Why Blood Test Analysis is Essential for Optimal Health

✓Wouldn't you like to know where you stand in the big health picture? Blood tests are a good way to catch red flags early, before they even become "pink flags". Detailed computer reports can help analyze trends before they manifest into full-blown problems showing up out of lab ranges.

✓When you are exposed to "Optimal Values" and not just upper and lower limits of full blown disease, you are able to assess concerns that have been "flying under the radar".

✓Extensive testing beyond the typical blood test can uncover a bigger health picture; for instance, a typical blood test will not flag glucose until it reaches 100 (some labs won't flag it till it reaches 110!), whereas catching it in the 90's is proactive and can increase optimal health!

✓Nutritional supplement recommendation can establish a protocol for improving values.

✓Your practitioner has a program that will analyze in detail, provide optimal ranges, and suggest the nutritional protocol best suited to individual needs based on unbiased lab values.

Take Glucose as an Example:

Diabetes and hyperglycemia is rampant in the US. Most labs will not flag glucose until it reaches at least 100 (on one lab result where the patient's glucose was 109, the lab range upper limit was 110, and there was no indication that glucose levels were much less than ideal.)

However, catching glucose when it is out of optimal range, in the 90's, allows focus on attention to decreasing the glucose levels. Additionally, and very importantly, **Snapshots in time of glucose readings don't catch reactive hypoglycemia**!!! More testing is indicated to get a true picture of what the blood sugar has been OVER TIME. Many people with single low blood sugar readings are low on the day they are tested, but with reactive hypoglycemia, can go dangerously high on other days.

Dr. Oz pointed out a recent Japanese study looking at high blood sugar. Scientists reported that having diabetes doubled the risk for Alzheimer's, but what was REALLY interesting about the study is that they found that if people had lab values that were over 92 (optimal range is 75-89) the risk was still increased!!! Brain insulin resistance is an early and common feature of Alzheimer's, but the recent research indicates that elevated blood sugar out of the optimal range, but not necessarily out of the lab range, needs attention if we are to optimize our health outlook.

Talk to your practitioner today about optimizing your health outlook!

Test description	Current result	Current rating	Lab Ranges	Optimal	Units
Cholesterol, Serum	156.0	Optimal	40-150	120-185	mg/dl
HDL Cholesterol	48.0	Low	28-106	60-200	mg/dl
Triglycerides, Serum	121.0	High	0-150	30-75	mg/dl
LDL	84.0	Optimal	0-130	0-90	mg/dl
Chol / HDL Ratio	3.3	High	0-5	0-3	number
Glucose	83.0	Optimal	65-99	75-89	mg/dl
Urea Nitrogen, Serum	22.0	High	7-25	12-19	mg/dl
Creatinine, Serum	1.24	High	0.6-1.3	0.7-1.1	mg/dl
eGFR	58.0	Low	60-150	60-150	mL/min/1.73m²
Sodium, Serum	136.0	Low	135-146	137-142	mmol/L
Potassium, Serum	4.3	Optimal	3.5-5.3	4-4.6	mmol/L
Chloride, Serum	101.0	Optimal	98-110	100-107	mmol/L
Carbon Dioxide	25.0	Optimal	23-30	22-28	mEq/L
Calcium, Serum	9.2	Optimal	8.6-10.2	9.2-9.8	mg/dl
Protein, Total Serum	6.5	Low	6.2-8.3	6.9-7.5	g/dl
Albumin, Serum	4.0	Optimal	3.6-5.1	4-4.7	g/dl
Globulin	2.5	Optimal	2.1-3.7	2.5-3.2	g/dl
A/G Ratio	1.6	Optimal	1-2.1	1.4-1.8	Calc
Bilirubin, Total	0.4	Optimal	0.2-1.2	0.4-1	mg/dl
Alkaline Phosphatase	102.0	High	40-115	60-90	U/L
AST (SGOT)	114.0	High	10-35	12-27	U/L
ALT (SGPT)	320.0	High	9-60	12-27	U/L
WBC	0.0	Low	3.8-10.8	5.5-8.5	$10^3/\mu L$
RBC	0.0	Low	4.2-5.8	4.1-4.7	10e6 c/µl
Hemoglobin	0.0	Low	13.2-17.1	14.5-16	g/dl
Hematocrit	0.0	Low	39-52	42-48	Pct
MCV	0.0	Low	80-100	83-91	fl
MCH	0.0	Low	27-33	28-31	pg/cell
MCHC	0.0	Low	32-36	32.5-35	g/dl
RDW	0.0	Low	11-14.5	11-13	Pct
Platelet Count	0.0	Low	140-400	165-340	10^3 c/mm³

Thyroid Hypofunction-Primary

Your lab results are suggestive of the above consideration and is supported by:

High Analytes
Cholesterol, Serum

Low Analytes
T-3, Total

Definition
Hypothyroidism is defined as low thyroid function, due to a deficiency of thyroid hormone. There are two classifications of hypothyroidism:
Subclinical or functional hypothyroidism: Blood levels in normal ranges, but temperature tests and other indicators show a mild deficiency state, which can still cause dramatic symptoms.
Clinical hypothyroidism: Blood level abnormalities of the thyroid hormones (T3 and T4) show up on standard diagnostic tests. Hypothyroidism can be primary, where it has to do with the thyroid gland (Hashimoto's or radioactive destruction of the gland, for instance) or secondary, where the pituitary gland is not secreting enough of the hormone that stimulates the thyroid to produce thyroid hormones, or tertiary, where the hypothalamus is not producing the hormone (TRH, or Thyrotropin-releasing hormone) that causes the pituitary to secrete its thyroid stimulating hormone (TSH).

Dietary and Lifestyle Applications
Eat a healthy diet. Avoid processed and refined foods. Consume foods high in iodine (fish, kelp, dulse, vegetables and potatoes), B vitamins (whole grains, nuts and seeds) and vitamin A (dark, green and yellow vegetables). Limit foods that slow down thyroid function including broccoli, brussel sprouts, cabbage, spinach, kale, peaches and pears. (Burton Goldberg Group, Alternative Medicine: The Definitive Guide, Future Medicine Publishing, Inc. WA, 1993 p. 937). Limit foods that prevent utilization of iodine (turnips, cabbage, mustard, soybean, peanuts, pine nuts and millet (when cooked these foods are inactivated)). These foods contain goitrogens, which prevent the utilization of iodine. (Murray, M. and Pizzorno, J. Encyclopedia of Natural Medicine, Prima Publishing, CA, 1991 p. 389). Use iodized salt. Mercury interferes with thyroid hormones. Drink plenty of filtered water, and eat organic foods high in fiber and detoxifying nutrients, such as broccoli, cauliflower, cabbage, etc. Estrogen-containing medications (the pill, tranquilizers) will decrease T-3 uptake. Avoid antihistamines and sulfa drugs which aggravate the problem. Thyroid medication will increase bone loss significantly, thus a calcium supplement should be taken to counteract bone loss. Mild exercise is important. It stimulates the thyroid gland. Drink filtered water. Chlorine and fluoride will compete with iodine and block iodine receptor sites in the thyroid gland.

Product Recommendations
Total Thyroid
Iodine Rescue
Thyro Plus

Nutrient Recommendations
Ashwagandha
Potassium Iodide
Blue Flag
Coleus Forskohlii
Eleuthero (Siberian Ginseng)
Ginkgo Biloba
Gotu Kola
Hawthorn Berries
Larch Arabinoglactan