

PURPLE COW CHIROPRACTIC

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NUTRITION EVALUATION: 01/22/2015

PATIENT INFORMATION

Ann Onymous
1234 Anywhere ST.
Anywhere OH 45425
(555) 555-5555
Sex: F
Birth Date: 10/01/1966
Age: 48
Blood Type: A+

DATA USED FOR ANALYSIS

PSS	07/20/2011
Vitals	01/19/2015
Medication	01/19/2015
Blood	01/19/2015
Hair	01/19/2015

VITALS

Height: 5'5"
Weight: 135

PRIMARY SYMPTOMS

1. Hypercholesterolemia (High Cholesterol)
2. Tendency of High Blood Pressure
3. Tachycardia (High Heart Rate)
4. Diabetes Mellitus

PRESENTING SYMPTOMS

Allergic Rhinitis (Sinusitis) • Anxiety/Stress • Arthritic/Rheumatic Disorder • Constipation • Depression • Diabetes Mellitus • Edema • Fibromyalgia • GERD • Headaches • Hypercholesterolemia (High Cholesterol) • Indigestion • Poor Concentration/Memory • Rheumatoid Arthritis • Sinusitis • Tachycardia (High Heart Rate) • Energy level is worse than it was 5 years ago • Fingernails are soft • Fingernails are splitting • Has tattoos • Pale fingernail beds • Sensitive to chemicals, paint, exhaust fumes, cologne • Difficulty concentrating • Cold feet • Cold hands • Heart skips beats • Heart palpitations • Spells of rapid heart rate • Tendency of High Blood Pressure • Excessive thirst • Frequently feels cold • Gets lightheaded when standing quickly • Painful feet • 3 or less bowel movements per week • Abdominal gas • Belching and burping after eating • Has constipation • Indigestion in 2 hours or more after meals • Irritable Bowel • Drinks alcohol • Drinks caffeinated pop/soda • Drinks diet pop/soda • Drinks 1 or more

pop/sodas per day • Frequent use of Artificial Sweeteners • Amalgam dental fillings • Bitter taste in the mouth in the morning • Frequent fever blisters • Frequent sore throats • Glands often swell • Tongue has grooves or fissures • Tongue is coated • Frequent headaches • Frequently feels faint • Frequent colds • Frequent sinus infections • Post nasal drip • Bruises easily • Problems with Eczema • Urinates more than 2 times per night • Frequent bladder infections • Frequent urination • Troubled by urgent urination • Abnormal cycle >29 days and/or <26 days • Breast Fibroids • Excessive menstrual flow • Retains fluid during periods

Patient Comments

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

Provider Comments/Findings

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

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

- Actemra - 6 months - 2 years.
- Tylenol PM - Occasional.
- Prilosec - Less than 6 months.

Patient Comments

Put supplements and vitamins here

Provider Comments/Findings

Put doctor notes here.

SIDE EFFECTS OF MEDICATIONS

- **Actemra** (otherwise known as tocilizumab) is indicated in the treatment of moderate to severe Rheumatoid Arthritis or systemic juvenile idiopathic arthritis.

Side Effects: Abdominal or stomach pain, black, tarry stools, bloody or cloudy urine, blurred vision, body aches or pain chest pain, cough or cough producing mucus, diarrhea, difficult, burning, or painful urination, difficulty breathing, difficulty swallowing, dizziness, ear congestion, fast heartbeat, feeling of warmth, fever or chills, frequent urge to urinate, headache, hives, itching, loss of appetite, loss of consciousness, loss of voice, lower back or side pain, nasal congestion, nausea, nervousness, pain or tenderness around the eyes and cheekbones, painful blisters on the trunk of the body
pale skin, pounding in the ears, puffiness or swelling of the eyelids or around the eyes, face, lips, or tongue, redness of the face, neck, arms, and occasionally, upper chest, shortness of breath or troubled breathing, skin rash, slow or fast heartbeat, sneezing, sore throat, stuffy or runny nose, sudden sweating, tightness of the chest or wheezing, ulcers, sores, or white spots

in the mouth, unusual bleeding or bruising, unusual tiredness or weakness, weakness, bladder pain, blurred vision, burning feeling in the chest or stomach, confusion, dark urine, decrease in height, difficulty moving, dizziness, faintness, or lightheadedness when getting up suddenly from a lying or sitting position, fast, irregular, pounding, or racing heartbeat or pulse, feeling hot, frequent urge to urinate, general feeling of discomfort or illness, heartburn, indigestion, itching, pain, redness, swelling, tenderness, or warmth on the skin at the injection site, joint pain, light-colored stools, muscle aches and pains, muscle cramps or stiffness, pain in the back, ribs, arms, or legs, pain in the groin or genitals, pale skin, severe stomach pain, sharp back pain just below the ribs, shivering, stomach upset, sweating, swelling, swollen joints, swollen, painful, or tender lymph glands in the face, neck, armpit, or groin, tenderness in the stomach area, trouble with sleeping, troubled breathing with exertion, unexplained runny nose or sneezing, upper right abdominal or stomach pain, vomiting, yellow eyes and skin, sour stomach, belching, changes in skin color, confusion, coughing or spitting up blood, fainting, gaseous, abdominal or stomach pain, lightheadedness, neck pain, night sweats, noisy breathing, pain, swelling, or redness in the joints, rapid, shallow breathing, recurrent fever, red, tender, or oozing skin at incision, stomach bloating, burning, cramping, or pain, sudden high fever or low-grade fever for months, swelling of the foot or leg, swollen lymph nodes, weight loss, dilated neck veins, extreme fatigue, severe abdominal or stomach pain, cramping, or burning, swelling of the face, fingers, feet, or lower legs, vomiting of material that looks like coffee grounds, severe and continuing weight gain, burning, dry, or itching eyes, constipation, discharge, excessive tearing, redness, pain, or swelling of the eye, eyelid, or inner lining of the eyelid, skin rash, encrusted, scaly and oozing, swelling or inflammation of the mouth, warmth on the skin, abnormal or decreased touch sensation, accumulation of pus, back pain, bleeding gums, blemishes on the skin, bloody eye, chapped, red, or swollen lips, earache, feeling of constant movement of self or surroundings, hives or welts, irritation in the mouth, loose teeth, persistent breath odor or bad taste in your mouth, pimples redness and swelling of the gums, redness of the eye, redness of the skin, redness or swelling in the ear, scaling, redness, burning, pain, or other signs of inflammation of the lips, sensation of spinning, sleeplessness, sore mouth or tongue, sores on the skin, stomach soreness or discomfort, swollen, red, or tender area of infection, unable to sleep, white patches in the mouth or on the tongue, bleeding after defecation, blindness, bloody nose, burning, numbness, tingling, or painful sensations, change in hearing, continuing ringing or buzzing or other unexplained noise in the ears, coughing or spitting up blood, decreased vision or other changes in vision, dry mouth, ear drainage, earache, flushed, dry skin, fruit-like breath odor, hearing loss, increased hunger, increased thirst, increased urination, itching ears, loss of consciousness, redness, swelling, or soreness of the tongue, thirst, uncomfortable swelling around the anus, unexplained weight loss, unsteadiness or awkwardness, weakness in the arms, hands, legs, or feet.

Possible Nutrients Depleted: Unknown.

- **Prilosec** (Otherwise known as Omeprazole) is used to treat acid related stomach and throat problems.

Side Effects: gastric tumors; cancer; and impairment of fertility; headache; diarrhea; abdominal pain; nausea; dizziness; vomiting; rash; constipation; cough; fever; pain; fatigue; malaise; chest pain; tachycardia; bradycardia; palpitation; high blood pressure; edema; elevated liver enzymes (SGOT and SGPT); hepatitis; pancreatitis; anorexia, dry mouth; hypoglycemia; weight gain; muscle cramps; muscle and joint pain; muscle weakness; depression; hallucinations; confusion; insomnia; nervousness; tremors; apathy; anxiety; vertigo; skin inflammation; toxic epidermal necrolysis; alopecia; tinnitus; gynecomastia; and various anemia's.

Possible Nutrients Depleted: Vitamin B12, Folic Acid, Vitamin D, Calcium, Iron and Zinc.

- **Tylenol PM** used for a sleep aid.

Side Effects: dry eyes, nose, and mouth, drowsiness or dizziness, blurred vision, difficulty urinating, allergic reaction (difficulty breathing, closing of your throat, swelling of your lips, tongue, or face, or hives), liver damage (yellowing of the skin or eyes, nausea, abdominal pain or discomfort, unusual bleeding or bruising, or severe fatigue), blood problems or low blood sugar, increased hunger or thirst, fainting.

Possible 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.

DIAGNOSTIC FINDINGS

- **Total Cholesterol:**
- **LDL Cholesterol:**
- **HDL Cholesterol:**
- **VLDL Cholesterol:**

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 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.

Yours in health,

Nicholas B. Houston, D.C.

Name: Ann Onymous

Lab: LabCorp

Blood Test Results

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

Test Description	Current Rating 01/19/2015	Prior 07/20/2011	Delta	Healthy	Clinical	Units
Glucose		120.00		80.00 - 95.00	65.00 - 99.00	mg/dL
Hemoglobin A1C (Gly-Hgh)		6.80		4.80 - 5.60	4.60 - 6.40	%
Uric Acid		5.30		3.50 - 6.60	2.50 - 7.10	mg/dL
BUN (Blood Urea Nitrogen)		17.00		8.00 - 18.00	6.00 - 24.00	mg/dL
Creatinine		0.79		0.70 - 0.87	0.57 - 1.00	mg/dL
GFR Est.		66.00		59.00 - 145.00	45.00 - 150.00	/min/1.73r
BUN / Creatinine Ratio		18.48		12.00 - 19.00	9.00 - 23.00	ratio
Sodium		141.00		139.00 - 143.00	134.00 - 144.00	meq/dL
Potassium		4.11		3.80 - 4.50	3.50 - 5.20	meq/dL
Chloride		96.00		102.00 - 106.00	97.00 - 108.00	meq/dL
Magnesium		2.30		1.90 - 2.51	1.60 - 2.60	mg/dL
Calcium		9.40		9.61 - 10.00	8.70 - 10.20	mg/dL
Calcium/Albumin Ratio		2.31		2.10 - 2.50	2.03 - 2.71	ratio
Phosphorus		3.70		3.40 - 4.00	2.50 - 4.50	mg/dL
Total Protein		6.20		7.10 - 7.61	6.00 - 8.50	gm/dL
Albumin		4.00		4.10 - 4.50	3.50 - 5.50	gm/dL
Globulin		2.20		2.80 - 3.51	1.50 - 4.50	gm/dL
A/G Ratio		1.23		1.20 - 1.60	1.10 - 2.50	ratio
Total Bilirubin		0.44		0.30 - 0.90	0.00 - 1.20	mg/dL
Alk. Phosphatase 25-530		77.00		62.00 - 87.00	39.00 - 117.00	IU/L
Creatine Kinase		134.00		32.00 - 116.00	24.00 - 173.00	u/l
LDH		135.00		120.00 - 160.00	100.00 - 214.00	IU/L
SGOT (AST)		32.00		15.00 - 26.00	6.00 - 40.00	IU/L
SGPT (ALT)		40.00		0.00 - 26.00	0.00 - 32.00	IU/L
GGT		50.00		18.00 - 35.00	10.00 - 60.00	IU/L
Serum Iron		79.00		85.00 - 120.00	35.00 - 155.00	mcg/dL
Ferritin		13.00		45.00 - 110.00	15.00 - 150.00	NG/ML
Total Cholesterol		188.00		150.00 - 180.00	100.00 - 199.00	mg/dL
Triglyceride		84.00		50.00 - 125.00	0.00 - 149.00	mg/dL
HDL Cholesterol		63.00		39.00 - 120.00	36.00 - 140.00	mg/dL
VLDL Cholesterol		16.00		5.00 - 20.00	4.00 - 40.00	mg/dL
LDL Cholesterol		87.00		50.00 - 75.00	6.00 - 99.00	mg/dL
Total Cholesterol / HDL Ratio		3.00		0.00 - 4.00	0.00 - 5.00	ratio
Triglyceride/HDL Ratio		1.30		0.00 - 2.00	0.00 - 4.00	ratio
TSH		0.40		0.50 - 3.50	0.45 - 4.50	uIU/mL
T4 Thyroxine		12.00		7.10 - 9.00	4.50 - 12.00	mcg/dL
T3 Uptake		31.00		29.00 - 35.00	24.00 - 39.00	%
T7 Free Thyroxine Index (FTI)		5.00		2.61 - 3.60	1.20 - 4.90	
CRP C-Reactive Protein		6.70		0.00 - 1.50	0.00 - 4.90	mg/L
White Blood Count		4.20		5.70 - 8.50	3.40 - 10.80	k/cumm
Red Blood Count		4.90		4.27 - 4.78	4.14 - 5.80	m/cumm
Hemoglobin		11.70		12.50 - 14.50	11.10 - 15.90	gm/dL
Hematocrit		37.00		38.00 - 42.00	34.00 - 46.00	%
MCV		91.00		84.00 - 92.00	79.00 - 97.00	cu.m
MCH		30.20		28.60 - 31.00	26.60 - 33.00	pg
MCHC		34.50		33.20 - 34.50	31.50 - 35.70	%
Platelets		205.00		215.00 - 319.00	150.00 - 379.00	k/cumm
Polys/Neutrophils (SEGS-PMNS)		66.00		51.00 - 63.00	40.00 - 74.00	%
Lymphocytes		24.00		24.00 - 36.00	14.00 - 46.00	%
Monocytes		6.20		5.00 - 7.00	4.00 - 13.00	%
Eosinophils		3.50		0.00 - 3.50	0.00 - 5.00	%
Basophils		0.09		0.00 - 2.00	0.00 - 3.00	%
ESR-Erythrocyte Sed Rate, Westergren		11.00		0.00 - 10.00	0.00 - 32.00	mm/HR
Vitamin D 25-Hydroxy (total)		21.00		50.00 - 90.00	30.00 - 100.00	NG/ML

Legend: ■ Warning ■ High Risk ■ Critical

	Prior Results					
	07/20/2011	07/20/2011	05/15/2011	05/20/2010	09/17/2008	03/22/2007
Glucose	120.00	120.00	178.00	93.00	98.00	96.00
Hemoglobin A1C (Gly-Hgh)	6.80	6.80	8.70	5.30	4.00	
Uric Acid	5.30	5.30	5.60		4.00	
BUN (Blood Urea Nitrogen)	17.00	17.00	20.00		21.00	
Creatinine	0.79	0.79	1.00		1.20	
GFR Est.	66.00	66.00	70.00			
BUN / Creatinine Ratio	18.48	18.48	21.00			
Sodium	141.00	141.00	139.00		138.00	
Potassium	4.11	4.11	4.10		3.60	
Chloride	96.00	96.00	90.00		101.00	
Magnesium	2.30	2.30	2.20		2.40	
Calcium	9.40	9.40	9.30		9.50	
Calcium/Albumin Ratio	2.31	2.31	2.33			
Phosphorus	3.70	3.70	3.90		3.80	
Total Protein	6.20	6.20	5.95		7.80	
Albumin	4.00	4.00	3.55		4.30	
Globulin	2.20	2.20	1.40		3.50	
A/G Ratio	1.23	1.23	1.22			
Total Bilirubin	0.44	0.44	0.52			
Alk. Phosphatase 25-530	77.00	77.00	67.00		90.00	200.00
Creatine Kinase	134.00	134.00	150.00		125.00	
LDH	135.00	135.00	224.00			44.00
SGOT (AST)	32.00	32.00	65.00		50.00	70.00
SGPT (ALT)	40.00	40.00	70.00			70.00
GGT	50.00	50.00	66.00		55.00	200.00
Serum Iron	79.00	79.00	31.00		80.00	
Ferritin	13.00	13.00	430.00		10.00	
Total Cholesterol	188.00	188.00	227.00		200.00	
Triglyceride	84.00	84.00	85.00		150.00	
HDL Cholesterol	63.00	63.00	43.00		50.00	
VLDL Cholesterol	16.00	16.00	17.00		10.00	
LDL Cholesterol	87.00	87.00	111.00		140.00	
Total Cholesterol / HDL Ratio	3.00	3.00	5.20		4.00	
Triglyceride/HDL Ratio	1.30	1.30	1.90			
TSH	0.40	0.40	2.30	2.40		
T4 Thyroxine	12.00	12.00	9.80	10.02		
T3 Uptake	31.00	31.00	29.00	32.00		
T7 Free Thyroxine Index (FTI)	5.00	5.00	2.80	3.00		
CRP C-Reactive Protein	6.70	6.70	13.00	15.01	10.00	
White Blood Count	4.20	4.20	3.80	7.60	11.00	
Red Blood Count	4.90	4.90	3.80	3.96	2.20	
Hemoglobin	11.70	11.70	10.20	9.20	9.50	
Hematocrit	37.00	37.00	32.40	38.70	31.00	
MCV	91.00	91.00	89.00	90.00	90.00	
MCH	30.20	30.20	30.90	30.60	31.00	
MCHC	34.50	34.50	37.00	35.00	35.00	
Platelets	205.00	205.00	170.00	255.00	280.00	
Polys/Neutrophils (SEGS-PMNS)	66.00	66.00	68.00	55.00		
Lymphocytes	24.00	24.00	23.00	29.00		
Monocytes	6.20	6.20	6.00	6.50		
Eosinophils	3.50	3.50	3.62	4.33		
Basophils	0.09	0.09	1.00	1.00		
ESR-Erythrocyte Sed Rate, Westergren	11.00	11.00	38.00		20.00	
Vitamin D 25-Hydroxy (total)	21.00	21.00	12.00			

Name: Ann Onymous

Lab: Doctor's Data #1, (with Ranges)

Hair Test Results

Legend:  Warning  High Risk  Critical  Optimal  Improvement  Worse  No Improvement

Test Description	Current Rating	Prior	Delta	Healthy	Clinical	Units
	01/19/2015	07/20/2011				
Toxic Elements						
Essential Elements						

Legend: ■ Warning ■ High Risk ■ Critical

	07/20/2011	05/20/2011	Prior Results			
Toxic Elements						
Aluminum	3.80	5.00				
Antimony	0.02	0.05				
Arsenic	0.06	0.13				
Barium	2.00	2.12				
Beryllium	0.00	0.00				
Bismuth	0.10	0.10				
Cadmium	0.08	0.10				
Lead	2.71	5.00				
Mercury	2.33	4.00				
Platinum	0.00	0.00				
Thallium	0.00	0.00				
Thorium	0.00	0.00				
Uranium	0.01	0.01				
Nickel	0.21	0.30				
Silver	0.09	0.14				
Tin	0.22	0.25				
Titanium	0.30	0.60				
Total Toxic Representation	2.00	3.00				
Essential Elements						
Calcium	1,000.00	2,701.00				
Magnesium	98.00	290.00				
Sodium	60.00	65.00				
Potassium	17.00	19.00				
Copper	19.00	26.00				
Zinc	142.00	163.00				
Manganese	0.50	0.20				
Chromium	0.28	0.16				
Vanadium	0.04	0.06				
Molybdenum	0.04	0.03				
Boron	1.40	1.40				
Iodine	0.45	0.25				
Lithium	0.01	0.00				
Phosphorus	189.00	173.00				
Selenium	1.20	0.98				
Strontium	2.50	2.30				
Sulfur	45,252.00	44,879.00				
Cobalt	0.02	0.01				
Iron	7.80	7.80				
Germanium	0.05	0.05				
Rubidium	0.03	0.01				
Zirconium	0.11	0.10				

VITAMIN AND SUPPLEMENT RECOMMENDATIONS

SUPPLIER: #1 SBN/Merkle Vitamin Line

PATIENT: Ann Onymous

SEX: F

AGE: 48

WEIGHT: 135

Supplement

Number Per Day