High Blood Pressure
3. Tachycardia (High Heart Rate) R00.0
4. Diabetes Mellitus E11.9

#### PRESENTING SYMPTOMS

Allergic Rhinitis from food J30.5 • Anxiety Disorder F41.9 • Arthritic Disorder M12.9 • Constipation K59.00 • Depression F32.9 • Diabetes Mellitus E11.9 • Edema R60.9 • Fibromyalgia M79.7 • GERD K21.9 • Headaches R51 • Hypercholesterolemia (High Cholesterol) E78.0 • Indigestion K30 • Poor Concentration/Memory F07.8 • Rheumatoid Arthritis M06.9 • Sinusitis J01.90 • Tachycardia (High Heart Rate) R00.0 • Energy level is worse than it was 5 years ago • Fingernails are soft • Fingernails are splitting • Has tattoos • Sensitive to chemicals, paint, exhaust fumes, cologne • Difficulty concentrating • Cold feet • Cold hands • Heart skips beats • Heart palpitations • Spells of rapid heart rate • Tendency of High Blood Pressure • Excessive thirst • Frequently feels cold • Gets lightheaded when standing quickly • Painful feet • 3 or less

bowel movements per week • Abdominal gas • Belching and burping after eating • Indigestion in 2 hours or more after meals • Irritable Bowel • Tends to constipation • Drinks alcohol • Drinks caffeinated pop/soda • Drinks Decaffeinate Pop/Soda • Drinks 1 or more pop/sodas per day • Frequent use of Artificial Sweeteners • Amalgam dental fillings • Bitter taste in the mouth in the morning • Frequent fever blisters • Frequent sore throats • Glands often swell • Tongue has grooves or fissures • Tongue is coated • Frequent headaches • Frequently feels faint • Frequent colds • Frequent sinus infections • Post nasal drip • Bruises easily • Problems with Eczema • Urinates more than 2 times per night • Frequent bladder infections • Frequent urination • Troubled by urgent urination • Abnormal cycle >29 days and/or <26 days • Breast Fibroids • Excessive menstrual flow • Retains fluid during periods

### PRIMARY FINDINGS SUGGESTIVE OF

- Diabetes
- Vitamin D Deficiency
- Thyroid Considerations
- Noted Blood Values
- Gastro/Intestinal dysfunction
- Inflammation of Liver
- Anemia and Possible Hemochromatosis

The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and repair itself. This is achieved by eliminating foods and toxins, which adversely affect the body, and by providing nutrients that the body may be lacking.

### MEDICATIONS

- Acetaminophen - Occasional.
- Glucophage - 6 months - 2 years.
- Naproxen Oral - 6 months - 2 years.
- Zetia - More than 2 years.
- Diflucan - 6 months - 2 years.
- Lipitor - Less than 6 months.
- Prilosec - More than 2 years.

### SIDE EFFECTS OF MEDICATIONS

- **Acetaminophen** (Otherwise known as Tylenol) is indicated for use in treating minor aches and pains for pain/arthritis & Panadol.  
**Side Effects:** hepatitis; hives; decreased blood platelets; decreased white blood cells; discolored spots and small elevations of the skin.  
**Possible Nutrients Depleted:** Glutathione.
- **Fluconazole Oral** (Otherwise Known As: Diflucan) is used to treat fungal and yeast infections.  
**Side Effects:** nausea; vomiting; diarrhea; stomach pain; headache; dizziness; and hair loss.  
**Possible Nutrients Depleted:** Magnesium and Potassium.
- **Glucophage** (Otherwise known as Metformin) is indicated as an adjunct to diet to lower blood glucose.  
**Side Effects:** diarrhea; nausea; vomiting; abdominal bloating; flatulence; anorexia; unpleasant or metallic taste; rash/dermatitis; & subnormal serum vitamin B 12 levels.  
**Possible Nutrients Depleted:** Coenzyme Q10, Magnesium, Folic Acid, Vitamin B12 and B1.
- **Lipitor (also known as Atorvastatin)** is used to treat cholesterol problems.

**Side Effects:** liver dysfunction; adrenal failure; diffused muscle pain; muscle tenderness; weakness; malaise, fever; myopathy; muscle disease; edema; digestive problems; gastritis; colitis; vomiting; ulcers; bleeding gums; bleeding ulcers; hepatitis, pancreatitis; gall bladder disease; asthma; decreased libido; leg cramps; bursitis; itching; alopecia; dry skin; acne; cystitis; hematuria; kidney stone; breast tenderness; various hemorrhage; loss of taste; palpitations; migraines; arrhythmia; and gout.

**Possible Nutrients Depleted:** Vitamin A, Vitamin D, Vitamin E, Vitamin K, Vitamin B12, Calcium, Folic Acid, Iron, Magnesium, Potassium, and CoQ10.

- **Naproxen Oral** (Otherwise known as Anaprox & Naprosyn) is used to relieve pain and inflammation associated with various conditions.

**Side Effects:** constipation; heartburn; abdominal pain; nausea; dyspepsia; diarrhea; stomatitis; headache; dizziness; drowsiness; lightheadedness; vertigo; skin eruptions; ecchymosis; sweating; purpura; tinnitus; hearing disturbances; visual disturbances; edema; dyspnea; palpitations; thirst; abnormal function liver tests; colitis; gastrointestinal bleeding and/or perforation; hematemesis; jaundice; pancreatitis; melena; vomiting; glomerular nephritis, hematuria; hyperkalemia; interstitial nephritis; nephrotic syndrome; renal disease; renal failure; renal papillary necrosis; agranulocytosis; eosinophilia; granulocytopenia; leukopenia; thrombocytopenia; depression; dream abnormalities; inability to concentrate; insomnia; malaise; myalgia; muscle weakness; alopecia; photosensitive dermatitis; urticaria; skin rashes; hearing impairment; congestive heart failure; eosinophilic pneumonitis; anaphylactic reactions; angioneurotic edema; menstrual disorders; chills and fever; aplastic anemia; hemolytic anemia; aseptic meningitis; cognitive dysfunction; epidermal necrolysis; erythema multiforme; Steven-Johnson syndrome; non-peptic gastrointestinal ulceration; ulcerative stomatitis; vasculitis; hyperglycemia; hypoglycemia.

**Possible Nutrients Depleted:** Folic Acid, Iron.

- **Prilosec** (Otherwise known as Omeprazole) is used to treat acid related stomach and throat problems.

**Side Effects:** gastric tumors; cancer; and impairment of fertility; headache; diarrhea; abdominal pain; nausea; dizziness; vomiting; rash; constipation; cough; fever; pain; fatigue; malaise; chest pain; tachycardia; bradycardia; palpitation; high blood pressure; edema; elevated liver enzymes (SGOT and SGPT); hepatitis; pancreatitis; anorexia, dry mouth; hypoglycemia; weight gain; muscle cramps; muscle and joint pain; muscle weakness; depression; hallucinations; confusion; insomnia; nervousness; tremors; apathy; anxiety; vertigo; skin inflammation; toxic epidermal necrolysis; alopecia; tinnitus; gynecomastia; and various anemia's.

**Possible Nutrients Depleted:** Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron and Zinc.

- **Ezetimibe** (Otherwise known as Zetia) is used to help lower cholesterol.

**Side Effects:** acute infection of the nose; throat or sinus; gall stones; chest pains; joint pain; muscle pain; back pain; low energy; cough; diarrhea; stomach cramps; muscle disease; hepatitis; inflammation of the gall bladder; acute inflammation of the pancreas; erythema multiform; hives; rash; abnormal liver function tests; depression; decreased blood platelets; dizziness; nausea; numbness; & tingling sensations.

**Possible Nutrients Depleted:** Vitamin A, Vitamin D, Vitamin E, Vitamin B12, Calcium, Folic Acid, Iron, Magnesium, Potassium, and CoQ10.

## INTERPRETING ALL TEST RESULTS

Your test results are color coded for ease of analysis:

Yellow = values are outside the healthy range but still within the clinical range

Red = values are outside the clinical range

Blue = values extremely higher or lower than the clinical range limits.

## INTERPRETING BLOOD LAB RESULTS

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On the blood test results page found later in the report, you'll notice two columns on the right side of the page labeled "Healthy Range" and "Clinical Range". The clinical range is used by the medical community. Any values outside this range are indicative of a disease process. The healthy range is more narrow than the clinical range. Test values outside of the healthy range indicate results which are not as good as they should be. The tighter guidelines of the healthy range allows us to see signs of any developing diseases/conditions.

## DIAGNOSTIC FINDINGS

### CORONARY RISK ASSESSMENT

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|                             |     |                            |    |
|-----------------------------|-----|----------------------------|----|
| ■ <b>Total Cholesterol:</b> | 188 | ■ <b>HDL Cholesterol:</b>  | 63 |
| ■ <b>LDL Cholesterol:</b>   | 87  | ■ <b>VLDL Cholesterol:</b> | 18 |

#### **Coronary Risk Assessment: 2.98 Probably Protected**

The coronary risk is determined by taking the total cholesterol and dividing it by the HDL. To reduce your risk of cardiovascular problems a value below 4 is recommended. The Total Cholesterol is determined by adding the HDL, LDL, and VLDL together. Recent studies have shown a correlation between a high HDL and longevity. Think of HDL as the healthy cholesterol and generally the higher the better. LDL is the bad cholesterol, as it tends to plug the arteries. The VLDL is the very worst cholesterol and is more like sludge. Lower is better for the LDL and VLDL in determining coronary risk and overall health.

### DIABETES

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The Glucose is normal and the Hemoglobin A1-C is high. Don't be misled by the glucose. This is diabetes. At this time, with the recommended vitamins and the Category 2 Diabetic Diet (found later in this report), the need for medication may be avoided. But closely following the program is vital. Significant change can occur within days.

NOTE to those currently on diabetic medication:

This reading could also be due to medication. A Category 2 diabetic diet is recommended. Test your glucose regularly, record it and report it to the doctor. It is possible and probable that as the body gets healthier, the dosage of medication will need to be reduced. Be sure and get retested. Significant change can occur within days.

#### **This finding is supported by:**

High Blood LDL Cholesterol • Low Blood Chloride • High Blood Magnesium • Low Blood Phosphorus • Low Blood Total Protein • High Blood SGPT (ALT) • High Blood GGT (r-GTP) • High Blood Ferritin • High Blood Total Cholesterol

#### **This finding is associated with:**

Presenting symptoms - Edema R60.9  
Medications Taken - Naproxen Oral

#### **Nutrients Recommended:**

Glucoset

## GASTRO/INTESTINAL DYSFUNCTION

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The Chloride is low and the Calcium, Globulin, Total Protein, and Albumin are a little low. This is most likely due to poor digestion and/or low protein/high carbohydrate diet and seen in edema, malnutrition and malabsorption. Chloride, an electrolyte, is necessary for proper metabolism and digestion, especially the digestion of protein. A low Chloride is often due to loss of fluids from vomiting, diarrhea, sweating or high fevers but also drugs such as bicarbonates, corticosteroids, diuretics and laxatives can cause a loss of Chloride. Various vague symptoms of malaise or just not feeling well might occur. Chloride is regulated by the kidneys and helps control the acid and base balance in the body. Avoiding caffeine and alcohol is advised, stay well hydrated and digestive enzymes containing Chloride might be of benefit.

Many drugs or medications can cause or contribute toward any of these findings. Globulin, a type of protein, is important for a strong immune system and to fight disease. Albumin, another type of protein, helps with the transport of nutrients and is important for healing and repair. One out of every four bites of food you eat (25%) should be of a protein source, preferably more plant based protein such as seeds, nuts, beans and sprouts. Eggs and even some fish, chicken, turkey and possibly small amounts of red meat may be beneficial.

**This finding is supported by:**

Low Blood Albumin • High Blood SGOT (AST)

**This finding is associated with:**

Presenting symptoms - Abdominal gas • Belching and burping after eating • 3 or less bowel movements per week

Medications Taken - Lipitor • Prilosec • Naproxen Oral • Zetia • Diflucan • Glucophage

**Nutrients Recommended:**

Betaine Plus • Bio-Dophilus • SBN Calcium MCHC 250mg

## VITAMIN D DEFICIENCY

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The Vitamin D 25 Hydroxy blood test is a little low. Levels less than 32 ng/mL have been shown to significantly reduce intestinal calcium absorption, reduced bone density, reduced immune system, increased insulin resistance and risk of many types of cancer. This is the best way to determine true Vitamin D status. Minimal levels should be at least 50 ng/mL. Increase sun exposure and/or take Vitamin D.

**This finding is associated with:**

Presenting symptoms - Depression F32.9 • Fibromyalgia M79.7 • Frequent fever blisters • Frequent sore throats • Frequent colds • Diabetes Mellitus E11.9 • Abnormal cycle >29 days and/or <26 days • Rheumatoid Arthritis M06.9 • Breast Fibroids

**Nutrients Recommended:**

Vitamin D 5000IU

## INFLAMMATION OF LIVER

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The SGOT and GGT are a little high and the SGPT is high. The liver is a little hypermetabolic or a little inflamed. Many drugs or alcohol can cause or contribute to this.

**This finding is supported by:**

Low Blood Albumin • Low Blood LDH • High Blood SGOT (AST) • High Blood GGT (r-GTP) • High Blood Serum Iron • High Blood Ferritin

**This finding is associated with:**

Medications Taken - Lipitor • Prilosec • Naproxen Oral

**Nutrients Recommended:**  
Lipogen • Vitamin C 1000mg

## THYROID CONSIDERATIONS

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The TSH is high, the T7 and T4 are low, and the T3 Uptake is optimal. These findings could be due to thyroid or other medications. Regardless, the thyroid metabolism appears low due to the level of T4. TSH will usually elevate with low thyroid function. The elevated TSH should push or stimulate the thyroid to produce more thyroid hormones but the thyroid is not responding properly.

If thyroid symptoms are present then further testing and retesting is indicated. The thyroid gland controls your basal metabolic rate. This is the rate at which your body heals and repairs itself. It also determines how fast chemical reactions occur in the body. With a low-functioning thyroid, your immune system is going to be low, digestion is going to be slow and energy will be reduced. It is difficult to have a good cholesterol level with a low functioning thyroid. Large amounts of cauliflower, sauerkraut (cabbage), and asparagus do lower thyroid function; so do not eat these foods more than a couple of times per week. Note: poor digestion, low vitamin D, low protein, lack of exercise, infection, inflammation, liver and kidney dysfunction, deficiencies of minerals and vitamins as well as exposure to toxic elements and chemicals can cause or contribute to thyroid dysfunction and caffeine lowers thyroid function. Use of nutrients to support the thyroid and changes in diet can change thyroid function can alter the need or dosage of medications. Improving diet and correcting the problems mentioned above might have the best effect. Interestingly, most cancers are seen in people with low thyroid function.

### **This finding is associated with:**

Presenting symptoms - Depression F32.9 • Hypercholesterolemia (High Cholesterol) E78.0 • Energy level is worse than it was 5 years ago • Cold hands • Cold feet • Heart skips beats • Frequently feels cold • Excessive menstrual flow • Abnormal cycle >29 days and/or <26 days • Heart palpitations

Medications Taken - Lipitor

**Nutrients Recommended:**  
ThyroAdvance

## ANEMIA AND POSSIBLE HEMOCHROMATOSIS

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The Ferritin is very high, the Serum Iron is a little high, the Red Blood Count (RBC), Hemoglobin, and Hematocrit are a little low, and the White Blood Count (WBC) is optimal. This may be an inflammatory condition possibly involving the liver or a more serious disease. This may also be a condition associated with improper utilization of iron known as Hemochromatosis. More serious conditions might be developing as noted below but it is also possible that the Ferritin is so high that it is affecting the ability to produce RBC's. A single trial phlebotomy is recommended as long as there is no history of cancer, liver disease or serious inflammation.

Hemochromatosis is excess iron stores. The solution for Hemochromatosis is periodic phlebotomies (blood letting) in order to pull excess iron out of your system and lower your iron stores. Ferritin is a blood test that detects the level of iron stores and iron reserves. The Ferritin test determines the severity of Hemochromatosis and can be used to monitor the need for therapeutic phlebotomies. In the early stages there are no symptoms or only vague symptoms such as painful joints, fatigue, weakness, a loss of libido/sex drive, abdominal pains and swelling, auto immune thyroid problems, auto immune disease, and various heart problems, such as a-fib and heart flutters. If left untreated, the excess iron (Ferritin) builds up in the organs for hemochromatosis patients - especially in the liver, heart, spleen, and pancreas - it tends to destroy cells. Eventually, the iron builds up in the organs similar to rust. Long term excess iron can cause hormonal problems in men and women as well as frequent infections, skin bronzing or

hair loss. Hemochromatosis can be a significant cause of early death especially in men who are being treated for heart, liver, kidney disease, cancer, high blood pressure, diabetes, stroke or other chronic problems. Liver cirrhosis (liver scarring), spleen enlargement (splenomegaly), liver cancer, heart failure, diabetes, and arthritis are all possibilities for advanced untreated hemochromatosis sufferers as the excess iron builds up to cause tissue damage.

Hemochromatosis is rare in women who are having monthly periods. However, as a women enters menopause, women develop it at the same rate as men once menses stops. Various extensive drugs, hormones and treatments might be tried when the most important thing to do is to get rid of some iron using phlebotomies on a regular basis. Genetic or not, this is a familial condition- if one person in the family has it, more than likely other members and extended family are also affected.

There is anemia indicated with the low RBC, Hemoglobin, and Hematocrit that is likely due to the Hemochromatosis. If there is no advanced kidney or liver disease, cancer or diabetes, then one phlebotomy (having blood taken or drawn) of one pint of blood at least 2-4 weeks before your next blood test is recommended but only if cancer or other contraindications for phlebotomy are absent.

**Nutrients Recommended:**

Methyl B12 Select • Silymarin 80 (Milk Thistle)

**NOTED BLOOD VALUES**

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The Magnesium is high. This is seen with kidney involvement, use of antacids containing magnesium, hypotension and central nervous system depression and poor utilization of magnesium.

The Cholesterol and the LDL are a little high. This is not critical but it could be better. Excess weight, poor diet, caffeine intake and lack of exercise all contribute to this condition.

The MCHC is a little high. MCHC is the concentration of hemoglobin in the average red cell. The body is producing new red blood cells and at this level is not that significant.

The Glomerular Filtration Rate Estimated (eGFR) is optimal. The eGFR is a calculated estimate of the actual glomerular filtration rate and is based on your serum Creatinine concentration. The calculation uses formulas that may also include your age, gender, height, and weight. In some formulas, race may also be used in the calculation.

The kidneys filter blood and help control blood pressure. They remove waste and water and produce urine. eGFR is one of the best tests to indicate how healthy your kidneys are. It is important to know your eGFR because one may not be able to feel kidney damage.

Over 59-preferred

35 to 58-early kidney damage

16 to 34-moderate kidney damage

1 to 15 severe kidney damage

\* Please note that if your test result is less than 15, dialysis or transplant may be needed soon.

The Creatine Kinase is a little high. This is commonly associated with a mild breakdown of muscle and is commonly seen with exercise. Make sure the diet has sufficient high quality protein.

The LDH is low and is not significant. It may be an inherited trait.

**This finding is associated with:**

Medications Taken - Glucophage

**Nutrients Recommended:**  
Opti EPA



## LIFESTYLE & DIETARY RECOMMENDATIONS

### DIET FOCUS

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Food can be broken down into basically two categories:

1. Energy (calories from fat, carbohydrates and protein)
2. Nourishment (the nutrient density of the food; vitamin and mineral content).

When planning your meals, use this thought process:

1. Get at least 2 vegetables with each meal. Fruit should be limited only if you have glucose handling issues. However, always consume more vegetables than fruits.
2. Proteins: 25-35% of the meal needs to be of a protein source.
  - > Focus on good quality protein and not the processed protein bars, drinks, and powders.
  - > Most desirable proteins: meats (like chicken, fish, turkey and even red meat), eggs, beans, seeds, nuts, sprouts, quinoa, nut butters (ie. peanut butter, cashew butter, almond butter).
  - > Eliminate these least desirable proteins: processed soy, processed dairy, pork, processed luncheon meats (those that contain "nitrates" or "nitrites").
3. Carbohydrates: 40-60% of your meal needs to be carbohydrate.
  - > Most desirable carbohydrates sources: whole grain breads, pastas (including egg noodles), and rice, whole vegetables, whole fruit
  - > Eliminate these least desirable carbohydrates: white sugar, white flour, fruit juice, high fructose corn syrup, chips, French fries, pop/soda
4. Fats: Your meal should contain anywhere from 15-25% fat.
  - > Most desirable fat sources: nuts (cashews, almonds, pecans, walnuts, Brazil nuts (raw and unsalted are preferred), seeds (sunflower seeds, pumpkin seeds), avocados, coconut oil, fish, nut butters (peanut butter, almond butter, etc)
  - > Desirable Cooking Oils: Grape Seed Oil, Olive Oil, Coconut Oil, Palm Oil
  - > Eliminated these least desirable fat sources: anything with trans-fat (AKA: hydrogenated fat), interesterified fat or Olestra. Bacon, sausage, etc.
  - > Strictly avoid hydrogenated/trans-fats: About 80% of trans fats in your diet come from processed foods, fast food, primarily snack foods and desserts.
5. Special instructions may be given based upon certain metabolic conditions such as cancer, diabetes, kidney disorders etc.

## IDENTIFYING LOW NUTRIENT DENSE FOODS

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Below is a list of foods and items that will help you identify low nutrient dense foods and cooking/storage processes that lower the nutrient density in foods. These are strongly recommended you avoid. READ YOUR INGREDIENT LABELS!! Later in your report, you will find exchanges for these items and helpful hints for implementing these lifestyle habits.

1. Artificial Sweeteners: "aspartame", "saccharin", "sucralose", "acesulfame potassium", "sorbitol", "maltitol", etc.
2. Flavor Enhancers and Preservatives: "MSG", "monosodium glutamate", "nitrate" or "nitrite" ingredients found in many dressings, sauces, Chinese foods, processed meats, pork products, bologna, some wieners, and many luncheon meat. HVP (hydrolyzed vegetable protein) and processed soy proteins can contain up to 40% MSG.
3. Artificial colors and dyes: look for terms such as "FD&C", "lake", "red", "yellow", etc. Read your supplement labels carefully.
4. Canned Foods and Drinks: choose fresh or frozen varieties. Limit canned food consumption to canned beans and tuna. Foods stored in glass are acceptable.
5. Microwave Cooking and Deep Frying lower the nutrient density more so than stove top cooking.
6. Artificial Fats: "hydrogenated" [a.k.a. "trans fat"] and "interesterified" fats are found in margarine, many pre-packaged foods, supplements, and dressings; avoid "Olestra" containing products.
7. Refined Carbohydrates: processed foods such as white sugar, white flour, corn syrup, "enriched" foods, etc.
8. Commercial Meats: Try to get the cleanest, freshest meat you can find. Look for meat that is labeled with terms such as "No Hormones", "No Antibiotics", "Free Range", "Organic", etc.
9. Shellfish and Bottom-feeders: crab, shrimp, lobster, oyster, catfish, etc.
10. Dairy Products: cottage cheese, yogurt, cheese, sour cream, etc. (anything with cow's milk). This does not include eggs.
11. Coffee (regular & chemically decaffeinated), Liquor (distilled), All sodas, Tea (black decaf & black regular). Organic herbal teas are acceptable.
12. Soy Products: isolated soy protein, texturized vegetable protein, soy supplements, soy protein powder, soy protein bars, tofu, etc. Limited fermented soy products (tempeh and miso) and whole soy beans are acceptable. Don't make soy your main protein source, limit to 3-4 servings per week.
13. Chlorine and Fluoride Sources: tap water, heavy chlorine exposure in swimming pools, fluoride toothpaste, fluoride supplements, fluoride mouthwash, etc.

## DIABETIC RECOMMENDATIONS

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1. Avoid all fruit juices.
2. Eat only one fruit and at least four fresh vegetables per day.
3. Eat a snack every hour and a half to two hours.
  - > Eat by the clock. This is going to help take stress off your liver and maintain your glucose at a good level so it doesn't fluctuate so much.
  - > The snack should be 4 to 5 bites of a complex carbohydrate, protein or foods that have healthy fats in them such as: sunflower seeds, pumpkin seeds, nuts, carrots with hummus or a few bites of chicken would be fine to eat.
4. Do this for at least the next two months or until your evaluation.

## AEROBIC EXERCISE

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Examples of aerobic exercise are jogging, cycling, elliptical trainer, fast-paced walking, etc. It is recommended that you build up to at least 40 minutes a day. If at first you do not have the energy to exercise this much, it is recommended that you start slowly by exercising 10 minutes two or three times a day until you can gradually build up to 40 minutes a day.

## STRENGTH TRAINING

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If you are not currently on a weight training program, a muscle building exercise (i.e. step exercise) 10 minutes a day is encouraged. If at first you do not have the energy or physical ability to perform this exercise, it is recommended that you start slowly by setting a goal to do this exercise 2 minutes two or three times a day until you can gradually build up to 10 minutes a day.

## WATER CONSUMPTION

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Drink 1 quart of clean, filtered water per 50lbs of body weight per day. Do not go over 3 quarts regardless of your weight. More water might be necessary depending on exercise, environment and perspiration. We recommend using a multiple filtration system for your drinking and cooking water. There are several types of these, which include reverse osmosis. Distilled water is not recommended. Since distilled water has little or no mineral content, it acts like a vacuum that can actually leach minerals from your system.

A word of caution - **anytime you make drastic changes in diet, vitamin intake, or exercise, realize that you may feel somewhat worse before you feel better.** It doesn't happen often, but as your body detoxifies, you may feel worse if it occurs too fast. If you do feel worse, don't panic, it will pass in a few days. If this problem does occur, take half of what is recommended for three days and slowly over two weeks progress to taking the complete program.

Everything that has been recommended is very important and many of these things work together. In order to get the most effective results, it is important that you follow the program exactly as outlined. Following the diet may not be easy, but if you do, you will get the best outcome. Likewise, if you don't take the vitamins, or only take part of them, you may not see the expected results. Many people with some very serious problems have been helped using this program. The purpose of this analysis is to benefit you. This is for your well being, so please do the program as recommended so that you will achieve the best results.

Attached is a list of supplements that have been carefully selected for your specific problems. All supplement dosages should be spread throughout the day and taken with food unless otherwise suggested. These supplement brands are recommended because they are of the highest quality. Occasionally, you will hear rumors regarding vitamin toxicity. Rest assured that these issues have been researched and the risk of significant side effects is extremely low. Historical data and experience have shown these supplements, along with the dietary changes, to be the best in helping you achieve the necessary improvements needed on your test results.

Please keep this report for future reference and bring it with you to your next evaluation.

If we can be of any further assistance to you or your family please do not hesitate to ask.

**Yours in health,**

**Debi Foli, NP, CNC**

Name: Ann Onymous

Lab: LabCorp

Blood Test Results

Legend: ■ Warning ■ High Risk ■ Critical ★ Optimal 😊 Improvement 😞 Worse ∅ No Improvement

| Test Description                     | Current Rating<br>06/13/2017 |           | Prior<br>04/15/2017 | Delta | Healthy         | Clinical        | Units                   |
|--------------------------------------|------------------------------|-----------|---------------------|-------|-----------------|-----------------|-------------------------|
| Glucose                              | 93.00                        | ★         | 178.00              | 😊     | 80.00 - 95.00   | 65.00 - 99.00   | mg/dL                   |
| Hemoglobin A1C (Gly-Hgh)             | 6.70                         | High      | 8.70                | 😊     | 4.80 - 5.60     | 4.50 - 6.40     | %                       |
| Uric Acid                            | 5.30                         | ★         | 5.60                |       | 3.50 - 6.60     | 2.50 - 7.10     | mg/dL                   |
| BUN (Blood Urea Nitrogen)            | 17.00                        | ★         | 20.00               | 😊     | 8.00 - 18.00    | 6.00 - 24.00    | mg/dL                   |
| Creatinine                           | 0.79                         | ★         | 1.00                | 😊     | 0.70 - 0.87     | 0.57 - 1.00     | mg/dL                   |
| GFR Est.                             | 66.00                        | ★         | 70.00               |       | 59.00 - 145.00  | 45.00 - 150.00  | /min/1.73m <sup>2</sup> |
| BUN / Creatinine Ratio               | 18.48                        | ★         | 21.00               | 😊     | 12.00 - 19.00   | 9.00 - 23.00    | ratio                   |
| Sodium                               | 141.00                       | ★         | 139.00              |       | 139.00 - 143.00 | 134.00 - 144.00 | mmol/L                  |
| Potassium                            | 4.11                         | ★         | 4.10                |       | 3.80 - 4.50     | 3.50 - 5.20     | mmol/L                  |
| Chloride                             | 96.00                        | Low       | 90.00               | 😊     | 102.00 - 105.00 | 97.00 - 106.00  | mmol/L                  |
| Magnesium                            | 2.30                         | High      | 2.20                | 😞     | 1.90 - 2.20     | 1.60 - 2.30     | mg/dL                   |
| Calcium                              | 9.40                         | low       | 9.30                | 😊     | 9.61 - 10.00    | 8.70 - 10.20    | mg/dL                   |
| Phosphorus                           | 0.00                         | Very Low  | 3.90                | 😞     | 3.40 - 4.00     | 2.50 - 4.50     | mg/dL                   |
| Total Protein                        | 6.20                         | low       | 5.95                | 😊     | 7.10 - 7.61     | 6.00 - 8.50     | g/dL                    |
| Albumin                              | 4.00                         | low       | 3.55                | 😊     | 4.10 - 4.50     | 3.50 - 5.50     | g/dL                    |
| Globulin                             | 2.20                         | low       | 1.40                | 😊     | 2.80 - 3.51     | 1.50 - 4.50     | g/dL                    |
| A/G Ratio                            | 1.23                         | ★         | 1.22                |       | 1.20 - 1.60     | 1.10 - 2.50     | ratio                   |
| Total Bilirubin                      | 0.44                         | ★         | 0.52                |       | 0.30 - 0.90     | 0.00 - 1.20     | mg/dL                   |
| Alk. Phosphatase                     | 77.00                        | ★         | 67.00               |       | 64.74 - 91.26   | 39.00 - 117.00  | IU/L                    |
| Creatine Kinase                      | 134.00                       | high      | 150.00              | 😊     | 32.00 - 116.00  | 24.00 - 173.00  | U/L                     |
| LDH                                  | 87.00                        | Low       | 224.00              | 😞     | 154.31 - 190.70 | 119.00 - 226.00 | IU/L                    |
| SGOT (AST)                           | 32.00                        | high      | 65.00               | 😊     | 10.00 - 26.00   | 0.00 - 40.00    | IU/L                    |
| SGPT (ALT)                           | 40.00                        | High      | 70.00               | 😊     | 8.00 - 26.00    | 0.00 - 32.00    | IU/L                    |
| GGT (r-GTP)                          | 50.00                        | high      | 66.00               | 😊     | 10.00 - 35.00   | 0.00 - 60.00    | IU/L                    |
| Serum Iron                           | 121.00                       | high      | 31.00               | 😊     | 71.00 - 115.00  | 27.00 - 159.00  | ug/dL                   |
| Ferritin                             | 320.00                       | Very High | 430.00              | 😊     | 45.00 - 110.00  | 15.00 - 150.00  | ng/mL                   |
| Total Cholesterol                    | 188.00                       | high      | 227.00              | 😊     | 150.00 - 180.00 | 100.00 - 199.00 | mg/dL                   |
| Triglyceride                         | 84.00                        | ★         | 85.00               |       | 50.00 - 125.00  | 0.00 - 149.00   | mg/dL                   |
| HDL Cholesterol                      | 63.00                        | ★         | 43.00               | 😊     | 55.00 - 120.00  | 39.00 - 140.00  | mg/dL                   |
| VLDL Cholesterol                     | 18.00                        | ★         | 17.00               |       | 6.00 - 20.00    | 5.00 - 40.00    | mg/dL                   |
| LDL Cholesterol                      | 87.00                        | high      | 111.00              | 😊     | 50.00 - 75.00   | 6.00 - 99.00    | mg/dL                   |
| Total Cholesterol / HDL Ratio        | 3.00                         | ★         | 5.20                | 😊     | 0.00 - 4.00     | 0.00 - 4.40     | ratio                   |
| TSH                                  | 5.20                         | High      | 2.30                | 😞     | 0.50 - 3.50     | 0.45 - 4.50     | uIU/mL                  |
| T4 Thyroxine                         | 4.20                         | Low       | 9.80                | 😞     | 7.10 - 9.00     | 4.50 - 12.00    | ug/dL                   |
| T3 Uptake                            | 31.00                        | ★         | 29.00               |       | 29.00 - 35.00   | 24.00 - 39.00   | %                       |
| T7 (Free T4 Index) (FTI)             | 1.10                         | Low       | 2.80                | 😞     | 2.61 - 3.60     | 1.20 - 4.90     |                         |
| CRP C-Reactive Protein               | 1.40                         | ★         | 13.00               | 😊     | 0.00 - 1.50     | 0.00 - 4.90     | mg/L                    |
| White Blood Count                    | 5.80                         | ★         | 3.80                | 😊     | 5.70 - 8.50     | 3.40 - 10.80    | k/cumm                  |
| Red Blood Count                      | 4.20                         | low       | 3.80                | 😊     | 4.27 - 4.78     | 3.77 - 5.28     | m/cumm                  |
| Hemoglobin                           | 11.70                        | low       | 10.20               | 😊     | 12.60 - 14.50   | 11.10 - 15.90   | g/dL                    |
| Hematocrit                           | 37.00                        | low       | 32.40               | 😊     | 38.00 - 42.00   | 34.00 - 46.60   | %                       |
| MCV                                  | 91.00                        | ★         | 89.00               |       | 84.00 - 92.00   | 79.00 - 97.00   | fL                      |
| MCH                                  | 30.20                        | ★         | 30.90               |       | 28.60 - 31.00   | 26.60 - 33.00   | pg                      |
| MCHC                                 | 34.50                        | high      | 37.00               | 😊     | 33.20 - 34.50   | 31.50 - 35.70   | g/dL                    |
| Platelets                            | 220.00                       | ★         | 170.00              | 😊     | 215.00 - 319.00 | 150.00 - 379.00 | k/cumm                  |
| Polys/Neutrophils (SEGS-PMNS)        | 52.00                        | ★         | 68.00               | 😊     | 51.00 - 63.00   | 40.00 - 74.00   | %                       |
| Lymphocytes                          | 24.00                        | ★         | 23.00               | 😊     | 24.00 - 36.00   | 14.00 - 46.00   | %                       |
| Monocytes                            | 6.20                         | ★         | 6.00                |       | 5.00 - 7.00     | 4.00 - 13.00    | %                       |
| Eosinophils                          | 3.20                         | ★         | 3.62                | 😊     | 0.00 - 3.50     | 0.00 - 5.00     | %                       |
| Basophils                            | 0.09                         | ★         | 1.00                |       | 0.00 - 2.00     | 0.00 - 3.00     | %                       |
| ESR-Erythrocyte Sed Rate, Westergren | 8.00                         | ★         | 38.00               | 😊     | 0.00 - 10.00    | 0.00 - 32.00    | mm/hr                   |
| Vitamin D 25-Hydroxy (total)         | 45.00                        | low       | 12.00               | 😊     | 50.00 - 90.00   | 30.00 - 100.00  | ng/mL                   |

Legend: ■ Warning ■ High Risk ■ Critical

|                                      | Prior Results |            |            |            |            |
|--------------------------------------|---------------|------------|------------|------------|------------|
|                                      | 04/13/2016    | 03/17/2015 | 04/15/2014 | 05/10/2013 | 06/13/2012 |
| Glucose                              | 93.00         | 98.00      | 96.00      | 99.00      | 109.00     |
| Hemoglobin A1C (Gly-Hgh)             | 5.30          | 4.00       |            | 5.60       | 5.80       |
| Uric Acid                            |               | 4.00       |            | 5.50       | 5.60       |
| BUN (Blood Urea Nitrogen)            |               | 21.00      |            | 20.00      | 20.00      |
| Creatinine                           |               | 1.20       |            | 1.00       | 1.00       |
| GFR Est.                             |               |            |            |            |            |
| BUN / Creatinine Ratio               |               |            |            | 20.00      | 20.00      |
| Sodium                               |               | 138.00     |            | 139.00     | 135.00     |
| Potassium                            |               | 3.60       |            | 4.00       | 4.30       |
| Chloride                             |               | 101.00     |            | 103.00     | 101.00     |
| Magnesium                            |               | 2.40       |            | 2.20       | 2.20       |
| Calcium                              |               | 9.50       |            | 9.30       | 9.40       |
| Phosphorus                           |               | 3.80       |            | 3.80       | 3.90       |
| Total Protein                        |               | 7.80       |            | 7.80       | 7.00       |
| Albumin                              |               | 4.30       |            | 4.10       | 4.10       |
| Globulin                             |               | 3.50       |            | 3.70       | 3.80       |
| A/G Ratio                            |               |            |            | 1.10       | 1.50       |
| Total Bilirubin                      |               |            |            | 0.50       | 0.50       |
| Alk. Phosphatase                     |               | 90.00      | 200.00     | 68.00      | 88.00      |
| Creatine Kinase                      |               | 125.00     |            |            | 300.00     |
| LDH                                  |               |            | 44.00      | 135.00     | 99.00      |
| SGOT (AST)                           |               | 50.00      | 70.00      | 40.00      | 16.00      |
| SGPT (ALT)                           |               |            | 70.00      | 55.00      | 50.00      |
| GGT (r-GTP)                          |               | 55.00      | 200.00     | 70.00      | 120.00     |
| Serum Iron                           |               | 80.00      |            | 110.00     | 80.00      |
| Ferritin                             |               | 10.00      |            | 4.00       | 8.00       |
| Total Cholesterol                    |               | 200.00     |            | 215.00     | 200.00     |
| Triglyceride                         |               | 150.00     |            | 82.00      | 200.00     |
| HDL Cholesterol                      |               | 50.00      |            | 45.00      | 50.00      |
| VLDL Cholesterol                     |               | 10.00      |            | 30.00      | 10.00      |
| LDL Cholesterol                      |               | 140.00     |            | 140.00     | 140.00     |
| Total Cholesterol / HDL Ratio        |               | 4.00       |            | 5.00       | 4.00       |
| TSH                                  | 2.40          |            |            |            |            |
| T4 Thyroxine                         | 10.02         |            |            | 8.00       |            |
| T3 Uptake                            | 32.00         |            |            | 31.00      |            |
| T7 (Free T4 Index) (FTI)             | 3.00          |            |            | 2.40       |            |
| CRP C-Reactive Protein               | 15.01         | 10.00      |            | 22.00      | 5.00       |
| White Blood Count                    | 7.60          | 11.00      |            | 7.40       | 8.00       |
| Red Blood Count                      | 3.96          | 2.20       |            | 2.90       | 5.00       |
| Hemoglobin                           | 9.20          | 9.50       |            | 14.00      | 14.00      |
| Hematocrit                           | 38.70         | 31.00      |            | 44.00      | 40.00      |
| MCV                                  | 90.00         | 90.00      |            | 89.00      | 98.00      |
| MCH                                  | 30.60         | 31.00      |            | 30.00      | 33.00      |
| MCHC                                 | 35.00         | 35.00      |            | 34.00      | 36.00      |
| Platelets                            | 255.00        | 280.00     |            | 268.00     | 460.00     |
| Polys/Neutrophils (SEGS-PMNS)        | 55.00         |            |            | 55.00      | 54.00      |
| Lymphocytes                          | 29.00         |            |            | 54.00      | 47.00      |
| Monocytes                            | 6.50          |            |            | 6.00       | 4.00       |
| Eosinophils                          | 4.33          |            |            | 4.00       | 0.00       |
| Basophils                            | 1.00          |            |            | 1.00       | 0.00       |
| ESR-Erythrocyte Sed Rate, Westergren |               | 20.00      |            | 33.00      | 22.00      |
| Vitamin D 25-Hydroxy (total)         |               |            |            |            |            |

## VITAMIN AND SUPPLEMENT RECOMMENDATIONS

**SUPPLIER:** #1 SBN/Merkle Vitamin Line

**PATIENT:** Ann Onymous

**SEX:** F

**AGE:** 52

**WEIGHT:** 145

| <u>Supplement</u>           | <u>Number Per Day</u> |
|-----------------------------|-----------------------|
| Betaine Plus                | 3                     |
| Bio-Dophilus                | 1                     |
| Glucoset                    | 2                     |
| Lipogen                     | 2                     |
| Methyl B12 Select           | 3                     |
| Opti EPA                    | 1                     |
| SBN Calcium MCHC 250mg      | 2                     |
| Silymarin 80 (Milk Thistle) | 6                     |
| ThyroAdvance                | 4                     |
| Vitamin C 1000mg            | 3                     |
| Vitamin D 5000IU            | 1                     |