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Doctor's Choice™ Functional Health Report

Patient Copy

KEN M DOE

Lab Test on Apr 10, 2014

Conventional US Units

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Health Improvement Plan



The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Immune Insufficiency

The results of your blood test indicate a tendency towards immune insufficiency and a need for immune support.

Rationale:

Total WBCs ↓, Globulin, total ↓, Alk Phos ↓, RBC, Male ↑, Hemoglobin, Male ↑

Bacterial Infection

The results of your blood test indicate a tendency towards a bacterial infection and a need for immune support.

Rationale:

Neutrophils ↑, Total WBCs ↓, Monocytes ↑, Lymphocytes ↓

Gastric Inflammation

The results of your blood test indicate a tendency towards gastric inflammation and a need for support for the stomach lining.

Rationale:

Globulin, total ↓, Protein, total ↓, Hemoglobin, Male ↑, BUN ↑, Phosphorus ↓, ESR, Male ↑

Metabolic Syndrome

The results of your blood test indicate a tendency towards metabolic syndrome and a need for blood sugar support.

Rationale:

Glucose ↑, Cholesterol - Total ↓, HDL Cholesterol ↓, DHEA-S, Male ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Hypochlorhydria

The results of your blood test indicate a tendency towards hypochlorhydria, a condition of low stomach acid, and a need for digestive support.

Rationale:

BUN ↑, Protein, total ↓, Globulin, total ↓, Phosphorus ↓, Alk Phos ↓, Calcium ↓

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This Health Improvement Plan has been prepared for by . Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Suggested Individual Nutrient Recommendations

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal and shows a need for DHEA supplementation.

Rationale:

DHEA-S, Male ↓

Vitamin D Need

The results of your blood test indicate that your vitamin D levels might be lower than optimal and shows a need for vitamin D supplementation.

Rationale:

Vitamin D (25-OH) ↓

Zinc Need

The results of your blood test indicate that your zinc levels might be lower than optimal and shows a need for zinc supplementation.*

Rationale:

Alk Phos ↓

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This Health Improvement Plan has been prepared for by . Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Blood Test Results Report



The Blood Test Results Report lists the results of your Blood Chemistry Screen and CBC Test and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range.

Above Standard Range 2 Current 0 Previous ↑	Below Standard Range 2 Current 0 Previous ↓
Above Optimal Range 9 Current 0 Previous ↑	Below Optimal Range 10 Current 0 Previous ↓

Element	Current	Previous	Impr	Optimal Range	Standard Range	Units
	Apr 10 2014	Not Available				
Glucose	103.00	↑		72.00 - 90.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.40			4.00 - 5.40	0.00 - 5.70	%
BUN	18.00	↑		10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.93			0.80 - 1.10	0.60 - 1.35	mg/dL
PSA	1.50			0.00 - 2.60	0.00 - 4.00	ng/ml
eGFR Non-Afr. American	93.00			60.00 - 128.00	60.00 - 128.00	/min/1.73r
eGFR African American	107.00			60.00 - 128.00	60.00 - 128.00	/min/1.73r
Sodium	142.00			135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.10			4.00 - 4.50	3.50 - 5.30	mEq/L
Chloride	107.00	↑		100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	24.00	↓		25.00 - 30.00	19.00 - 30.00	mEq/L
Uric Acid, male	3.60			3.50 - 5.90	4.00 - 8.00	mg/dL
Protein, total	6.50	↓		6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.40			4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.10	↓		2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	2.10			1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.00	↓		9.20 - 10.10	8.60 - 10.30	mg/dL
Phosphorus	2.80	↓		3.50 - 4.00	2.50 - 4.50	mg/dL
Alk Phos	51.00	↓		70.00 - 100.00	40.00 - 115.00	IU/L
AST (SGOT)	21.00			10.00 - 26.00	10.00 - 40.00	IU/L
ALT (SGPT)	25.00			10.00 - 26.00	9.00 - 46.00	IU/L
LDH	162.00			140.00 - 200.00	100.00 - 220.00	IU/L
Bilirubin - Total	0.80			0.10 - 0.90	0.20 - 1.20	mg/dL
Bilirubin - Direct	0.20			0.00 - 0.20	0.00 - 0.30	mg/dL
GGT	17.00			10.00 - 30.00	3.00 - 70.00	IU/L
Iron - Serum	111.00			85.00 - 130.00	45.00 - 175.00	µg/dL
Ferritin	130.00			40.00 - 150.00	20.00 - 345.00	ng/mL
TIBC	332.00			250.00 - 350.00	250.00 - 425.00	mg/dL

% Transferrin saturation	33.00			24.00 - 50.00	20.00 - 50.00	%
Cholesterol - Total	143.00	↓		155.00 - 190.00	125.00 - 200.00	mg/dL
Triglycerides	71.00			50.00 - 100.00	0.00 - 150.00	mg/dL
LDL Cholesterol	81.00			0.00 - 120.00	0.00 - 130.00	mg/dL
HDL Cholesterol	48.00	↓		55.00 - 70.00	40.00 - 150.00	mg/dL
Cholesterol/HDL Ratio	3.00			0.00 - 3.00	0.00 - 5.00	Ratio
TSH	1.83			1.00 - 3.50	0.40 - 4.50	μU/mL
Total T3	117.00			90.00 - 168.00	76.00 - 181.00	ng/dL
Total T4	7.00			6.00 - 11.90	4.50 - 12.00	μg/dL
ESR, Male	6.00	↑		0.00 - 5.00	0.00 - 15.00	mm/hr
Homocysteine	10.80	↑		0.00 - 6.00	0.00 - 11.40	μmol/L
Fibrinogen	288.00			200.00 - 300.00	175.00 - 425.00	mg/dl
Vitamin D (25-OH)	28.00	↓		50.00 - 90.00	30.00 - 100.00	ng/ml
DHEA-S, Male	100.00	↓		350.00 - 490.00	210.00 - 430.00	mcg/dl
Testosterone, Total Male	729.00			700.00 - 900.00	250.00 - 1100.00	ng/dl
Estradiol, Male	42.00	↑		10.00 - 30.00	0.00 - 39.00	pg/ml
Total WBCs	4.60	↓		5.30 - 7.50	3.80 - 10.80	k/cumm
RBC, Male	5.05	↑		4.20 - 4.90	4.20 - 5.80	m/cumm
Hemoglobin, Male	15.30	↑		14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit, Male	45.70			40.00 - 48.00	38.50 - 50.00	%
MCV	90.50			85.00 - 92.00	80.00 - 100.00	fL
MCH	30.30			27.00 - 31.90	27.00 - 33.00	pg
MCHC	33.40			32.00 - 35.00	32.00 - 36.00	g/dL
Platelets	198.00			150.00 - 415.00	140.00 - 400.00	k/cumm
RDW	13.60	↑		11.70 - 13.00	11.00 - 15.00	%
Neutrophils	63.10	↑		40.00 - 60.00	40.00 - 74.00	%
Lymphocytes	23.70	↓		25.00 - 40.00	14.00 - 46.00	%
Monocytes	10.30	↑		0.00 - 7.00	4.00 - 13.00	%
Eosinophils	2.30			0.00 - 3.00	0.00 - 7.00	%
Basophils	0.70			0.00 - 1.00	0.00 - 3.00	%

Out of Optimal Range Report



The following results show all of the elements that are out of the optimal reference range. The elements that appear closest to the top of each section are those elements that are farthest from optimal.

Above Optimal Range

11 Total



Below Optimal Range

12 Total



Above Optimal

Homocysteine ↑ 10.80 µmol/L (+ 130 %)

Homocysteine is a molecule formed from the incomplete metabolism of the amino acid methionine. Deficiencies in Vitamins B6, B12 and folate cause methionine to be converted into homocysteine. Homocysteine increases the risk of cardiovascular disease by causing damage to the endothelial lining of the arteries, especially in the heart. Increased levels of homocysteine are associated with an increased risk of cardiovascular disease and stroke, as well as cancer, depression and inflammatory bowel disease.

Glucose ↑ 103.00 mg/dL (+ 122 %)

Blood glucose levels are regulated by a number of important hormones including insulin and glucagon. Glucose is also directly formed in the body from carbohydrate digestion and from the conversion in the liver of other sugars, such as fructose, into glucose. Increased blood glucose is associated with type 1 & 2 diabetes, metabolic syndrome and insulin resistance. Decreased levels of blood glucose are associated with hypoglycemia.

Estradiol, Male ↑ 42.00 pg/ml (+ 110 %)

Estradiol is a minor hormone in men. Estradiol is synthesized from testosterone and androstenedione in men and plays a role in male sex hormone physiology. Low levels of estradiol in men affect bone density and risk of fractures if too low.

Monocytes ↑ 10.30 % (+ 97 %)

Monocytes are white blood cells that are the body's second line of defense against infection. They are phagocytic cells that are capable of movement and remove dead cells, microorganisms, and particulate matter from circulating blood. Levels tend to rise at the recovery phase of an infection or with chronic infection.

RDW ↑ 13.60 % (+ 96 %)

The Red Cell Distribution Width (RDW) is essentially an indication of the degree of abnormal variation in size of red blood cells (called anisocytosis). Although the RDW will increase with vitamin B12 deficiency, folic acid, and iron anemia, it is increased most frequently with vitamin B12 deficiency anemia.

BUN ↑ 18.00 mg/dL (+ 83 %)

BUN or Blood Urea Nitrogen reflects the ratio between the production and clearance of urea in the body. Urea is formed almost entirely by the liver from both protein metabolism and protein digestion. The amount of urea excreted as BUN varies with the amount of dietary protein intake. Increased BUN may be due to an increased production of urea by the liver or decreased excretion by the kidney. BUN is a test used predominantly to measure kidney function, where it will be increased. An increased BUN is also associated with dehydration and hypochlorhydria. A low BUN is associated with malabsorption and a diet low in protein.

Hemoglobin, Male ↑ 15.30 g/dl (+ 80 %)

Hemoglobin is the oxygen carrying molecule in red blood cells. Measuring hemoglobin is useful to determine the cause and type of anemia and for evaluating the efficacy of anemia treatment. Hemoglobin levels may be increased in cases of dehydration.

RBC, Male ↑ 5.05 m/cumm (+ 71 %)

The red blood cell functions to carry oxygen from the lungs to the body tissues and to transfer carbon dioxide from the tissues to the lungs where it is expelled. The RBC Count determines the total number of cells or erythrocytes found in a cubic millimeter of blood. Increased levels are associated with dehydration, stress, a need for vitamin C and respiratory distress such as asthma. Decreased levels are primarily associated with anemia.

ESR, Male ↑ 6.00 mm/hr (+ 70 %)

The ESR test is based on the fact that certain blood proteins will become altered in inflammatory conditions, causing aggregation of the red blood cells and as such it is a non-specific measure for inflammation in the body. The ESR is useful for determining the level of tissue destruction, inflammation, and is an indication that a disease process is ongoing and must be investigated.

Chloride ↑ 107.00 mEq/L (+ 67 %)

Chloride plays an important role in human physiology. The amount of serum chloride is carefully regulated by the kidneys. Chloride is involved in regulating acid-base balance in the body. Increased levels are associated with metabolic acidosis and decreased levels are associated with metabolic alkalosis. Chloride is an important molecule in the production of hydrochloric acid in the stomach so decreased levels are associated with hypochlorhydria.

Neutrophils ↑ 63.10 % (+ 66 %)

Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white cell in the body's reaction to inflammation. Levels will be raised in bacterial infections. Decreased levels are often seen in chronic viral infections.

Below Optimal

DHEA-S, Male ↓ 100.00 mcg/dl (- 229 %)

DHEA is produced primarily from the adrenals and is the most abundant circulating steroid in the human body and influences more than 150 known anabolic (repair) functions throughout the body and brain. It is the precursor for the sex hormones: testosterone, progesterone and estrogen. Decreased levels are associated with many common age-related conditions, including diseases of the nervous, cardiovascular, and immune systems such as metabolic syndrome, coronary artery disease, osteoporosis, mood disorders and sexual dysfunction. Ideally DHEA levels should be maintained at the level of a healthy 30-year-old in order to maximize the anti-aging effects.

Phosphorus ↓ 2.80 mg/dL (- 190 %)

Phosphorous levels, like calcium, are regulated by parathyroid hormone (PTH). Phosphate levels are closely tied with calcium, but they are not as strictly controlled as calcium. Plasma levels may be decreased after a high carbohydrate meal or in people with a diet high in refined carbohydrates. Serum phosphorous is a general marker for digestion. Decreased phosphorous levels are associated with hypochlorhydria. Serum levels of phosphorous may be increased with a high phosphate consumption in the diet, with parathyroid hypofunction and renal insufficiency.

Protein, total ↓ 6.50 g/dL (- 130 %)

Total serum protein is composed of albumin and total globulin. Conditions that affect albumin and total globulin readings will impact the total protein value. A decreased total protein can be an indication of malnutrition, digestive dysfunction due to HCl need, or liver dysfunction. Malnutrition leads to a decreased total protein level in the serum primarily from lack of available essential amino acids. An increased total protein is most often due to dehydration.

Globulin, total ↓ 2.10 g/dL (- 125 %)

Total serum globulin is a measurement of all the individual globulin fractions in the blood. Globulins constitute the body's antibody system. A raised globulin level is associated with hypochlorhydria, liver dysfunction, immune activation, oxidative stress and inflammation. Decreased levels are associated with inflammation in the digestive system and immune insufficiency.

Alk Phos ↓ 51.00 IU/L (- 113 %)

Alkaline phosphatase (ALP) is a group of isoenzymes that originate in the bone, liver, intestines, skin, and placenta. It has a maximal activity at a pH of 9.0-10.0, hence the term alkaline phosphatase. Decreased levels of ALP have been associated with zinc deficiency. Elevated levels of ALP in the serum can occur with any liver dysfunction, it is especially sensitive to **any type** of obstruction in the biliary tract, both intra and extra-hepatic, both severe and mild. The degree of ALP elevation is in direct correlation to the severity of the obstruction. Elevated levels not of liver origin are seen in normal bone growth in children and healing fractures. Abnormal elevations are seen in diseases of the bone.

Vitamin D (25-OH) ↓ 28.00 ng/ml (- 105 %)

This vitamin D test measures for levels of 25-OH vitamin D and is a very good way to assess vitamin D status. Vitamin D deficiency has been associated with many disorders including many forms of cancer, hypertension, cardiovascular disease, chronic inflammation, chronic pain, mental illness including depression, diabetes, multiple sclerosis to name just a few.

HDL Cholesterol ↓ 48.00 mg/dL (- 97 %)

HDL functions to transport cholesterol from the peripheral tissues and vessel walls to the liver for processing and metabolism into bile salts. It is known as "good cholesterol" because it is thought that this process of bringing cholesterol from the peripheral tissue to the liver is protective against atherosclerosis. Decreased HDL is considered atherogenic, increased HDL is considered protective.

Cholesterol - Total ↓ 143.00 mg/dL (- 84 %)

Cholesterol is a steroid found in every cell of the body and in the plasma. It is an essential component in the structure of the cell membrane where it controls membrane fluidity. It provides the structural backbone for every steroid hormone in the body, which includes adrenal and sex hormones and vitamin D. The myelin sheaths of nerve fibers are derived from cholesterol and the bile salts that emulsify fats are composed of cholesterol. Cholesterol is made in the body by the liver and other organs, and from dietary sources. The liver, the intestines, and the skin produce between 60-80% of the body's cholesterol. The remainder comes from the diet. An increased cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, hypothyroidism, biliary stasis, and fatty liver. Decreased cholesterol levels are a strong indicator of gallbladder dysfunction, oxidative stress, inflammatory process, low fat diets and an increased heavy metal burden.

Total WBCs ↓ 4.60 k/cumm (- 82 %)

The total White Blood Cell (WBC) count measures the sum of all the WBCs in the peripheral blood. White Blood Cells fight infection, defend the body through a process called phagocytosis, and produce, transport and distribute antibodies as part of the immune process. It is important to look at the WBC differential count (neutrophils, lymphocytes, etc.) to locate the source of an increased or decreased WBC count.

Calcium ↓ 9.00 mg/dL (- 72 %)

Serum calcium levels, which are tightly regulated within a narrow range, are principally regulated by parathyroid hormone (PTH) and vitamin D. A low calcium level indicates that calcium regulation is out of balance and not necessarily that the body is deficient of calcium and needs supplementation. Check vitamin D levels, rule out hypochlorhydria, the need for magnesium, phosphorous, vitamin A, B and C, unsaturated fatty acids, and iodine as some of the reasons for a calcium "need" before supplementing with calcium. An elevated calcium is associated with parathyroid hyperfunction. If significantly elevated (>10.6 mg/dl or 2.65 mmol/L) check serum PTH levels and refer to an endocrinologist.

CO2 ↓ 24.00 mEq/L (- 70 %)

Carbon Dioxide is a measure of bicarbonate in the blood. CO₂, as bicarbonate, is available for acid-base balancing. Bicarbonate neutralizes metabolic acids in the body. Elevated levels of CO₂ are associated with metabolic alkalosis and hypochlorhydria. Decreased levels are associated with metabolic acidosis.

Lymphocytes ↓ 23.70 % (- 59 %)

Lymphocytes are a type of white blood cell. An increase in lymphocyte concentration is usually a sign of a viral infection but can also be a sign of increased toxicity in the body or inflammation. Decreased levels are often seen in a chronic viral infection when the body can use up a large number of lymphocytes and oxidative stress..

Functional Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Dysfunction Highly Likely, 70% - 90% - Dysfunction Likely, 50% - 70% - Dysfunction Possible, < 50% - Dysfunction Less Likely.

Functional Index	0%	100%
Immune Function Index		100%
GI Function Index		70%
Sex Hormone Index - Male		69%
Electrolyte Index		67%
Blood Sugar Index		62%
Acid-Base Index		60%
Adrenal Function Index		53%
Toxicity Index		41%
Cardiovascular Risk Index		41%
Oxidative Stress Index		38%
Prostate Function Index		33%
Gallbladder Function Index		33%
Bone Health Index		33%
Inflammation Index		31%
Heavy Metal Index		23%
Kidney Function Index		23%
Red Blood Cell Index		13%
Lipid Panel Index		9%
Liver Function Index		8%
Allergy Index	0%	
Thyroid Function Index	0%	

Immune Function Index

The Immune Function Index allows us to assess the state of function in your immune system. When the immune system is in a state of balance we are able to cope and deal with infections with little or no lasting negative side-effects. Elements on a blood test allow us to check and see if the immune system is in a state of balance or not. Some of the factors to consider include a low functioning immune system (a condition called immune insufficiency), bacterial or viral infections or GI dysfunction associated with decreased immune function: abnormal immunity in the gut lining, a decrease in immune cell function in the gut or an increase in abnormal bacteria, etc. in the gut (a condition called dysbiosis). For your blood test, your Immune Function Index is:

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Total WBCs ↓, Globulin, total ↓, Neutrophils ↑, Lymphocytes ↓, Monocytes ↑, Alk Phos ↓

GI Function Index

The GI Function Index reflects the degree of function in your gastrointestinal (GI) system. The gastrointestinal system is responsible for the digestion and breakdown of macro nutrients (proteins, fats and carbohydrates) into small particles so they can be easily absorbed and utilized. The GI systems is also responsible for the excretion and elimination of waste from the body. Your body's nutritional status is directly affected by your ability to digest macronutrients and also to absorb key vitamins, minerals, amino acids, essential fatty acids and accessory nutrients such as bioflavonoids, CoQ10, etc. Factors affecting the GI function include inadequate chewing, eating when stressed or in a hurry, lack of appropriate stomach acid (a condition called hypochlorhydria), inflammation in the stomach lining (a condition called gastritis), a decrease in digestive enzymes (a condition called pancreatic insufficiency), an overgrowth of non-beneficial bacteria in your digestive system (a condition called dysbiosis) and/or a condition called Leaky Gut Syndrome. For your blood test, your Functional GI Index is:

[70%] - Dysfunction Likely. Improvement required.

Rationale:

BUN ↑, Protein, total ↓, Globulin, total ↓, Phosphorus ↓, Alk Phos ↓, Calcium ↓, Total WBCs ↓

Sex Hormone Index - Male

The Male Sex Hormone Index helps us assess for sex hormone regulation. Blood levels of these crucial hormones diminish with age, contributing to age-related dysfunctions such as low libido, blood sugar problems, excess weight, heart disease, etc. We can measure sex hormone levels in your blood and determine from the Sex Hormone Index whether the levels are optimal for your continued health and wellness. For your blood test, your Male Sex Hormone Index is:

[69%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

DHEA-S, Male ↓, Estradiol, Male ↑

Electrolyte Index

The Electrolyte Index gives us a sense of the balance of electrolytes in your body. Electrolytes such as calcium, potassium, sodium and magnesium are essential for optimal health and wellness. An electrolyte imbalance can show up as low blood pressure, cold hands or feet, poor circulation, swelling in the ankles and immune insufficiency. For your blood test, your Electrolyte Index is:

[67%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Calcium ↓, Phosphorus ↓

Blood Sugar Index

The Blood Sugar index tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes. For your blood test, your Blood Sugar Index is:

[62%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Glucose ↑, HDL Cholesterol ↓, DHEA-S, Male ↓

Acid-Base Index

The Acid-Base Index can help us pinpoint imbalances in the body's pH (acid-alkaline) regulation system. There are a number of elements in the blood that will go out of balance when the body gets too acidic (a condition called metabolic acidosis) or too alkaline (a condition called metabolic alkalosis). For your blood test, your Acid-Alkaline Index is:

[60%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Chloride ↑, CO2 ↓, Calcium ↓

Adrenal Function Index

The Adrenal Function Index reflects the degree of function in your adrenal glands. The adrenal glands produce certain hormones in response to stress. They are responsible for what is commonly called "the fight or flight response". Unfortunately when your body is under constant stress, which is very common, your adrenal glands become less functional. Adrenal dysfunction can be caused by an increase output of stress hormones (adrenal stress) or more commonly a decrease output of adrenal hormones (adrenal insufficiency). We can look at elements in the blood to assess the functional state of your adrenals. For your blood test, your Adrenal Function Index is:

[53%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

BUN ↑, Chloride ↑, Cholesterol - Total ↓, DHEA-S, Male ↓

Nutrient Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Nutrient Assessment Report based on our latest research. This report gives me an indication of your nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Nutrient Status is Poor, 75% - 90% - Nutrient Status is Low, 50% - 75% - Moderate Nutrient Status, < 50% - Optimum Nutrient Status

Nutrient Index	0%	100%
Carbohydrate Index		75%
Vitamin Index		75%
Fat Index		62%
Hydration Index		60%
Mineral Index		46%
Protein Index		38%

Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

[75%] - Nutrient Status is Low. Improvement required.

Rationale:

Glucose ↑, Phosphorus ↓, HDL Cholesterol ↓, Total WBCs ↓

Vitamin Index

The Vitamin Index gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and breakdown individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves. For your blood test, your Vitamin Index is:

[75%] - Nutrient Status is Low. Improvement required.

Rationale:

Homocysteine ↑, Vitamin D (25-OH) ↓

Fat Index

The Fat Index gives us an assessment of fatty acid deficiency in your body. We do this by measuring elements in the blood that can indicate fat deficiencies in the diet itself and also for the ability of your body to handle the fats that you

do consume in your diet. A deficiency in Essential Fatty Acids (EFAs) is quite common. EFAs are fats that are essential for life and include the Omega 6 and Omega 3 fats, essential fats that are found in evening primrose oil, fish oils, flax seed oil, etc. For your blood test, your Fat Index is:

[62%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↓

Hydration Index

The Hydration index gives us a good indication of how well hydrated you were at the time your blood was drawn. Adequate hydration is necessary for many basic chemical reactions in your body, including digestion, electrolyte balance, hormone transport, and kidney and heart function. Dehydration is a very common problem and is most often due to insufficient water intake and/or excessive use of diuretics (substances that increase water loss from the body). These would include certain over the counter and prescription drugs, botanical medicines, caffeine, etc. These are some of the most common causes of dehydration and may be a cause of an increased Hydration Index. For your blood test, your Hydration Index is:

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

BUN ↑, RBC, Male ↑, Hemoglobin, Male ↑

Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Score Guide: 90% - 100% - Deficiency Highly Likely, 70% - 90% - Deficiency Likely, 50% - 70% - Deficiency Possible, < 50% - Deficiency Less Likely.

Individual Nutrients	0%	100%
DHEA Need		100%
Vitamin D Need		100%
Zinc Need		90%
Calcium Need		71%
Vitamin B12/Folate Need		42%
Thiamine Need		30%
Iron Deficiency	2%	
Vitamin B6 Need	0%	
Iodine Need	0%	
Magnesium Need	0%	
Vitamin C Need	0%	
Molybdenum Need	0%	
Selenium Need	0%	
Glutathione Need	0%	

DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

DHEA-S, Male ↓

Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Vitamin D (25-OH) ↓

Zinc Need

The results of your blood test indicate that your Zinc levels might be lower than optimal.

[90%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Alk Phos ↓

Calcium Need

The results of your blood test indicate that your calcium levels might be lower than optimal.

[71%] - Dysfunction Likely. Improvement required.

Rationale:

Calcium ↓, Vitamin D (25-OH) ↓

Blood Test History Report



The Blood Test History Report lists the results of your Blood Chemistry Screen and CBC tests side by side with the latest test listed on the left hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track your progress.

Element	Latest Test Result
	Apr 10 2014
Glucose	103.00 ↑
Hemoglobin A1C	5.40
Insulin - Fasting	
Fructosamine	
C-Peptide	
BUN	18.00 ↑
Creatinine	0.93
BUN/Creatinine Ratio	
Creatinine Clearance	
eGFR Non-Afr. American	93.00
eGFR African American	107.00
Sodium	142.00
Potassium	4.10
Sodium/Potassium Ratio	
Chloride	107.00 ↑
CO2	24.00 ↓
Anion gap	
Uric Acid, male	3.60
Protein, total	6.50 ↓
Albumin	4.40
Globulin, total	2.10 ↓
Albumin/Globulin Ratio	2.10
Calcium	9.00 ↓
Calcium/Albumin Ratio	
Collagen Cross-Linked NTx	
Phosphorus	2.80 ↓
Calcium/Phosphorous Ratio	
Magnesium	

Element	Latest Test Result
	Apr 10 2014
Alk Phos	51.00 ↓
LDH	162.00
AST (SGOT)	21.00
ALT (SGPT)	25.00
GGT	17.00
Bilirubin - Total	0.80
Bilirubin - Direct	0.20
Bilirubin - Indirect	
Iron - Serum	111.00
Ferritin	130.00
TIBC	332.00
% Transferrin saturation	33.00
Cholesterol - Total	143.00 ↓
Triglycerides	71.00
HDL Cholesterol	48.00 ↓
LDL Cholesterol	81.00
VLDL Cholesterol	
Cholesterol/HDL Ratio	3.00
Triglyceride/HDL Ratio	
Leptin, Male	
TSH	1.83
Total T4	7.00
Total T3	117.00
Free T4	
Free T3	
T3 Uptake	
Free Thyroxine Index (T7)	
Thyroid Peroxidase (TPO) Abs	
Thyroglobulin Abs	
Reverse T3	
Hs CRP, Male	
C-Reactive Protein	
ESR, Male	6.00 ↑
Homocysteine	10.80 ↑

Element	Latest Test Result
	Apr 10 2014
Fibrinogen	288.00
Creatine Kinase	
Vitamin D (25-OH)	28.00 ↓
Vitamin B12	
Folate	
DHEA-S, Male	100.00 ↓
Cortisol - AM	
Cortisol - PM	
Testosterone, Free Male	
Testosterone, Total Male	729.00
Sex Hormone Binding Globulin, male	
Estradiol, Male	42.00 ↑
Progesterone, Male	
PSA	1.50
Total WBCs	4.60 ↓
RBC, Male	5.05 ↑
Reticulocyte count	
Hemoglobin, Male	15.30 ↑
Hematocrit, Male	45.70
MCV	90.50
MCH	30.30
MCHC	33.40
Platelets	198.00
RDW	13.60 ↑
Neutrophils	63.10 ↑
Bands	
Lymphocytes	23.70 ↓
Monocytes	10.30 ↑
Basophils	0.70
Eosinophils	2.30

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