

THE NUTRITION CENTER

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NUTRITION EVALUATION: 07/16/2010

PATIENT INFORMATION

Patient #: 12346
Anne S Onymous
1234 Healthy Way
Somewhere OH 12345
(555) 555-5555
Sex: F
Age: 42
Blood Type: AB

DATA USED FOR ANALYSIS

Blood	05/10/2007
Hair	05/10/2007
Stool	03/18/2007
Urinalysis	03/18/2007
Vitals	03/18/2007
Medication	03/18/2007
PSS	08/27/2007

VITALS

Height: 5'6"
Weight: 154
Blood Pressure: 140 / 92
O2 Level: 96%
Heart Rate: 76

Patient Comments

My concerns are fatigue and hair loss.

PRIMARY FINDINGS SUGGESTIVE OF

- Hyperlipidemia
- Gastro/Intestinal dysfunction
- High Hair Aluminum
- High Hair Mercury
- Possible cardio effect
- Noted Blood Values
- High Hair Lead
- Noted Hair 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

- Glucophage OLD - 6 months - 2 years.
- Lipitor - More than 2 years.
- Prozac - Less than 6 months.

SIDE EFFECTS OF MEDICATIONS

- Glucophage (for diabetics) diarrhea; nausea; vomiting; abdominal bloating; flatulence; anorexia; unpleasant or

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metallic taste; rash
Nutrients Depleted: Folic Acid, Vitamin B12

- **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
- Prozac (AKA Sarafem) (used for depression) autonomic instability; extreme agitation; delirium; rash and itching; fever; arthritis; edema; lymph adenopathy; proteinuria; elevated liver enzymes; possible lung, kidney, or liver involvement; anxiety; nervousness; insomnia; fatigue; tremors; sweating; gastrointestinal complaints; anorexia; dizziness; light headedness; dry mouth.
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

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 allow us to see signs of any developing diseases/conditions.

INTERPRETING HAIR LAB RESULTS

The hair analysis screening is looking for essential, nonessential and potentially toxic elements. These elements are irreversibly incorporated into growing hair. The amount of each element found in the hair is proportional to levels in other body tissues. This makes the hair analysis a suitable indirect screening for physiological excess, deficiency or maldistribution of elements in the body. All screening tests have limitations which must be taken into consideration. Scalp hair is vulnerable to external contamination by water, hair treatments and other products. The data provided by a hair analysis should be considered in conjunction with symptoms, diet analysis, occupation and lifestyle, water source, physical examination and the results of other laboratory tests. However, accepting these limitations, hair analysis can provide useful insights into the toxic load and biochemical condition of the body.

For each elevated toxic element in the hair, the most common sources of exposure are listed in the report. Due to pollution, our industrial culture and other environmental factors, it is impossible to completely eliminate your exposure to some toxic elements. However by knowing the sources of toxins elevated in your body, you can work to reduce your exposure, thus lessening the total toxic burden on your body.

DIAGNOSTIC FINDINGS

CORONARY RISK ASSESSMENT

■ **Total Cholesterol:** 222
■ **LDL Cholesterol:** 139

■ **HDL Cholesterol:** 59
■ **VLDL Cholesterol:** 24

Coronary Risk Assessment: 3.76 Average

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.

HYPERLIPIDEMIA

Hyperlipidemia is basically too much fat in the blood. The most common fats in the blood are Cholesterol and Triglyceride. The Cholesterol and the LDL Cholesterol are high and the Triglycerides and the VLDL Cholesterol are a little high. The first considerations are probably liver and/or pancreatic dysfunction, diabetes mellitus, anemia, infection or inflammation. Excess weight, poor diet, caffeine intake and lack of exercise all contribute to this situation.

Nutrients Recommended:

Opti-EPA 500

POSSIBLE CARDIO EFFECT

The triglyceride/HDL cholesterol ratio was a little high. Recent studies have shown that the ratio of triglycerides to HDL was the strongest predictor of a heart attack. High triglycerides with low HDL levels increase levels of clotting factors in the bloodstream, which is unhealthy in protecting against heart disease. In adults, the triglyceride/HDL ratio should be below 2. Eliminating refined carbohydrates, lower total carbohydrates, increase protein and exercise are important in improving this value.

This finding is supported by:

High Blood A/G Ratio • High Blood LDH • High Blood Triglyceride • High Blood Platelets

This finding is associated with:

Medications Taken - Lipitor

GASTRO/INTESTINAL DYSFUNCTION

The Blood Urea Nitrogen (BUN), BUN/Creatinine Ratio and Globulin are a little low and the A/G Ratio is a little high. This is probably poor digestion and digestion problems and/or a low protein/high carbohydrate diet. A tendency for edema and fluid retention is increased. Many drugs or medications can cause or contribute toward these findings. Digestive enzymes may be of benefit. Globulin, a type of protein, is important for the immune system and to fight disease. 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:

High Blood Monocytes

This finding is associated with:

Medications Taken - Glucophage OLD • Lipitor • Prozac

Nutrients Recommended:

Betaine Plus

NOTED BLOOD VALUES

The Monocytes are a little high. This could indicate many things but at this level the first thing to do is to consider food allergies. First avoid all dairy, including milk, yogurt, cheese and ice cream, as it tends to cause or contribute to allergies. If this is being done and dairy is avoided and there is still a high Monocyte count then a food allergy test may be indicated.

The platelets are a little high. This is commonly associated with a mildly increased coronary risk. The platelets can stick together and form blood clots. It may be seen with inflammation.

The LDH is a little high and this is associated with destruction of cells. This doesn't tell where or how, only that too

much destruction is occurring. The body is continually breaking down and rebuilding. The problem is when the breakdown is too much or the body isn't repairing quickly enough.

Nutrients Recommended:

Vitamin E Natural Complex-400

HIGH HAIR ALUMINUM

You have an aluminum level that is high. Any aluminum is too much. Aluminum toxicity is associated with Alzheimer's and Parkinson's disease. Aluminum is, also, a heavy metal that displaces your other good minerals. One of the things that you should do to help your overall long-term health is to reduce your aluminum intake. The **most common sources of aluminum are: anti-perspirants, aluminum cookware, antacids, some baking sodas, baking powder, some breath mints, some skin lotion, some cosmetics, aluminum foil, canned goods, emulsifiers in some processed cheese, table salt - anti-caking compound, bleaching agent used in white flour, buffered aspirin, some toothpaste, dental amalgams, cigarette filters, and drinking water (tap water).** **Do not eat or drink anything that comes in a can. Read your labels before you purchase. I've even seen aluminum in a granola bar.**

Aluminum rods are commonly used in hot water tanks in area of acidic water. These rods will dissolve neutralizing the water, thus protecting the hot water tank. A rod of magnesium is an option for the same purpose.

Note: Fluoride and fluoridation increases the absorption of aluminum.

Chlorella and magnesium with malic acid have been reported to be quite effective in lowering aluminum.

Nutrients Recommended:

Chlorella Clean • MagMalic

HIGH HAIR LEAD

The lead value is high in the hair.

The Center for Disease Control (CDC) reports the following symptoms as those frequently seen in exposed children: abdominal pain; colics; severe and repeated vomiting; irritability; hyperactivity; anorexia; loss of appetite; ataxia; mental disturbances. In advanced stage: mental retardation; learning disability; speech disturbances; stupor or fatigue; intermittent fever; dehydration; constipation; diarrhea; nausea; altered sleep; epileptic seizures; headaches; poor memory; inability to concentrate; ADD/ADHD; aberrant behavior; decreased coordination; irritability; pain in abdomen; bones and muscles; gout; anemia.

Physiologically, the renal, nervous, reproductive, endocrine, immune, and hemopoietic systems are affected.

Sub-toxic oral exposure to lead and cadmium increases the susceptibility to bacterial and viral infections.

Other symptoms associated with the early stages of lead intoxication are: headaches; vertigo; tremor; joint pain; neuritis; general mental symptoms, psychoneuroses

Symptoms of acute intoxication include: colic; loss of muscle strength; muscle tenderness; paresthesia; signs of neuropathy. Lead is known to damage the kidney, the liver, and the reproductive system, as well as to interfere with bone marrow function, basic cellular processes and brain functions. It is known to be responsible for convulsions; abdominal pain; paralysis; temporary blindness; extreme pallor; loss of weight and appetite; constipation and numerous other problems.

Lead causes nerve and mental problems, especially affecting learning ability in children. It was reported that the IQs of middle-class children dropped five to seven points after lead exposure, and Moon, et. al., demonstrated that lead levels also related to decreased visual and motor performance.

Therapeutic considerations: mild lead exposure can be treated successfully with oral chelating agents, targeted mineral therapy and dietary measures. The following should be considered: lead displaced calcium. In the case of calcium deficiency, lead is more readily deposited in tissues. Increases in phosphorus intake, vitamin C, vitamin B-complex, pectin, vitamin E, vitamins A and C, and chromium can avoid cellular damage and reduce lead levels; Inadequate vitamin D intake facilitates the absorption of lead.

COMMON SOURCES OF LEAD:

lead based paints; older homes; crystal; ceramics; canned food; food crops; water contamination.

Nutrients Recommended:

Calcium MCHC • Chlorella Clean • Powdered Vitamin C with Ribose • Stress B Plus • Vital Trace Minerals

HIGH HAIR MERCURY

Mercury (Hg) is a toxic element for humans and animals. Hair mercury level is an accurate indicator of mercury body burden. A considerable variance in the sensitivity of different individuals to mercury has been observed, with some exhibiting symptoms at 3 to 5 ppm. Even very low levels of mercury have been found to suppress biological selenium activity. After dental amalgams are used, elevated hair mercury may be observed for six months to over a year. Hair mercury has been found to correlate with acute myocardial infarction where on average a 1 ppm mercury was found

to correlate with a 9 percent increase in acute myocardial infarction risk.

Mercury displaces selenium (which is a major anti-oxidant), zinc (protein, DNA and energy metabolism) and copper. Supplementation of magnesium, zinc, calcium, selenium, and manganese has been shown to be beneficial in relieving mercury loads.

Symptoms of acute contamination: metallic taste, thirst, discoloration and edema of oral mucosa, burning mouth pain, salivation, abdominal pain, vomiting, bloody diarrhea, severe gastroenteritis, colitis, nephrosis, anuria, uremia, shock. Symptoms of chronic contamination: gingivitis; weakness; ataxia; intention tremors; chronic fatigue (caused by inhibition of thyroid conversion of T4 to T3); depression; poor memory and cognitive function; learning disabilities; behavioral disorders; emotional instability; speech impairment, irritability; peripheral numbness, tingling or neuropathy; sleep disturbance; decreased senses of touch, hearing or vision; hypersensitivity and allergies; persistent infections including chronic yeast overgrowth; compromised immune function; cardiovascular disease. It disrupts intracellular transport in neurons and can decrease the production of neurotransmitters. Eventually this can lead to autoimmune diseases such as SLE (systemic lupus erythematosus), myelinopathies such as MS and myasthenia gravis, rheumatoid arthritis, MCS (multiple chemical sensitivity), and chronic candidiasis. An inverse relationship has been observed between hair mercury levels and intelligence scores in elementary school children.

Other sources of mercury are: large fish, pesticide residues, mercurial fungicides on seed grains, dental fillings, coal burning, calomel (mercurous chloride), interior paints, pharmaceuticals, the manufacture of paper, pulp and plastic products, and water.

Nutrients Recommended:

Chlorella Clean • Powdered Vitamin C with Ribose • Vital Trace Minerals

NOTED HAIR VALUES

HIGH CADMIUM

The Cadmium is a little high. Cadmium (Cd) is a toxic, heavy metal with no positive metabolic function in the body. It is relatively rare but it is more toxic than lead. Hair cadmium levels provide an excellent indication of body burden. Moderately high cadmium levels are consistent with hypertension, while very severe cadmium toxicity can cause hypotension.

Cadmium affects the kidneys, lungs, testes, arterial walls, and bones. It interferes with many enzymatic systems, leads to anemia, proteinuria and glucosuria and depletes glutathione, calcium, phosphorus and zinc. Cadmium absorption is reduced by zinc, calcium and selenium. Alkaline phosphatase is commonly elevated with cadmium toxicity. One of the things that you should do to help your overall long-term health is to reduce your cadmium intake. The most common sources of cadmium are: refined foods (white flour, white sugar, etc.), acid drinks left in galvanized pails or ice trays, superphosphate fertilizers, gluten flour, some cola drinks, tap water, atmospheric pollution in the burning of coal and petroleum products, seafood, plastic water pipes, margarine, canned fruits and beverages, sugar and molasses, alcoholic drinks, cigarette smoke, zinc smelters, cadmium plating used in soft drink dispensing machines. Cadmium toxicity is common among welders and construction workers (cement dust). Contamination may come from perms, dyes, bleach and some hair sprays, and can cause false highs for cadmium. Symptoms of Contamination: hypertension; fatigue; muscle and joint pain/osteomalacia; anemia; lumbar pain; learning disabilities, dyslexia, delinquency, schizophrenia, high anxiety, atherosclerosis; kidney damage with associated urinary loss of essential minerals, amino acids and protein.

HIGH URANIUM

Hair is a good indicator of uranium exposure. Blood and urine have been noted as NOT being representative of the body burden since the blood is rapidly cleared of uranium. Most forms of uranium are poorly absorbed by the body with the exception of the lungs, which absorb airborne uranium readily. Uranium forms many complexes with proteins and bone and can substitute for calcium. It is deposited throughout the body and chronic fatigue is often reported in association with high hair levels. Published data correlates uranium exposure, nephrotoxicity and all forms of cancer. Kidney and bone are the primary sites of uranium accumulation. Uranium has been noted to be higher in female hair than males living in the same home.

Uranium is considered to be a toxic element, although its toxic effects are not well known. It is a moderately common element with three isotopes. U238, the most common isotope, represents over 99% of the naturally occurring element. It is the only isotope of concern in this analysis. It is reasonably stable with a low level of radioactivity and a half life of 4.5 billion years. Uranium is used in glass manufacturing, ceramics, colored glass, high phosphate fertilizers and in some chemicals. Drinking water is a significant source of U238 in many regions. Radon can be a by-product of U238 decomposition.

LOW COPPER

The copper levels in the hair are low. Common symptoms of copper deficiency include elevated cholesterol, increased inflammatory response, anemia, bone disorders, reproductive failure, degeneration of the nervous system, depression, microcytic anemia, heart disease, pancreatic dysfunction, diarrhea, and impaired immunity. Dietary sources include dried legumes, nuts, and dark green leafy vegetables.

LOW BORON

The hair boron level is low. The level of boron in the hair analysis is quite low. Recent studies clearly indicate that boron has an important role in normal bone metabolism/density and may be needed for normal membrane function. In post-menopausal women consuming a very low boron diet, boron supplementation significantly lowered urinary excretion of calcium and magnesium and increased serum levels of estrogen. Boron deficiencies are associated with: skin allergies, eczema, acne, enteritis and osteoporosis. It is important in adrenaline production and in carbohydrate and lipid metabolism. Boron influences the metabolism of calcium, phosphorus, magnesium and cholecalciferol. A calcium supplement with boron has been recommended.

HIGH LITHIUM

The hair lithium is high. Lithium is used in the manufacture of lightweight metal alloys, glass, lubrication greases, and batteries. Toxicity can cause dermatitis, nausea, confusion, edema, or hypotension.

HIGH PHOSPHORUS

The hair phosphorus was high. This does not necessarily correlate with high serum phosphorus. Phosphorus is a major component of bones and teeth, and is used in chemical energy transfer, enzyme regulation, and in the metabolism of carbohydrates, amino acids, and lipids.

HIGH BARIUM

Barium compounds are found in soaps, ceramics, paper, glass, plastics, textiles, dyes, feul additives, rubber, paint and pesticides. Barium toxicity can cause vomiting, diarrhea, abdominal pain, muscular and myocardial stimulation, tingling in the extremities, and loss of tendon reflexes.

HIGH ZIRCONIUM

The zirconium levels in the hair were high. This has not been proven to be clinically significant.

HIGH ARSENIC

The arsenic level is a little high. Chronic arsenic exposure is known to cause: Bone marrow depression; leukopenia; normochromic anemia; exfoliation and pigmentation of skin; neurological symptoms; polyneuritis; altered hematopoiesis; liver degeneration; kidney degeneration; skin cancer; cancers of the respiratory tract; agitation; learning impairment; and confusion. Delayed toxicity symptoms include abdominal pain, nausea, vomiting, hematuria, and jaundice. Ingestion of relatively large amounts of soluble arsenic compounds, especially on an empty stomach, affect the myocardium, causing death within a few hours. Ingesting smaller amounts of arsenic can cause epigastric pain, vomiting and diarrhea, followed by inflammation of the conjunctiva and respiratory mucous membranes, epitaxis, transient jaundice, cardiomyopathy, erythematous or visceral rashes, and sweating. Other symptoms: malaise; muscle weakness; eczema; dermatitis; increased salivation; strong "garlic breath", alopecia totalis, vomiting, diarrhea and skin cancer. Hematological, renal, or pancreatic dysfunction may be observed. Symptoms of neuropathy are experienced typically appear as with tingling and paresthesia in the extremities. Proteinuria and methemoglobinemia are frequently observed, causing renal failure and death.

Arsenic can be absorbed by the human body through the respiratory and gastrointestinal tracts and through the skin. Arsenic is found in tobacco smoke and is a suspected causative factor in lung cancer. Metal smelting and the production of glass, ceramics, insecticides, fungicides and herbicides mobilize environmental arsenic. Drinking water may also be a source of arsenic, and the use of arsenic-containing paints is a known source of arsenic poisoning. Elevated hair levels are seen long before acute clinical signs of arsenic toxicity are obvious.

Therapeutic consideration for chronic overexposure: antioxidant therapy, especially ascorbic acid or calcium ascorbate, vitamin E (all tocopherols), increased intake of sulfur-containing amino acids, vitamin B6. Note: arsenic suppresses iodine and selenium.

Research: the relationship between cognitive functions and hair mineral concentrations of lead, arsenic, cadmium, and aluminum was examined for a random selection of 69 children. The data obtained showed a significant correlation between reading and writing skill and elevated arsenic levels, as well as interaction between arsenic and lead. Children with reduced visual-motor skills, had clearly elevated aluminum and lead levels.

TITANIUM

Titanium, which is a little high, generally has low toxicity. Titanium (Ti) has wide industrial uses, and elevated Ti may be the result of industrial exposure. Titanium is used in metal alloying and is used as titanium dioxide to coat welding rods. Titanium dioxide pigment is present in paints, inks, dyes, shoe whiteners, plastics, some cosmetics, toothpaste, conditioners, shampoos, paper fillers and ceramic glazes. Elevated hair titanium also may be an artifact (false high) of hair treatments such as dyeing or "highlighting". Surgical or dental implants may be a source of titanium in the hair.

LOW SULFUR

The sulfur levels in the hair are a little low. The mineral sulfur is needed for the manufacture of many proteins, including those forming hair, muscles, and skin. Sulfur contributes to fat digestion and absorption, because it is needed to make bile acids. Sulfur is also a constituent of bones, teeth, and collagen (the protein in connective tissue). As a component of insulin, sulfur is needed to regulate blood sugar. Most dietary sulfur is consumed as part of certain amino acids in protein-rich foods. Meat and poultry, organ meats, fish, eggs, beans, and dairy products are all good sources of sulfur-containing amino acids. Sulfur also occurs in garlic and onions.

Nutrients Recommended:

Calcium MCHC • Chlorella Clean • Multiple • Vital Trace Minerals

To help get these heavy metals out of your system, which is very important, Chlorella is recommended. Magnesium and selenium, are both very important in getting these toxic metals through the kidneys. Chlorella and cilantro have the unique ability to actually get these heavy metals out of brain, liver, heart, and lung tissue. Adding fresh cilantro to the diet is also recommended. Cilantro is an herb that can be found in most supermarkets. Chop it up and add it to salads, sauces, etc. Since we are constantly being exposed to heavy metals in our society, it is recommended that even after you are feeling better that you continue with the chlorella.

LIFESTYLE / DIETARY RECOMMENDATIONS

DIET FOCUS

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 and 1 fruit with each meal.
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
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

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.

AEROBIC EXERCISE

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

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

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.

For better health,

Christopher J. Reid, DC, DACBN, CCSP

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

Test Description	Current Rating 05/10/2007		Prior 03/18/2007	Delta	Healthy	Clinical	Units
Glucose	94.00	★	122.00	😊	80.00 - 95.00	65.00 - 99.00	mg/dL
Hemoglobin A1C (Gly-Hgh)	5.40	★	5.90	😊	5.00 - 5.50	4.80 - 5.90	%
Uric Acid	4.80	★	6.10	😊	4.10 - 6.00	2.40 - 8.20	mg/dL
BUN (Blood Urea Nitrogen)	9.00	low	17.00	😞	13.00 - 18.00	5.00 - 26.00	mg/dL
Creatinine	0.80	★	0.90		0.70 - 0.87	0.57 - 1.00	mg/dL
BUN / Creatinine Ratio	11.00	low	13.30	😞	13.00 - 20.00	8.00 - 27.00	ratio
Sodium	141.00	★	142.00		139.00 - 143.00	135.00 - 145.00	meq/dL
Potassium	4.30	★	3.80	😊	3.80 - 4.50	3.50 - 5.20	meq/dL
Chloride	103.00	★	105.00		102.00 - 106.00	97.00 - 108.00	meq/dL
Magnesium	2.40	★	2.20	😊	2.21 - 2.51	1.60 - 2.60	mg/dL
Calcium	9.90	★	10.02	😊	9.60 - 10.00	8.70 - 10.20	mg/dL
Phosphorus	3.50	★	4.10	😊	3.40 - 4.00	2.50 - 4.50	mg/dL
Calcium/Albumin Ratio	2.28	★	2.25		2.10 - 2.50	2.03 - 2.71	ratio
Total Protein	7.20	★	7.20		7.11 - 7.61	6.00 - 8.50	gm/dL
Albumin	4.20	★	4.40		4.10 - 4.50	3.60 - 4.80	gm/dL
Globulin	2.50	low	3.20	😞	2.81 - 3.51	1.50 - 4.50	gm/dL
A/G Ratio	1.70	high	1.40	😞	1.22 - 1.60	1.10 - 2.50	ratio
Total Bilirubin	0.50	★	0.70		0.30 - 0.90	0.00 - 1.20	mg/dL
Alkaline Phosphatase 25-150	78.00	★	74.00		65.00 - 108.00	25.00 - 160.00	IU/L
Creatine Kinase	100.00	★	100.00		64.00 - 133.00	24.00 - 173.00	u/l
LDH	210.00	high	125.00	😞	120.00 - 160.00	100.00 - 250.00	mu/mL
SGOT (AST)	21.00	★	22.00		15.00 - 26.00	6.00 - 40.00	mu/mL
SGPT (ALT)	16.00	★	21.00		15.00 - 26.00	6.00 - 40.00	mu/mL
GGT	23.00	★	32.00		22.00 - 39.00	6.00 - 65.00	mu/mL
Serum Iron	89.00	★	92.00		85.00 - 120.00	40.00 - 155.00	mcg/dL
Ferritin	44.00	★	41.00		30.00 - 115.00	13.00 - 150.00	NG/ML
Total Cholesterol	222.00	High	235.00	😊	140.00 - 170.00	100.00 - 199.00	mg/dL
Triglyceride	118.00	high	123.00	😊	80.00 - 115.00	10.00 - 149.00	mg/dL
HDL Cholesterol	59.00	★	69.00	😞	39.00 - 120.00	36.00 - 140.00	mg/dL
VLDL Cholesterol	24.00	high	24.00	∅	5.00 - 20.00	4.00 - 40.00	mg/dL
LDL Cholesterol	139.00	High	142.00	😊	50.00 - 75.00	6.00 - 99.00	mg/dL
Total Cholesterol / HDL Ratio	3.80	★	3.40		0.00 - 4.00	0.00 - 5.00	ratio
Triglyceride/HDL Ratio	2.00	high	1.78	😞	0.00 - 2.00	0.00 - 4.00	ratio
T4 Thyroxine	7.60	★	6.60	😊	7.10 - 9.00	4.50 - 12.00	mcg/dL
T3 Uptake	32.00	★	33.00		29.00 - 35.00	24.00 - 39.00	%
T7 Free Thyroxine Index (FTI)	3.20	★	2.10	😊	2.61 - 3.60	1.20 - 4.90	
CRP C-Reactive Protein	1.20	★	4.10	😊	0.00 - 1.50	0.00 - 4.90	mg/L
White Blood Count	7.90	★	6.90		5.00 - 8.00	4.00 - 10.50	k/cumm
Red Blood Count	4.54	★	4.68		4.50 - 5.50	4.10 - 5.60	m/cumm
Hemoglobin	14.20	★	14.50		13.30 - 15.20	11.50 - 17.00	gm/dL
Hematocrit	42.00	★	43.40		39.50 - 47.00	34.00 - 50.00	%
MCV	92.00	★	93.00		85.00 - 97.00	80.00 - 98.00	cu.m
MCH	31.30	★	30.90		28.10 - 32.00	27.00 - 34.00	pg
MCHC	33.90	★	33.40		33.00 - 34.00	32.00 - 36.00	%
Platelets	250.00	high	243.00	😞	175.00 - 250.00	140.00 - 415.00	k/cumm
Polys/Neutrophils (SEGS-PMNS)	61.00	★	61.00		55.00 - 65.00	40.00 - 74.00	%
Lymphocytes	30.00	★	28.00		25.00 - 40.00	14.00 - 46.00	%
Monocytes	7.00	high	6.00	😞	5.00 - 7.00	4.00 - 13.00	%
Eosinophils	1.00	★	2.00		0.00 - 4.10	0.00 - 7.00	%
Basophils	1.00	★	1.00	∅	0.00 - 2.00	0.00 - 3.00	%
ESR-Erythrocyte Sed Rate, Westergren	5.00	★	2.00		0.00 - 6.00	0.00 - 20.00	mm/HR

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

Test Description	Current Rating 05/10/2007		Prior 03/18/2007	Delta	Healthy		Clinical		Units
Toxic Elements									
Aluminum	12.00	High	4.00	⊗	0-	2.20	2.21-	7.00	ug/g
Antimony	0.00	★	0.01		0-	0.06	0.07-	0.12	ug/g
Arsenic	0.06	high	0.01	⊗	0-	0.03	0.04-	0.06	ug/g
Barium	1.70	high	0.82	⊗	0-	1.00	1.01-	2.00	ug/g
Beryllium	0.01	★	0.01		0-	0.01	0.02-	0.02	ug/g
Bismuth	0.13	★	0.07		0-	1.00	1.01-	2.00	ug/g
Cadmium	0.03	high	0.03	∅	0-	0.03	0.04-	0.05	ug/g
Lead	2.00	High	0.19	⊗	0-	0.40	0.41-	0.60	ug/g
Mercury	1.00	High	0.37	⊗	0-	0.50	0.51-	0.80	ug/g
Platinum	0.00	★	0.00		0-	0.00	0.01-	0.00	ug/g
Thallium	0.00	★	0.00		0-	0.00	0.01-	0.00	ug/g
Thorium	0.00	★	0.00		0-	0.00	0.01-	0.00	ug/g
Uranium	0.04	high	0.02	⊗	0-	0.03	0.04-	0.06	ug/g
Nickel	0.13	★	0.13		0-	0.25	0.26-	0.30	ug/g
Silver	0.04	★	0.04		0-	0.10	0.11-	0.15	ug/g
Tin	0.04	★	0.07		0-	0.29	0.30-	0.30	ug/g
Titanium	0.42	high	0.42	∅	0-	0.40	0.41-	0.70	ug/g
Total Toxic Representation	3.00	High	2.00	⊗	0-	2.00	2.01-	3.00	
Essential Elements									
Calcium	576.00	low	576.00	∅	663.00-	753.00	300.00-	1200.00	ug/g
Magnesium	128.00	high	150.00	😊	53.00-	62.00	35.00-	140.00	ug/g
Sodium	108.00	★	65.00	😊	72.00-	126.00	18.00-	180.00	ug/g
Potassium	32.00	★	22.00	😊	30.00-	53.00	8.00-	75.00	ug/g
Copper	11.00	Low	21.00	⊗	18.00-	29.00	11.00-	37.00	ug/g
Zinc	150.00	low	150.00	∅	150.00-	170.00	140.00-	220.00	ug/g
Manganese	0.28	low	0.28	∅	0.28-	0.40	0.08-	0.60	ug/g
Chromium	0.42	low	0.03	😊	0.48-	0.57	0.40-	0.65	ug/g
Vanadium	0.04	★	0.04		0.04-	0.05	0.02-	0.06	ug/g
Molybdenum	0.03	low	0.04	⊗	0.03-	0.04	0.02-	0.05	ug/g
Boron	0.30	Low	1.10	⊗	0.65-	2.50	0.40-	3.00	ug/g
Iodine	0.33	low	0.33	∅	0.76-	1.30	0.25-	1.80	ug/g
Lithium	0.02	High	0.01	⊗	0.01-	0.02	0.01-	0.02	ug/g
Phosphorus	221.00	High	221.00	∅	173.00-	197.00	150.00-	220.00	ug/g
Selenium	0.76	★	1.20		0.62-	1.03	0.55-	1.10	ug/g
Strontium	6.30	high	6.30	∅	2.00-	2.90	0.50-	7.60	ug/g
Sulfur	45100.00	low	45,100.00	∅	46000.00-	48000.00	44000.00-	50000.00	ug/g
Cobalt	0.02	★	0.02		0.02-	0.03	0.00-	0.04	ug/g
Iron	8.10	low	8.10	∅	9.00-	13.00	7.00-	16.00	ug/g
Germanium	0.03	★	0.05		0.03-	0.04	0.03-	0.04	ug/g
Rubidium	0.07	high	0.07	∅	0.02-	0.03	0.01-	0.10	ug/g
Zirconium	1.20	High	0.36	⊗	0.07-	0.25	0.02-	0.42	ug/g

VITAMIN AND SUPPLEMENT RECOMMENDATIONS

PATIENT Anne S Onymous

SEX: F AGE: 42 WEIGHT: 154

<u>Supplement</u>	<u>Number Per Day</u>
Betaine Plus	1
Calcium MCHC	3
Chlorella Clean	2
MagMalic	2
Multiple	2
Opti-EPA 500	1
Powdered Vitamin C with Ribose	2
Stress B Plus	1
Vital Trace Minerals	2
Vitamin E Natural Complex-400	1