Blood Test Results Report

The Blood Test Results Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range. The elements appear in the order in which they appear on the lab test form.

Legend

Above Standard Range ↑↑	Above Optimal Range ↑	Below Optimal Range ↓	Below Standard Range ↓↓

Improvement	Worse

Element	Current May 10 2012	Previous Not Available	Impr	Optimal Range	Standard Range	Units
Glucose	97.00 ↑			75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.60 ↑			4.50 - 5.50	4.10 - 5.70	%
BUN	18.00 ↑			10.00 - 16.00	6.00 - 20.00	mg/dL
Creatinine	1.13 ↑			0.80 - 1.10	0.50 - 1.50	mg/dL
Sodium	137.00			135.00 - 142.00	135.00 - 148.00	mEq/L
Potassium	4.60 ↑			4.00 - 4.50	3.50 - 5.50	mEq/L
Chloride	100.00			100.00 - 106.00	96.00 - 109.00	mEq/L
CO2	21.00 ↓			25.00 - 30.00	20.00 - 32.00	mEq/L
Anion gap	20.60 ↑↑			7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, male	7.30 ↑			3.50 - 5.90	2.40 - 8.20	mg/dL
Protein, total	7.70 ↑			6.90 - 7.40	6.00 - 8.50	g/dL
Albumin	4.90			4.00 - 5.00	3.50 - 5.50	g/dL
Calcium	9.70			9.20 - 10.00	8.50 - 10.60	mg/dL
Phosphorus	4.00			3.00 - 4.00	2.50 - 4.50	mg/dL
Alk Phos	86.00			70.00 - 100.00	25.00 - 150.00	IU/L
AST (SGOT)	42.00 ↑↑			10.00 - 30.00	0.00 - 40.00	IU/L
ALT (SGPT)	76.00 ↑↑			10.00 - 30.00	0.00 - 55.00	IU/L
LDH	196.00			140.00 - 200.00	100.00 - 250.00	IU/L
Bilirubin - Total	0.80			0.10 - 0.90	0.10 - 1.20	mg/dL
GGT	93.00 ↑↑			10.00 - 30.00	0.00 - 65.00	IU/L
Globulin, total	2.80			2.40 - 2.80	1.50 - 4.50	g/dL
Albumin/Globulin Ratio	1.80			1.40 - 2.10	1.10 - 2.50	ratio
BUN/Creatinine Ratio	16.00			10.00 - 16.00	8.00 - 27.00	Ratio

Iron - Serum	98.00			50.00 - 100.00	40.00 - 155.00	µg/dL
Cholesterol - Total	236.00 ↑↑			160.00 - 180.00	100.00 - 199.00	mg/dL
Triglycerides	134.00 ↑			70.00 - 80.00	30.00 - 150.00	mg/dL
LDL Cholesterol	151.00 ↑↑			0.00 - 120.00	0.00 - 129.00	mg/dL
HDL Cholesterol	58.00			55.00 - 70.00	35.00 - 150.00	mg/dL
Cholesterol/HDL Ratio	4.10 ↑			0.00 - 4.00	0.00 - 5.00	Ratio
TSH	1.65			1.30 - 2.00	0.35 - 5.50	µU/mL
Total T4	9.20			6.00 - 11.90	4.50 - 12.50	µg/dL
Hs CRP, Male	3.03 ↑↑			0.00 - 0.55	0.00 - 3.00	mg/L
Homocysteine	8.60 ↑			0.00 - 7.20	4.30 - 15.30	µmol/L
Fibrinogen	352.00 ↑			200.00 - 300.00	193.00 - 423.00	mg/dl
DHEA, Male	146.60 ↓↓			400.00 - 500.00	280.00 - 640.00	µg/dl
Testosterone, Free Male LABCORP	8.90 ↓			15.00 - 26.50	6.60 - 26.50	pg/ml
Testosterone, Total Male	363.00 ↓			500.00 - 827.00	250.00 - 827.00	ng/dl
Estradiol, Male	14.50			10.00 - 30.00	0.00 - 54.00	pg/ml
Total WBCs	5.40 ↓			5.50 - 7.50	4.00 - 10.50	k/cumm
RBC, Male	5.26 ↑			4.20 - 4.90	4.10 - 5.60	m/cumm
Hemoglobin, Male	15.20 ↑			14.00 - 15.00	12.50 - 17.00	g/dl
Hematocrit, Male	44.80			40.00 - 48.00	36.00 - 50.00	%
MCV	85.00			82.00 - 89.90	80.00 - 98.00	fL
MCH	28.90			28.00 - 31.90	27.00 - 34.00	pg
MCHC	33.90			32.00 - 35.00	32.00 - 36.00	g/dL
Platelets	357.00			155.00 - 385.00	140.00 - 415.00	k/cumm
RDW	13.60 ↑			11.70 - 13.00	11.70 - 15.00	%
Neutrophils	59.00			40.00 - 60.00	40.00 - 74.00	%
Lymphocytes	29.00			24.00 - 44.00	14.00 - 46.00	%
Monocytes	8.00 ↑			0.00 - 7.00	4.00 - 13.00	%
Eosinophils	3.00			0.00 - 3.00	0.00 - 7.00	%
Basophils	1.00			0.00 - 1.00	0.00 - 3.00	%

% Deviation from Optimal Report

This report shows the elements on the blood test that are farthest from optimal expressed as a % deviation from median. The elements that appear closest to the top of each section are those elements that are farthest from optimal and should be carefully reviewed.

Element	% from Median	Lab Result	Low	High	Optimal Reference Ranges (Low – High)
Triglycerides	590	**134.00**	70.00	80.00	
Hs CRP, Male	501	**3.03**	0.00	0.55	
GGT	365	**93.00**	10.00	30.00	
Cholesterol - Total	330	**236.00**	160.00	180.00	
ALT (SGPT)	280	**76.00**	10.00	30.00	
Anion gap	222	**20.60**	7.00	12.00	
Glucose	150	**97.00**	75.00	86.00	
Protein, total	110	**7.70**	6.90	7.40	
AST (SGOT)	110	**42.00**	10.00	30.00	
Uric Acid, male	108	**7.30**	3.50	5.90	
Fibrinogen	102	**352.00**	200.00	300.00	
RBC, Male	101	**5.26**	4.20	4.90	
RDW	96	**13.60**	11.70	13.00	
BUN	83	**18.00**	10.00	16.00	
LDL Cholesterol	76	**151.00**	0.00	120.00	
Potassium	70	**4.60**	4.00	4.50	
Hemoglobin, Male	70	**15.20**	14.00	15.00	
Homocysteine	69	**8.60**	0.00	7.20	
Monocytes	64	**8.00**	0.00	7.00	
Hemoglobin A1C	60	**5.60**	4.50	5.50	
Creatinine	60	**1.13**	0.80	1.10	
Cholesterol/HDL Ratio	52	**4.10**	0.00	4.00	
BUN/Creatinine Ratio	50	**16.00**	10.00	16.00	
Phosphorus	50	**4.00**	3.00	4.00	
Globulin, total	50	**2.80**	2.40	2.80	
Eosinophils	50	**3.00**	0.00	3.00	
Basophils	50	**1.00**	0.00	1.00	
Iron - Serum	46	**98.00**	50.00	100.00	
Neutrophils	45	**59.00**	40.00	60.00	
LDH	43	**196.00**	140.00	200.00	
Albumin	40	**4.90**	4.00	5.00	
Platelets	38	**357.00**	155.00	385.00	
Bilirubin - Total	38	**0.80**	0.10	0.90	
MCHC	13	**33.90**	32.00	35.00	
Calcium	12	**9.70**	9.20	10.00	
Hematocrit, Male	10	**44.80**	40.00	48.00	
Albumin/Globulin Ratio	7	**1.80**	1.40	2.10	
Total T4	4	**9.20**	6.00	11.90	

Lab Test on May 10, 2012

Hoover, MD, DM(P), BCIH, Stuart | Essential2Health Advanced Natural Health Center

Alk Phos	3	**86.00**	70.00	100.00	
TSH	0	**1.65**	1.30	2.00	
MCV	-12	**85.00**	82.00	89.90	
Sodium	-21	**137.00**	135.00	142.00	
Lymphocytes	-25	**29.00**	24.00	44.00	
MCH	-27	**28.90**	28.00	31.90	
Estradiol, Male	-28	**14.50**	10.00	30.00	
HDL Cholesterol	-30	**58.00**	55.00	70.00	
Chloride	-50	**100.00**	100.00	106.00	
Total WBCs	-55	**5.40**	5.50	7.50	
Testosterone, Total Male	-92	**363.00**	500.00	827.00	
Testosterone, Free Male LABCORP	-103	**8.90**	15.00	26.50	
CO2	-130	**21.00**	25.00	30.00	
DHEA, Male	-303	**146.60**	400.00	500.00	

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
75% - 90% - Poor Function
50% - 75% - Moderate Dysfunction
40% - 50% - Dysfunction Possible
< 40% - Dysfunction Not Likely

Functional Index	0% 100%
GI Function Index	23%
Gallbladder Function Index	92%
Allergy Index	0%
Liver Function Index	50%
Heavy Metal Index	17%
Blood Sugar Index	88%
Oxidative Stress Index	38%
Adrenal Function Index	86%
Thyroid Function Index	0%
Cardiovascular Function Index	78%
Lipid Panel Index	82%
Inflammation Index	64%
Kidney Function Index	64%
Acid-Base Index	100%
Electrolyte Index	0%
Prostate Function Index	67%
Sex Hormone Index - Male	73%
Immune Function Index	33%
Red Blood Cell Index	13%
Toxicity Index	0%

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 hypochorhydria), 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:

[23%] - Dysfunction Not Likely. Keep up the good work.

Gallbladder Function Index

The Gallbladder Function Index reflects the degree of function in your gallbladder. The gallbladder plays an essential role in helping your body digest the fat in the diet. It does this through the release of a substance called bile. Bile is not only essential for fat digestion but it also helps the body get rid of certain toxins and also excess cholesterol from the body. Factors affecting gallbladder function include the inability of the liver to produce bile (a condition called biliary insufficiency), the progressive thickening of the bile in the gallbladder (a condition called biliary stasis) or the presence of obstructions in the gallbladder itself (a condition called biliary obstruction). For your blood test, your Gallbladder Function Index is:

[92%] - Dysfunction Highly Likely. Much improvement required.

Allergy Index

The Allergy Index reflects the degree of food or environmental sensitivities/allergies you may be dealing with. A number of elements on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy Index may indicate the need for further assessment or evaluation of food or environmental sensitivities/allergies. For your blood test, your Allergy Index is:

[0%] - Dysfunction Not Likely. Keep up the good work.

Liver Function Index

The Liver Function Index reflects the degree of function in your liver. The liver has over 500 known functions. It is involved with detoxification, digestion, the hormonal system, the immune system, controlling blood sugar, storing nutrients, and protein and fat metabolism. The liver also produces a substance called bile that is stored in the gallbladder. Bile is essential for proper fat digestion and is also a major route of elimination for the body. Factors affecting liver function include the accumulation of fat within the liver (a condition called fatty liver), inflammation of the liver cells from infections, toxins, etc. (a condition called hepatitis), actual damage to the liver cells themselves (a condition called cirrhosis) or a decrease in the ability of the liver to detoxify, which leads to detoxification issues. There are elements in the blood that we can measure that can indicate the relative function of the liver. For your blood test, your Liver Function Index is:

[50%] - Moderate Dysfunction. There may be improvement needed in certain areas.

Heavy Metal Index

The Heavy metal Index gives us an indication of whether or not your body is dealing with what we call a heavy metal burden. Heavy metals can accumulate in your body from environmental exposure, excessive use of aluminum cooking utensils, deodorants, canned foods, etc., excess consumption of fish that might contain mercury, lead containing paints, amalgam fillings, and in some cases well water and municipal water supplies. Whereas a simple blood test cannot tell which metals might be a burden to your body we can measure elements in the blood that are affected by the presence of toxic metals. For your blood test, your Heavy Metal Index is:

[17%] - Dysfunction Not Likely. Keep up the good work.

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:

[88%] - Poor Function. Improvement required.

Oxidative Stress Index

The Oxidative Stress index gives us an indication of the level of oxidative stress activity in your body. Oxidative stress is a disturbance in the free radical/antioxidant balance in the body and is associated with the aging process and a number of degenerative diseases. Oxidative stress arises when the levels of free radicals in the body are high and/or the levels of antioxidants in the body are low. The primary contribution to increased free radicals is the exposure to toxins from our environment. A high Oxidative Stress Index may indicate you need more antioxidants and/or need to make lifestyle changes such as quitting smoking, reducing stress, reducing alcohol consumption, etc. For your blood test, your Oxidative Stress Index is:

[38%] - Dysfunction Not Likely. Keep up the good work.

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:

[86%] - Poor Function. Improvement required.

Thyroid Function Index

The Thyroid Function Index allows us to assess the functional health of your thyroid. The thyroid produces hormones that control how the body uses energy. They are responsible for controlling metabolism in the body, for maintaining body temperature, regulating cholesterol and controlling mood. By examining specific elements on the blood test we can see if your thyroid is in a state of increased function (a condition called hyperthyroidism), in a state of decreased function (hypothyroidism) or hopefully optimal function! For your blood test, your Thyroid Function Index is:

[0%] - Dysfunction Not Likely. Keep up the good work.

Cardiovascular Function Index

The Cardiovascular Function Index looks at 15 elements on a blood test to assess for your risk of cardiovascular dysfunction. A high Cardiovascular Function Index indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Function index will be used along with information from an examination of your diet, lifestyle, exercise, body mass index and family history to give us a more complete picture of what is going on. For your blood test, your Cardiovascular Function Index is:

[78%] - Poor Function. Improvement required.

Lipid Panel Index

The Lipid Panel index gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel Index indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances. For your blood test, your Lipid Panel Index is:

[82%] - Poor Function. Improvement required.

Inflammation Index

The Inflammation Index can help us identify whether or not you are suffering from inflammation. This is important

because inflammation can be silent, i.e. not have any symptoms. A number of elements on a blood test can indicate the presence of inflammation. These are markers for inflammation and are not specific to any particular inflammatory condition or disease but they can help us look at the underlying dysfunctions that are the true cause of inflammation in the body. For your blood test, your Inflammation Index is:

[64%] - Moderate Dysfunction. There may be improvement needed in certain areas.

Kidney Function Index

The Kidney Function Index reflects the degree of function in your kidneys. The kidneys help to filter waste and toxins from the body and also help regulate fluid and mineral balance, help regulate blood pressure and regulate acid-alkaline balance in the body. Factors affecting kidney function include heavy metal toxicity, dehydration, caffeine and alcohol, liver dysfunction and may over the counter and prescription drugs. Kidney dysfunction can be a slow decrease in function (a condition called renal insufficiency) or impaired function associated with kidney infections and disease. For your blood test, your Kidney Function Index is:

[64%] - Moderate Dysfunction. There may be improvement needed in certain areas.

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 acidosis). For your blood test, your Acid-Alkaline Index is:

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

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:

[0%] - Dysfunction Not Likely. Keep up the good work.

Prostate Function Index

The Prostate Index can help us identify dysfunctions in your prostate. These can be a swollen prostate (a condition called Benign Prostatic Hypertrophy – BPH), an infection in the prostate (a condition called prostatitis), or a Urinary Tract infection (UTI). For your blood test, your Prostate Function Index is:

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

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:

[73%] - Moderate Dysfunction. There may be improvement needed in certain areas.

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:

[33%] - Dysfunction Not Likely. Keep up the good work.

Red Blood Cell Index

The Red Blood Cell Index assesses the body's ability to produce red blood cells and reflects whether or not an anemia may be present in the body. Red blood cells function to carry oxygen to all the tissues and cells of the body. Nutrient deficiencies and other dysfunctions can disrupt this process causing an anemia. Some of the nutrient deficiency causes of anemia include deficiencies in iron, B12/folate, vitamin B6, copper and vitamin C. For your blood test, your Red Blood Cell Index is:

[13%] - Dysfunction Not Likely. Keep up the good work.

Toxicity Index

The Toxicity Index gives us an indication of whether or not you are dealing with an increased toxicity body burden. Toxins can accumulate in the body from an increased exposure from food, water, or the environment. Toxins can also increase because the body's detoxification and elimination functions may be compromised. Whereas a simple blood test cannot tell us which toxins might be a burden to the body we can measure elements in the blood that are affected by the presence of toxins, giving us a functional index for toxicity. For your blood test, your Toxicity Index is:

[0%] - Dysfunction Not Likely. Keep up the good work.

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
40% - 75% - Moderate Nutrient Status
< 40% - Optimum Nutrient Status

Nutrient Index	0% 100%
Mineral Index	0%
Vitamin Index	62%
Hydration Index	64%
Protein Index	0%
Fat Index	12%
Carbohydrate Index	62%

Mineral Index

The Mineral Index gives us a general indication of the balance of certain minerals in your body based on the results of this blood test. Mineral levels in the body are closely regulated and deficiency in one or more minerals may be due to a number of factors such as the amount in your diet, the ability to digest and breakdown individual minerals from the food or supplements you consume, and the ability of those minerals to be absorbed, transported and ultimately taken up by the cells themselves. For your blood test, the Mineral Index is:

[0%] - Optimum Nutrient Status. Keep up the good work.

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:

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

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:

[64%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Protein Index

The Protein Index gives us an assessment of the protein levels in your body. We do this by measuring elements in the blood that can indicate protein deficiencies in the diet itself and also for the ability of your body to properly digest the proteins that you do consume in your diet. Protein deficiency is quite common and is often due to a diet that is low in protein and high in refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. Another reason for protein deficiency is what we call digestive dysfunction, which will greatly compromise protein digestion and absorption. Protein is an essential nutrient for the body and is a vital part of every tissue, cell and organ in your body. For your blood test, your Protein Index is:

[0%] - Optimum Nutrient Status. Keep up the good work.

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:

[12%] - Optimum Nutrient Status. Keep up the good work.

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:

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

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 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 Nutrieint Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Nutrients & Diet	0% 100%
DHEA Deficiency	100%
Thiamine Deficiency	80%
Vitamin B12/Folate Deficiency	28%
Iron Overload	20%
Vitamin C Need	10%
Iron Deficiency	6%
Vitamin B6 Deficiency	0%
Iodine Deficiency	0%
Magnesium Deficiency	0%
Calcium Need	0%
Copper Deficiency	0%
Vitamin D Deficiency	0%
Molybdenum Deficiency	0%
Selenium Deficiency	0%