

## STRAIGHT NUTRITION

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### NUTRITION EVALUATION: 10/30/2012

#### PATIENT INFORMATION

Ann Onymous  
1234 Anywhere Street  
Townsville OH 12345  
(555) 555-1234  
Sex: F  
Age: 46  
Blood Type: A+

#### DATA USED FOR ANALYSIS

PSS	07/20/2011
Stool	07/20/2011
Urinalysis	07/20/2011
Vitals	07/20/2011
Blood	07/20/2011
Medication	07/20/2011

#### VITALS

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

#### PRIMARY SYMPTOMS

1. Hypercholesterolemia (High Cholesterol)
2. High blood pressure
3. Tachycardia (High Heart Rate)
4. Diabetes Mellitus

#### PRESENTING SYMPTOMS

Allergic Rhinitis (Sinusitis) • Anxiety/Stress • Arthritic/Rheumatic Disorder • Constipation • Depression • Diabetes Mellitus • Edema • Excessive Thirst • Fibromyalgia • GERD • Hypercholesterolemia (High Cholesterol) • Indigestion • Irritable Bowel Syndrome • Poor Concentration/Memory • Tachycardia (High Heart Rate) • Ulcerative Colitis • Energy level is worse than it was 5 years ago • Fingernails are soft • Fingernails are splitting • Has tattoos • Pale fingernail beds • Sensitive to chemicals, paint, exhaust fumes, cologne • Difficulty concentrating • Under considerable emotional stress • Cold feet • Cold hands • Heart skips beats • Heart palpitations • High blood pressure • Spells of rapid heart rate • Frequently feels cold • Gets

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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 • Tends to constipation • Drinks alcohol • Drinks caffeinated pop/soda • Drinks diet 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 • Menstrual cramps • Retains fluid during periods

### **Patient Comments**

*Patient states that over the last 5 years she has seen over 10 doctors and specialists and she is still getting worse. She states that this is very frustrating and depressing. She is having problems doing basic living and household duties and that this is affecting her family and she is no longer able to work full time. She notices her balance isn't as good as it used to be; she is bumping and tripping more. Her mother has Alzheimer's disease and she is very concerned about her loss of memory and concentration.*

### **Provider Comments/Findings**

*Patient tends to loose concentration and I had to repeat questions several times. Her skin is pale and pasty and she has dark circles around the eyes. Her eyes are blood shot and she looks tired. She does have some difficulty standing on one leg and walking on her toes and heels. She has a general disheveled appearance.*

## **PRIMARY FINDINGS SUGGESTIVE OF**

- Diabetes
- Inflammation of Liver
- Possible infection and/or inflammation
- Dehydration effects
- Anemia
- Noted Blood Values

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**

- Diflucan - 6 months - 2 years.
- Lipitor - Less than 6 months.
- Prilosec - More than 2 years.
- Zetia - More than 2 years.
- Glucophage dont use - 6 months - 2 years.
- Naproxen Oral - 6 months - 2 years.
- Tylenol for Pain/Arthritis old - Occasional.

### **SIDE EFFECTS OF MEDICATIONS**

- **Fluconazole Oral** is used to treat fungal and yeast infections.

Otherwise Known As: Diflucan.

Side Effects: Nausea; vomiting; diarrhea; stomach pain; headache; dizziness; and hair loss.

Nutrients Depleted: unknown at this time.

- **Metformin HCL** is indicated as an adjunct to diet to lower blood glucose.  
Otherwise Known As: Glucophage.  
Side Effects: diarrhea; nausea; vomiting; abdominal bloating; flatulence; anorexia; unpleasant or metallic taste; rash/dermatitis; & subnormal serum vitamin B 12 levels.  
Nutrients Depleted: Folic Acid, Vitamin B12, Coenzyme Q10.
  
- **Lipitor** is used to treat cholesterol problems.  
Otherwise Known As: not applicable.  
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.  
Nutrients Depleted: Co-Enzyme Q-10
  
- **Naproxen Oral** is used to relieve pain and inflammation associated with various conditions.  
Otherwise Known As: Anaprox & Naprosyn.  
Side Effects: constipation; heartburn; abdominal pain; nausea; dyspepsia; diarrhea; stomatitis; headache; dizziness; drowsiness; lightheadedness; vertigo; skin eruptions; ecchymoses; 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; anaphylactoid reactions; angioneurotic edema; menstrual disorders; chills and fever; aplastic anemia; hemolytic anemia; aseptic meningitis; cognitive dysfunction; epidermal necrolysis; erythema multiforme; Steven-Johnson syndrome; nonpeptic gastrointestinal ulceration; ulcerative stomatitis; vasculitis; hyperglycemia; hypoglycemia.  
Nutrients Depleted: Folic Acid.
  
- **Prilosec** is used to treat acid related stomach and throat problems.  
Otherwise Known As: not applicable.  
Side effects include: 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.  
Nutrients Depleted: Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron and Zinc.
  
- **Acetaminophen** is indicated for use in treating minor aches and pains.  
Otherwise Known As: Tylenol for pain/arthritis & Panadol.  
Side Effects: hepatitis; hives; decreased blood platelets; decreased white blood cells; discolored spots and small elevations of the skin.

Nutrients Depleted: Glutathione.

- **Ezetimibe** is used to help lower cholesterol.

Otherwise Known As: Zetia.

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 Multiforme; hives; rash; abnormal liver function tests; depression; decreased blood platelets; dizziness; nausea; numbness; & tingling sensations.

Nutrients Depleted: unknown at this time.

## 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>	16

**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 a little high. Don't be misled by the normal glucose. This is an early warning of the possibility of diabetes. No specific nutrients are needed at this time.

**This finding is supported by:**

High Blood LDL Cholesterol • High Blood SGPT (ALT) • Low Blood Serum Iron • High Blood Total Cholesterol

**This finding is associated with:**

Presenting symptoms - Edema  
Medications Taken - Naproxen Oral

**DEHYDRATION EFFECTS**

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High RBC (Red Blood Count)

**This finding is associated with:**

Presenting symptoms - Fibromyalgia • 3 or less bowel movements per week • Frequent headaches • Frequent bladder infections • Drinks 1 or more pop/sodas per day • Tends to constipation  
Medications Taken - Zetia

**INFLAMMATION OF LIVER**

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The SGPT is a little high. This is mild inflammation of the liver. This can be due to many things. Most common are biliary congestion (think gall bladder and digestion), drugs and medications.

**This finding is supported by:**

High Blood Globulin • High Blood ESR-Erythrocyte Sed Rate, Westergren

**This finding is associated with:**

Medications Taken - Lipitor • Prilosec • Naproxen Oral

**Nutrients Recommended:**

Vitamin C 1000mg

**ANEMIA**

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The Serum Iron and Ferritin are a little low. The Ferritin indicates iron reserves which suggests infection and/or blood loss and/or developing iron deficiency leading to anemia.

**This finding is supported by:**

High Blood Hemoglobin A1C • High Blood ESR-Erythrocyte Sed Rate, Westergren

**This finding is associated with:**

Presenting symptoms - Fibromyalgia • Poor Concentration/Memory • Tachycardia (High Heart Rate) • Ulcerative Colitis • Energy level is worse than it was 5 years ago • Pale fingernail beds • Cold hands • Cold feet • Spells of rapid heart rate • Bruises easily • Gets lightheaded when standing quickly • Excessive menstrual flow • Difficulty concentrating  
Medications Taken - Prilosec • Naproxen Oral • Zetia • Tylenol for Pain/Arthritis old

**Nutrients Recommended:**

Iron (Amino Iron 18mg)

**POSSIBLE INFECTION AND/OR INFLAMMATION**

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The Erythrocyte Sed Rate (ESR) is a little high and the C-Reactive Protein (CRP) is high, which indicates nonspecific tissue injury and inflammation. It doesn't tell where, just that there is a problem and these values are good to monitor response to treatment.

NOTE: Recent studies have shown that the CRP is one of the best markers for predicting the chances of a having heart attack or stroke. A CRP close to zero is desired.

**This finding is supported by:**

High Blood Globulin • Low Blood Serum Iron • High Blood CRP C-Reactive Protein • High Blood Red Blood Count

**This finding is associated with:**

Presenting symptoms - Allergic Rhinitis (Sinusitis) • Arthritic/Rheumatic Disorder • Indigestion • Ulcerative Colitis • Abdominal gas • Problems with Eczema • Frequent bladder infections • GERD • Irritable Bowel Syndrome • Edema  
Medications Taken - Lipitor • Prilosec • Naproxen Oral • Tylenol for Pain/Arthritis old

**Nutrients Recommended:**

Inflavonoid • Nutri E 400IU Forte • Vitamin C 1000mg

**NOTED BLOOD VALUES**

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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 Globulin is a little high. This could be an early sign of serious condition or one developing.

The Triglyceride/HDL Cholesterol Ratio is optimal. Recent studies have shown that the ratio of triglycerides to HDL was the strongest predictor of a heart attack. In adults, the triglyceride/HDL ratio should be below 2.

The Vitamin D 25 Hydroxy blood test is optimal. 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 50ng/mL. Vitamin D levels are acceptable.

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 T4 is a little high and the T3 Uptake and T7 are optimal. The thyroid function is sufficient at this time.

Note: If thyroid medication is being used due to thyroid cancer, Grave's disease or similar thyroid pathology that has resulted in elimination of all natural thyroid tissue then no supplementation of vitamins, iodine or glandulars is recommended.

**Nutrients Recommended:**

Opti EPA 500mg

## 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").
  - Search Google "USDA SR 21" for a downloadable database to look up nutritional content of foods.
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 vitamins that have been carefully selected for your specific problems. These vitamins 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 vitamins, 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**

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

Test Description	Current Rating 07/20/2011		Prior 05/15/2011	Delta	Healthy	Clinical	Units
Glucose	84.00	★	178.00	😊	80.00 - 95.00	65.00 - 99.00	mg/dL
Hemoglobin A1C (Gly-Hgh)	5.60	high	8.70	😊	4.80 - 5.60	4.60 - 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/1.73r
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	135.00 - 145.00	meq/dL
Potassium	4.11	★	4.10		3.80 - 4.50	3.50 - 5.20	meq/dL
Chloride	103.00	★	104.00		102.00 - 106.00	97.00 - 108.00	meq/dL
Magnesium	2.30	★	2.20		1.90 - 2.51	1.60 - 2.60	mg/dL
Calcium	9.73	★	9.30	😊	9.60 - 10.00	8.70 - 10.20	mg/dL
Calcium/Albumin Ratio	2.31	★	2.33		2.10 - 2.50	2.03 - 2.71	ratio
Phosphorus	3.70	★	3.90		3.40 - 4.00	2.50 - 4.50	mg/dL
Total Protein	7.40	★	5.95	😊	7.10 - 7.61	6.00 - 8.50	gm/dL
Albumin	4.20	★	3.00	😊	4.10 - 4.50	3.60 - 4.80	gm/dL
Globulin	3.53	high	2.95	😞	2.80 - 3.51	1.50 - 4.50	gm/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 25-530	77.00	★	67.00		40.00 - 120.00	25.00 - 150.00	IU/L
Creatine Kinase	134.00	★	150.00	😊	60.00 - 140.00	24.00 - 173.00	U/L
LDH	135.00	★	224.00	😊	120.00 - 160.00	100.00 - 250.00	mu/mL
SGOT (AST)	21.00	★	22.00		15.00 - 26.00	6.00 - 40.00	IU/L
SGPT (ALT)	26.00	high	59.00	😊	0.00 - 26.00	0.00 - 32.00	IU/L
GGT	29.00	★	66.00	😊	18.00 - 35.00	10.00 - 60.00	IU/L
Serum Iron	79.00	low	31.00	😊	85.00 - 120.00	40.00 - 155.00	mcg/dL
Ferritin	20.00	low	2.00	😊	30.00 - 115.00	13.00 - 150.00	NG/ML
Total Cholesterol	188.00	high	227.00	😊	130.00 - 179.00	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		39.00 - 120.00	36.00 - 140.00	mg/dL
VLDL Cholesterol	16.00	★	17.00		5.00 - 20.00	4.00 - 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 - 5.00	ratio
Triglyceride/HDL Ratio	1.30	★	1.90		0.00 - 2.00	0.00 - 4.00	ratio
TSH	2.25	★	2.30		0.50 - 3.50	0.45 - 4.50	uIU/mL
T4 Thyroxine	9.10	high	9.80	😊	7.10 - 9.00	4.50 - 12.00	mcg/dL
T3 Uptake	31.00	★	29.00		29.00 - 35.00	24.00 - 39.00	%
T7 Free Thyroxine Index (FTI)	2.70	★	2.80		2.61 - 3.60	1.20 - 4.90	
CRP C-Reactive Protein	6.70	High	13.00	😊	0.00 - 1.50	0.00 - 4.90	mg/L
White Blood Count	7.10	★	3.80	😊	5.00 - 8.00	4.00 - 10.50	k/cumm
Red Blood Count	4.90	high	3.80	😊	4.27 - 4.78	3.77 - 5.28	m/cumm
Hemoglobin	12.50	★	10.20	😊	12.50 - 14.50	11.10 - 15.90	gm/dL
Hematocrit	38.70	★	32.40	😊	38.00 - 42.00	34.00 - 46.00	%
MCV	91.00	★	89.00		84.00 - 92.00	79.00 - 97.00	cu.m
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	%
Platelets	205.00	★	170.00	😊	175.00 - 250.00	140.00 - 415.00	k/cumm
Polys/Neutrophils (SEGS-PMNS)	60.00	★	68.00	😊	55.00 - 65.00	40.00 - 74.00	%
Lymphocytes	32.00	★	23.00	😊	25.00 - 40.00	14.00 - 46.00	%
Monocytes	6.20	★	6.00		5.00 - 7.00	4.00 - 13.00	%
Eosinophils	3.50	★	3.62		0.00 - 4.10	0.00 - 7.00	%
Basophils	0.09	★	1.00		0.00 - 2.00	0.00 - 3.00	%
ESR-Erythrocyte Sed Rate, Westergren	11.00	high	38.00	😊	0.00 - 10.00	0.00 - 32.00	mm/HR
Vitamin D 25-Hydroxy (total)	65.00	★	12.00	😊	50.00 - 90.00	32.00 - 100.00	NG/ML

Legend: ■ Warning ■ High Risk ■ Critical

	Prior Results				
	05/20/2010	09/17/2008	03/22/2007	11/18/2006	05/12/2005
Glucose	93.00	95.00	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
Calcium/Albumin Ratio				2.20	2.33
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 25-530		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		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
Triglyceride/HDL Ratio					
TSH	2.40				
T4 Thyroxine	10.02			8.00	
T3 Uptake	32.00			31.00	
T7 Free Thyroxine 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

PATIENT Ann Onymous

SEX: F            AGE: 46            WEIGHT: 145

<b><u>Supplement</u></b>	<b><u>Number Per Day</u></b>
Inflavonoid	2
Iron (Amino Iron 18mg)	2
Nutri E 400IU Forte	1
Opti EPA 500mg	1
Vitamin C 1000mg	3