BLUME
healing center

Ann Onymous

Initial Report of Findings

March 2016

PREPARED BY JASON PASSEY, DC, CCSP
Doctor of Chiropractic
Certified Chiropractic Sports Physician

Blume Healing Center
1611 Kresky Ave, Suite 108 • Centralia, WA 98531 • 360-330-1800
drpassey@gmail.com • www.BlumeHealingCenter.com

BLUME HEALING CENTER
Dr. Jason Passey, DC, CCSP
1611 Kresky Avenue Suite 108 Centralia, WA 98531
drpassey@gmail.com
www. BlumeHealingCenter.com
Phone: (360) 330-1800 Fax: (360) 330-5866

NUTRITION EVALUATION: 03/20/2016

PATIENT INFORMATION

Ann Onymous
1234 Main Street
Anywhere, USA 12345
(555) 555-5555
email@email.com

Sex: F
Birth Date: 10/1/1966
Age: 49
Blood Type:

DATA USED FOR ANALYSIS

Blood	03/07/2016
Hair	03/13/2016
PSS	03/20/2016
Vitals	03/07/2016
Medication	03/07/2016

VITALS

Height: 5'9"
Weight: 180

PRESENTING SYMPTOMS

Allergic Rhinitis (Sinusitis) • Allergies (unspecified) • Anxiety/Stress • Asthma • Chronic Fatigue • Constipation • Depression • Desires Nutritional and Metabolic Analysis • Dizziness/Balance problems • Excessive Thirst • Eye Pain/Problems • Hearing Loss • Hemorrhoids • Hypercholesterolemia (High Cholesterol) • Hypoglycemia • Hypothyroid • Mental Disorder • Migraines • Obesity • Poor Concentration/Memory • Skin Disorder • Spinal Problems • Stammering/Stuttering • Balance Problems • Energy level is worse than it was 5 years ago • Fingernails peel • Hair loss • Sensitive to chemicals, paint, exhaust fumes, cologne • Sleeps less than 6 hours per night • Somewhat Overweight • Thin hair • Afraid to eat anywhere except home • Brain Fog • Difficulty concentrating • Difficulty staying asleep • Easily angered • Feelings are easily hurt • Frequently becomes scared for no reason • Frequently miserable or blue • Has to be on guard even with friends • Often annoyed by people • Poor memory • Sometimes wishes to be dead or away from it all • Strange people or places cause fear • Under considerable emotional stress • Unhappy when others are happy • Upset by criticism • At Times Low Blood Pressure • Cold feet • Frequent swollen ankles • Pain in leg/hips when walking • Varicose veins • Hard of hearing • Punctured ear drum • Ringing or noises in the ears • Frequently feels cold • Gets lightheaded when standing quickly • Unusually jumpy or nervous • Cross eyes • Dry Eyes • Eye pain • Near sighted • Frequent foot cramps • Fungal Infection • Painful feet • Plantar Fascitis • Swelling in the feet and/or ankles • 3 or less bowel movements per week • Difficulty swallowing • Feels shaky when hungry • Frequent diarrhea • Frequent nausea • Frequent vomitting • Gall

bladder disease • Poor appetite • Tends to constipation • Uses laxatives • Family history of Cancer • Family history of Depression • Family history of Diabetes • Family history of Heart Disease • Family history of Obesity • Had childhood vaccinations • Craves Sugars/starches • Drinks decaffeinated tea • Eats no meat, no dairy • Eats no red meat • Regularly exercises • Takes vitamins • Frequent fever blisters • Have had root canals • Toothaches • Frequent headaches • Numbness/tingling in the body • Often dizzy • Pain between the shoulders • Shoulder/arm pain • Frequent sinus infections • Frequent stuffy nose • Hay fever • Post nasal drip • Wheezes • Dry Skin • Skin Itches • Bruises easily • Frequent goose bumps • Hives • Skin is tender • Sores that heal slowly • Urinates more than 2 times per night • Incontinence when sneezing or laughing • D & C • Endometriosis • Heavy hair growth on face or body • Painful intercourse • Yeast infections • Gallbladder • Hysterectomy, complete

PRIMARY FINDINGS SUGGESTIVE OF

- Hypercholesterolemia
- Gastro/Intestinal dysfunction
- Thyroid Considerations
- Noted Blood Values
- Very Low Hair Lithium
- Very Low Hair Rubidium
- Noted Hair Values
- Dehydration effects
- Vitamin D Deficiency
- Anemia
- Very Low Hair Potassium
- Very Low Hair Cobalt
- High Hair Aluminum

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

- Allegra - 6 months - 2 years.
- Qvar - 6 months - 2 years.
- L-Thyroxine - More than 2 years.
- Rhinocort - 6 months - 2 years.

SIDE EFFECTS OF MEDICATIONS

- **Allegra** (Otherwise known as Fexofenadine) indicated for use as an antihistamine.
  Side Effects: nausea; dysmenorrhea (painful menstruation); drowsiness; dyspepsia (painful digestion); fatigue; headache; throat irritation; viral infection.
  Possible Nutrients Depleted: Omega-3 fatty acids.

- **L-Thyroxine** used to treat symptoms of low thyroid levels include fatigue, muscle aches, constipation, dry skin, weight gain, slow heart rate, sensitivity to cold or dry, brittle hair that tends to fall out easily. These symptoms should disappear as your body adjusts to the medication. If they persist or become bothersome, inform your doctor.
  Side Effects: symptoms of high thyroid levels include headache, chest pain, increased pulse rate, rapid or irregular heartbeat, shortness of breath, trembling, sweating, diarrhea, weight loss. If you experience any of these effects, contact your doctor. Your dose may need to be adjusted. If you notice other effects not listed above, contact your doctor or pharmacist.
  Possible Nutrients Depleted: unknown at this time.

- **Qvar** is indicated in the maintenance treatment of asthma as prophylactic therapy, and for

asthma patients who require systemic corticosteroid administration.
Side Effects: headache, pharyngitis, rhinitis, upper respiratory infection, increased asthma symptoms, sinusitis, pain, back pain, nausea, dysphonia.
Possible Nutrients Depleted: unknown at this time.

- **Rhinocort** used to treat nasal symptoms.
  Side Effects: irritation of the nasal mucous membranes; sneezing; pharyngitis; cough increase; dry mouth; dyspepsia; hoarseness; wheezing; nasal pain; reduced sense of smell; bad taste; nausea; facial edema; rash; pruritis; nervousness; alopecia; myalgia; arthralgia.
  Possible Nutrients Depleted: Calcium, Folic Acid, Magnesium, Potassium, Selenium, Vitamin C, Vitamin D, Zinc.

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 allows 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:** 203
- **HDL Cholesterol:** 59
- **LDL Cholesterol:** 124
- **VLDL Cholesterol:** 20

Coronary Risk Assessment: 3.44 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.

HYPERCHOLESTEROLEMIA

The Cholesterol is high, the LDL Cholesterol and VLDL Cholesterol are a little high and the HDL is a little low. Excess weight, poor diet, caffeine intake and lack of exercise all contribute to this condition. This should be reasonable to manage and correct with the recommended dietary plan and nutrients.

The Cholesterol Non-HDL level is a little high and the coronary risk associated with this value is a little elevated.

This finding is supported by:
Low Blood T3 Uptake • Low Hair Chromium

This finding is associated with:
Presenting symptoms - Craves Sugars/starches

Nutrients Recommended:
Opti EPA

DEHYDRATION EFFECTS

High serum Calcium.

High Sodium.

A high Phosphorus level. A high Phosphorus may also indicate involvement including; liver, kidney, diabetes, alcohol, exercise, too much Vit D, cancers or even intense exercise. Note: If this is a child, youth or young adult this high Phosphorus reading is probably perfectly normal due to bone growth.

High Hematocrit.

This finding is associated with:
Presenting symptoms - Frequent diarrhea • 3 or less bowel movements per week • Gall bladder disease • Frequent headaches • Swelling in the feet and/or ankles • Tends to constipation • Skin Itches
Medications Taken - Rhinocort

GASTRO/INTESTINAL DYSFUNCTION

The Potassium is a little low. 80-90% of people with hypertension will have low potassium and interestingly most of the drugs to treat hypertension cause a depletion of Potassium. This level

of Potassium may be due to poor digeston and/or malnutrition or deficient intake of Potassium. Be sure to eat at least 2 servings of potassium rich foods per day such as avocado, broccoli, sweet potatoes and bananas.

The Uric Acid and Creatinine are low, the Chloride, Protein 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. Globulin, a type of protein is very 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:
Low Blood Potassium • Low Blood Serum Iron • High Blood Monocytes

This finding is associated with:
Presenting symptoms - Craves Sugars/starches
Medications Taken - Allegra • Rhinocort • L-Thyroxine

Nutrients Recommended:
Calcium MCHC 250mg • Ultrazyme

VITAMIN D DEFICIENCY

The Vitamin D 25 Hydroxy (total) and Vitamin D 25-OH D3 are low. Levels less than 32 ng/mL have been shown to 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. Increase sun exposure and/or take Vitamin D.

This finding is associated with:
Presenting symptoms - Chronic Fatigue • Depression • Frequent fever blisters • Pain in leg/hips when walking • Frequently miserable or blue

Nutrients Recommended:
Vitamin D 5000IU

THYROID CONSIDERATIONS

The TSH is a little high, the T3 Free and T3 Uptake is a little low and the T4, T7 and Thyroid Peroxidase Antibodies are optimal. These findings could be due to thyroid or other medications. Regardless, the thyroid metabolism is a little low due to the level of T3 Free, which is the most active thyroid hormone. The TSH will commonly elevate when thyroid function is low and the TSH stimulates the thyroid to produce more T4 but the thyroid is not responding, which will lead to lower thyroid function.
If thyroid symptoms are present then further testing and retesting is indicated. The thyroid gland controls your basal metabolic rate. This is the rate at which your body heals and repairs itself. It also determines how fast chemical reactions occur in the body. With a low-functioning thyroid, your immune system is going to be low, digestion is going to be slow and energy will be reduced. It is difficult to have a good cholesterol level with a low functioning thyroid. Large amounts of cauliflower, sauerkraut (cabbage), and asparagus do lower thyroid function; so do not eat these foods more than a couple of times per week. Note: poor digestion, low vitamin D, low protein, lack of exercise, infection, inflammation, liver and kidney dysfunction, deficiencies of minerals and vitamins as well as exposure to toxic elements and chemicals can cause or contribute to thyroid dysfunction and caffeine lowers thyroid function. Steroids and hormone replacement therapy and other drugs can alter thyroid function. Use of nutrients to support the thyroid and

changes in diet can change thyroid function can alter the need or dosage of medications. Improving diet and correcting the problems mentioned above might have the best effect. Interestingly, most cancers are seen in people with low thyroid function.

This finding is associated with:

Presenting symptoms - Chronic Fatigue • Depression • Hypercholesterolemia (High Cholesterol) • Energy level is worse than it was 5 years ago • Thin hair • Hair loss • Cold feet • Sores that heal slowly • Frequently feels cold • Somewhat Overweight

Medications Taken - L-Thyroxine

Nutrients Recommended:
ThyroAdvance

ANEMIA

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.

The MCHC (Mean hemoglobin contentration in the red cell) and the MCH (Mean Corpuscular Hemoglobin is the weight of hemoglobin in the average red cell) are a little low This is microcytic anemia associated with intracellular iron deficiency, chronic disease, thalassemia syndrome and/or Pyridoxine (B6) deficiency.

This finding is supported by:
Low Blood HDL Cholesterol • Low Blood Potassium • Low Blood Total Protein • Low Blood Globulin • Low Blood Total Bilirubin • High Blood LDH • Low Blood Platelets • High Hair Aluminum

This finding is associated with:

Presenting symptoms - Chronic Fatigue • Hemorrhoids • Poor Concentration/Memory • Energy level is worse than it was 5 years ago • Dizziness/Balance problems • Cold feet • Often dizzy • Bruises easily • Sores that heal slowly • Gets lightheaded when standing quickly • Difficulty concentrating • Poor memory • Eats no red meat • Eats no meat, no dairy

Nutrients Recommended:
Iron (Amino Iron 18mg) • Methyl B12 Plus

NOTED BLOOD VALUES

The platelets are a little low. This is probably associated with chronic infection. This may also be due to drugs or vaccines.

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.

A common reason for a mildly low Bilirubin is caffeine or other drugs.

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.

The GGT is a little low and this may be caused by medications, usually medications that are used to lower triglycerides.

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

The Carbon Dioxide (CO2) is high. This is metabolic alkalosis, which can be due to many things and many drugs including steroids, antacids or as simple as low protein levels and poor diet. Be aware that the CO2 tests run through LabCorp of America are in reality Bicarbonate testings. The significance is that the results are opposite of CO2. When Bicarb is low one would be too alkaline. When the Bicarb is high then one would be too acidic.

The Glucose is a little high. This is likely due to an improper fast because the Hemoglobin A1C is optimal.

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.

Nutrients Recommended:
Methyl B12 Plus

VERY LOW HAIR POTASSIUM

The potassium level in the hair is very low. Symptoms of potassium deficiency include muscle weakness, fatigue, and tachycardia. It is recommended that you eat at least 1-2 servings of potassium rich foods per day. The best sources of potassium are found in broccoli, bananas, avocado and sweet potatoes.

Nutrients Recommended:
Vital Trace Minerals

VERY LOW HAIR LITHIUM

The Lithium level in the hair is very low. Only very small amounts of lithium are needed. Hair levels of lithium do not necessarily indicate a deficiency according to most recent studies. If the followup hair test and related symptoms have not improved, very light therapy maybe indicated.

Nutrients Recommended:
Lithium 50mcg

VERY LOW HAIR COBALT

The cobalt level in the hair is very low. The only known biological use for cobalt is that it is absolutely necessary for vitamin B12 activity and function. Cobalt activates numerous enzymes and is stored in the liver as vitamin B12. Dietary cobalt and inorganic cobalt are poorly absorbed.

Sources of cobalt are found in all animal products, meats, fish, cheese, brewer's yeast and yeast extracts. Vegetarians (vegans) who refuse eggs and dairy products, as well as people who lack an intrinsic factor, risk vitamin B12 and cobalt deficiencies.
Recommendation: eat an egg at least 3 times per week.

VERY LOW HAIR RUBIDIUM

The rubidium level in the hair is very low. There is inconclusive evidence that rubidium is essential to the body, but high levels have been shown to be toxic.

HIGH HAIR ALUMINUM

The aluminum level in the hair 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.** Prosthetic devices produced by Zimmer Company and Johnson and Johnson typically are made of aluminum, vanadium, and titanium, which might cause increased levels in the hair and/or urine. 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, 180 caps • MagMalic

NOTED HAIR VALUES

The manganese level in the hair is low. This trace element is a cofactor for a number of important enzymes and functions with vitamin K in the formation of prothrombin. The functions of manganese include: glucose utilization, lipid synthesis and lipid metabolism, cholesterol metabolism, pancreatic function and development, prevention of sterility, normal skeletal growth and development, important for protein and nucleic acid metabolism, activating enzyme functions and in thyroid hormone synthesis.
KNOWN DEFICIENCY SYMPTOMS: fatigue; lack of physical endurance; slow growth of fingernails and hair; impaired metabolism of bone and cartilage; dermatitis; weight loss; reduced fertility; increased allergic sensitivities; inflammation; ataxia; fainting; hearing loss; weak tendons and ligaments and possible cause of diabetes. Manganese activates several enzyme systems and supports the utilization of vitamin C, E, choline, and other B-vitamins. Inadequate choline utiliization reduces the acetylcholine synthesis, causing conditions such as myasthenia gravis (loss of muscle strength).
Seizures are occasionally reported to be assoicated with severe manganese deficiency.

The sodium level in the hair is low. This is commonly associated with dehydration, gastrointestinal losses (vomiting, diarrhea), excessive sweating, renal disease, diuretic use, diabetes mellitus, emotional stress or electrolyte imbalance. Symptoms include low blood

pressure, reduced immune function, weight loss, cardiovascular weakness, ocular diseases, and anorexia. Increased protein intake and sparing use of sea salt are recommended.

The magnesium level in the hair is low. Low levels of magnesium are often associated with malabsorption, low dietary magnesium, alcoholism, kidney dialysis, renal disorders, antibiotic treatment, and prolonged diarrhea/laxative use. Symptoms include muscle twitching, cramps, cardiac arrythmia, gastrointestional disorders, tremor, paresthesia, behavioral problems (including hyperactivity in childern), suicidal behavior, dyslexia, poor appetite, skin lesions, insomnia, and mental depression. Dietary sources of magnesium include nuts, legumes, dark green leafy vegetables, and cereal grains.

The chromium level in the hair is low. Chromium is very important in carbohydrate and glucose metabolism and in the mechanism of insulin action. Basically, this mineral is very important for hypoglycemics and diabetics. Depletion can result in reduced metabolism of amino acids, glucose and lipid metabolism. It is also associated with protein malnutrition, elevated cholesterol levels, atherosclerosis and corneal damage.

The boron level in the hair is high. Signs of toxicity include nausea, vomiting, diarrhea, dermatitis, lethargy, inflammation and edema in the legs, growth problems, testicular atrophy and other health problems. Boron is present in some cleaners, cements, ceramics, glass, water and soil. Make sure there are adequate levels of calcium, magnesium, phosphorus, riboflavin and B6.

The strontium level in the hair is low. Strontium increases the utilization of calcium and may protect against osteoporosis. It essential for growth and is chemically similar to calcium and boron. Strontium can replace calcium in many biological processes.
Sources of strontium: brazil nuts, cereals, grains, dairy products and seafood.

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

Nutrients Recommended:
Calcium MCHC 250mg • MagMalic • Manganese Chelate • Multiple Vitamin • Stress B Plus, 90 tabs • Vital Trace Minerals

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 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

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

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

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

Yours in health,

Jason Passey, DC, CCSP

Name: Ann Onymous **Lab: Quest** **Blood Test Results**

Legend: Warning | High Risk | Critical | ★ Optimal | ☺ Improvement | ☹ Worse | Ø No Improvement

Test Description	Current Rating 03/07/2016		Prior 01/01/2016	Delta	Healthy	Clinical	Units
Triglyceride	99.00	★	107.00		76.66 - 113.33	0.00 - 150.00	mg/dL
VLDL Cholesterol	20.00	high	21.00	☺	8.00 - 20.00	5.00 - 35.00	mg/dL
Total Cholesterol	203.00	High	216.00	☺	150.00 - 180.00	125.00 - 200.00	mg/dL
HDL Cholesterol	59.00	low	53.00	☺	65.00 - 90.00	55.00 - 100.00	mg/dL
LDL Cholesterol	124.00	high	142.00	☺	36.00 - 68.00	5.00 - 130.00	mg/dL
Total Cholesterol / HDL Ratio	3.40	★	4.10	☺	0.00 - 4.00	0.00 - 5.00	ratio
Cholesterol Non-HDL	144.00	high	163.00	☺	80.00 - 130.00	60.00 - 160.00	mg/dL
Glucose	92.00	high	98.00	☺	79.00 - 90.00	65.00 - 99.00	mg/dL
BUN (Blood Urea Nitrogen)	21.00	★	24.00	☺	14.66 - 22.33	7.00 - 25.00	mg/dL
Creatinine	0.63	Low	0.70	☹	0.70 - 0.82	0.65 - 1.33	mg/dL
GFR Est.	107.00	★	90.00		59.00 - 127.00	45.00 - 128.00	/min/1.73r
BUN / Creatinine Ratio			34.30		12.33 - 18.66	6.00 - 22.00	ratio
Sodium	143.00	high	138.00	☹	138.66 - 142.33	135.00 - 146.00	meq/dL
Potassium	3.70	low	2.90	☺	4.00 - 4.80	3.50 - 5.30	meq/dL
Chloride	101.00	low	91.00	☺	102.00 - 106.00	98.00 - 110.00	meq/dL
Carbon Dioxide (CO2)	31.00	High	37.00	☺	25.00 - 28.00	19.00 - 30.00	mmol/L
Calcium	9.90	high	10.00	☺	8.56 - 9.76	8.60 - 10.40	mg/dL
Total Protein	6.50	low	6.80	☹	6.77 - 7.53	6.20 - 8.30	gm/dL
Albumin	4.40	★	4.50	☺	3.67 - 4.43	3.60 - 5.10	gm/dL
Globulin	2.10	low	2.30	☹	2.86 - 3.53	1.90 - 3.70	gm/dL
A/G Ratio	2.10	high	2.00	☹	1.30 - 1.60	1.00 - 2.50	ratio
Total Bilirubin	0.50	low	0.60	☹	0.56 - 0.94	0.20 - 1.20	mg/dL
Alkaline Phosphatase 25-150	65.00	★	74.00	☺	52.00 - 72.00	33.00 - 130.00	u/l
SGOT (AST)	20.00	★	23.00		18.00 - 26.00	10.00 - 35.00	u/l
SGPT (ALT)	19.00	★	18.00		18.00 - 26.00	9.00 - 46.00	u/l
Hemoglobin A1C (Gly-Hgh)	5.60	★			4.61 - 5.65	4.50 - 5.70	%
Magnesium	2.20	★	2.70	☺	1.90 - 2.30	1.50 - 2.50	mg/dL
Phosphorus	4.80	High			3.10 - 3.90	2.50 - 4.50	mg/dL
Uric Acid	2.60	Low			4.50 - 5.57	4.00 - 8.00	mg/dL
LDH	176.00	high			130.00 - 160.00	120.00 - 250.00	u/l
Creatine Kinase	108.00	high			50.00 - 100.00	44.00 - 196.00	u/l
GGT	9.00	low			12.00 - 20.00	3.00 - 85.00	u/l
TSH	2.41	high	0.81	☹	0.75 - 2.00	0.40 - 4.50	U/mL
T3 Uptake	28.00	low			28.30 - 31.70	22.00 - 35.00	%
T4 Thyroxine	8.70	★			7.00 - 9.50	4.50 - 12.00	mcg/dL
T7 Free Thyroxine Index (FTI)	2.40	★			2.20 - 3.40	1.40 - 3.80	
T4, Free (Direct) Thyroxine					1.10 - 1.50	0.80 - 1.80	ng/dL
T3 Free (Triiodothyronine)	2.70	low			2.90 - 3.60	2.30 - 4.20	pg/mL
Thyroid Peroxidase (TPO) Ab (antibodies	1.00	★			0.00 - 8.00	0.00 - 9.00	IU/ML
ESR-Erythrocyte Sed Rate, Westergren	2.00	★			0.00 - 8.00	0.00 - 20.00	mm/h
White Blood Count	5.00	★	4.50	☺	5.00 - 9.00	3.80 - 10.80	k/cumm
Red Blood Count	4.70	★	4.98	☺	4.30 - 4.80	3.80 - 5.10	Million/uL
Hemoglobin	13.90	★	15.00	☺	13.40 - 15.00	11.70 - 15.50	g/dL
Hematocrit	42.70	high	44.90	☺	38.00 - 42.00	38.00 - 50.00	%
MCV	90.90	★	90.20		87.00 - 93.00	80.00 - 100.00	cu.m
MCH	29.50	low	30.00	☹	30.00 - 32.50	27.00 - 33.00	pg
MCHC	32.50	low	33.00	☹	33.00 - 34.00	32.00 - 36.00	%
RDW	13.70	★	12.30		12.00 - 14.00	11.00 - 15.00	%
Platelets	188.00	low	211.00	☹	223.00 - 306.00	140.00 - 400.00	k/cumm
MPV (Mean Platelet Volume)	9.60	★			8.60 - 9.80	7.50 - 11.50	fL
Polys/Neutrophils (SEGS-PMNS)	59.20	★	47.10	☺	55.00 - 70.00	38.00 - 80.00	%
Lymphocytes	32.10	★	40.00	☺	26.00 - 38.00	15.00 - 49.00	%
Monocytes	7.50	high	9.30	☺	0.00 - 7.00	0.00 - 13.00	%
Eosinophils	0.60	★	1.80		0.00 - 5.33	0.00 - 8.00	%

Test Description	Current Rating 03/07/2016		Prior 01/01/2016	Delta	Healthy	Clinical	Units
Basophils	0.60	★	1.80	☺	0.00 - 1.50	0.00 - 2.00	%
Neutrophils/Polys (Absolute)	2,960.00	★	2,120.00	☺	,500.00 - 6,500.00	,500.00 - 7,800.00	cells/uL
Lymphs (Absolute)	1,605.00	low	1,800.00	☹	,850.00 - 2,800.00	850.00 - 3,900.00	cells/uL
Monocytes (Absolute)	375.00	★	420.00		350.00 - 700.00	200.00 - 950.00	cells/uL
Eosinophils (Absolute)	30.00	★	80.00		25.00 - 380.00	15.00 - 500.00	cells/uL
Basophils (Absolute)	30.00	★	80.00		15.00 - 150.00	10.00 - 200.00	cells/uL
Serum Iron	61.00	low			81.60 - 129.40	45.00 - 170.00	mcg/dL
Ferritin	45.00	low			50.00 - 110.00	20.00 - 380.00	NG/ML
CRP C-Reactive Protein	0.10	★			0.00 - 0.40	0.00 - 0.80	mg/dL
Vitamin D 25-Hydroxy (total)	29.00	Low			50.00 - 90.00	30.00 - 100.00	NG/ML
Vitamin D, 25-OH D2	4.00	★			0.00 - 20.00	0.00 - 30.00	NG/ML
Vitamin D, 25-OH D3	29.00	Low			35.00 - 70.00	30.00 - 100.00	NG/ML

Name: Ann Onymous **Lab: Quest** **Blood Test Results**

Legend: Warning | High Risk | Critical

	Prior Results					
	03/15/2014					
Triglyceride	234.00					
VLDL Cholesterol	47.00					
Total Cholesterol	240.00					
HDL Cholesterol	56.00					
LDL Cholesterol	137.00					
Total Cholesterol / HDL Ratio	4.30					
Cholesterol Non-HDL	184.00					
Glucose	98.00					
BUN (Blood Urea Nitrogen)	12.00					
Creatinine	0.72					
GFR Est.	87.00					
BUN / Creatinine Ratio	16.70					
Sodium	143.00					
Potassium	3.70					
Chloride	104.00					
Carbon Dioxide (CO2)	28.00					
Calcium	9.40					
Total Protein	6.60					
Albumin	4.40					
Globulin	2.20					
A/G Ratio	2.00					
Total Bilirubin	0.40					
Alkaline Phosphatase 25-150	77.00					
SGOT (AST)	27.00					
SGPT (ALT)	34.00					
Hemoglobin A1C (Gly-Hgh)						
Magnesium						
Phosphorus						
Uric Acid	4.00					
LDH						
Creatine Kinase						
GGT						
TSH	1.44					
T3 Uptake						
T4 Thyroxine						
T7 Free Thyroxine Index (FTI)						
T4, Free (Direct) Thyroxine	1.16					
T3 Free (Triiodothyronine)						
Thyroid Peroxidase (TPO) Ab (antibodies)						
ESR-Erythrocyte Sed Rate, Westergren	2.00					
White Blood Count	5.50					
Red Blood Count	4.61					
Hemoglobin	14.00					
Hematocrit	41.50					
MCV	90.00					
MCH	30.00					
MCHC	34.00					
RDW	13.00					
Platelets	215.00					
MPV (Mean Platelet Volume)						
Polys/Neutrophils (SEGS-PMNS)	55.70					
Lymphocytes	34.70					
Monocytes	6.10					
Eosinophils	2.70					

	Prior Results					
	03/15/2014					
Basophils	0.80					
Neutrophils/Polys (Absolute)	3,060.00					
Lymphs (Absolute)	1,910.00					
Monocytes (Absolute)	340.00					
Eosinophils (Absolute)	150.00					
Basophils (Absolute)	40.00					
Serum Iron						
Ferritin						
CRP C-Reactive Protein						
Vitamin D 25-Hydroxy (total)	32.00					
Vitamin D, 25-OH D2						
Vitamin D, 25-OH D3						

Name: Ann Onymous **Lab: Doctor's Data #1, (with Ranges)** **Hair Test Results**

Legend: Warning | High Risk | Critical | ★ Optimal | ☺ Improvement | ☹ Worse | Ø No Improvement

Test Description	Current Rating 03/13/2016		Prior	Delta	Healthy		Clinical		Units
Toxic Elements									
Aluminum	9.10	High			0 -	2.20	2.21 -	7.00	ug/g
Antimony	0.01	★			0 -	0.04	0.05 -	0.05	ug/g
Arsenic	0.03	★			0 -	0.03	0.04 -	0.06	ug/g
Barium	0.04	★			0 -	1.00	1.01 -	2.00	ug/g
Beryllium	0.01	★			0 -	0.01	0.02 -	0.02	ug/g
Bismuth	0.01	★			0 -	1.00	1.01 -	2.00	ug/g
Cadmium	0.01	★			0 -	0.03	0.04 -	0.05	ug/g
Lead	0.16	★			0 -	0.40	0.41 -	0.60	ug/g
Mercury	0.18	★			0 -	0.50	0.51 -	0.80	ug/g
Platinum	0.00	★			0 -	0.00	0.01 -	0.00	ug/g
Thallium	0.00	★			0 -	0.00	0.01 -	0.00	ug/g
Uranium	0.00	★			0 -	0.03	0.04 -	0.06	ug/g
Nickel	0.03	★			0 -	0.25	0.26 -	0.30	ug/g
Silver	0.01	★			0 -	0.10	0.11 -	0.15	ug/g
Tin	0.03	★			0 -	0.29	0.30 -	0.30	ug/g
Titanium	0.34	★			0 -	0.40	0.41 -	0.70	ug/g
Essential Elements									
Calcium	369.00	low			663.00 -	753.00	300.00 -	1200.00	ug/g
Magnesium	24.00	Low			53.00 -	62.00	35.00 -	120.00	ug/g
Sodium	11.00	Low			72.00 -	126.00	20.00 -	250.00	ug/g
Potassium	3.00	Very Low			30.00 -	53.00	8.00 -	75.00	ug/g
Copper	15.00	low			18.00 -	29.00	11.00 -	37.00	ug/g
Zinc	220.00	high			150.00 -	170.00	140.00 -	220.00	ug/g
Manganese	0.06	Low			0.28 -	0.40	0.08 -	0.60	ug/g
Chromium	0.35	Low			0.48 -	0.57	0.40 -	0.65	ug/g
Vanadium	0.04	low			0.04 -	0.05	0.02 -	0.06	ug/g
Molybdenum	0.04	★			0.03 -	0.04	0.02 -	0.05	ug/g
Boron	1.60	High			0.65 -	1.30	0.25 -	1.50	ug/g
Iodine	0.75	low			0.76 -	1.30	0.25 -	1.80	ug/g
Lithium	0.00	Very Low			0.01 -	0.02	0.01 -	0.02	ug/g
Phosphorus	158.00	low			173.00 -	197.00	150.00 -	220.00	ug/g
Selenium	0.93	★			0.62 -	1.03	0.55 -	1.10	ug/g
Strontium	0.32	Low			2.00 -	2.90	0.50 -	7.60	ug/g
Sulfur	48200.00	high			46000.00 -	48000.00	44000.00 -	50000.00	ug/g
Cobalt	0.00	Very Low			0.02 -	0.03	0.00 -	0.04	ug/g
Iron	7.10	low			9.00 -	13.00	7.00 -	16.00	ug/g
Germanium	0.03	★			0.03 -	0.04	0.03 -	0.04	ug/g
Rubidium	0.00	Very Low			0.02 -	0.03	0.01 -	0.10	ug/g
Zirconium	0.47	High			0.07 -	0.25	0.02 -	0.42	ug/g

VITAMIN AND SUPPLEMENT RECOMMENDATIONS

SUPPLIER: #1 SBN/Merkle Vitamin Line

PATIENT: Ann Onymous

SEX: F **AGE:** 49 **WEIGHT:** 180

Supplement	Number Per Day
Chlorella Clean, 180 caps	2
Iron (Amino Iron 18mg)	1
Lithium 50mcg	0.25
MagMalic	2
Manganese Chelate	1
Methyl B12 Plus	3
Multiple Vitamin	2
Opti EPA	1
Stress B Plus, 90 tabs	1
ThyroAdvance	2
Ultrazyme	3
Vital Trace Minerals	2
Vitamin D 5000IU	1