

**Integrative Health Care**

Dr. Able Insight

Anytown, USA 12345

775-555-5555

775-555-1212 (fax)

**Jane Doe**

Analysis based on lab test(s) from: 4/27/2007

Next recommended test date is: 7/27/2007

***Bio-Clarity™ Basic Health Assessment***

Analysis for: Blood Test

***Practitioner***



Health Director, LLC  
865 Tahoe Boulevard, Ste 214  
Incline Village, NV 89451

[www.healthdirector.com](http://www.healthdirector.com)

---

The information contained in this report is for the exclusive use of addressee and contains confidential, privileged and non-disclosable information. If the recipient of this report is not the addressee or the person responsible for delivering the message to the addressee, such recipient is prohibited from reading or using this message in any way and such recipient is further notified that any dissemination, distribution or copying of this report is strictly prohibited. If you have received this report in error, please notify us immediately by telephone collect and return the original report to us at the address below via the U.S. Postal Service. We will reimburse you for postage. Thank you.

# Table of Contents

## Getting Started with your Bio-Clarity™ Report

### Section 1: Bio-Clarity™ Snapshot

Biochemical Imbalances  
(High/Low Summary) ..... 1

Biochemical Imbalances  
(Complete Alphabetical Listing) ..... 2

Out-of-Range Results  
(Discussion) .....3

Recommended Further Testing .....4

### Section 2: Bio-Clarity™ Panel Review and Progress Report 5

### Section 3: Bio-Clarity™ Detailed Progress Report..... 16

### Section 4: Bio-Clarity™ Health Improvement Plan

Health Improvement Plan Checklist .....18

Supplement List Explanation .....20

Contraindicated Drugs List .....23

### Section 5: Bio-Clarity™ Health Risk Assessment..... 25

## Getting Started

To understand why you need a lab test and an assessment, imagine making a cake. First, you need the raw ingredients like flour and eggs. That gets you started.

Then you need a recipe. The recipe tells you how to get your desired result.

Reaching your health goals requires a similar process. Maybe you want to run a marathon. Or you want to reduce your medications.

To get started, you need the raw ingredients - that's your lab test data.

Then you need a recipe showing how to reach your goals. That's what your Bio-Clarity™ report provides.

Even better, your Bio-Clarity™ report provides a "recipe" customized to your biochemistry.

### How does the Bio-Clarity™ report help me?

Your report clearly helps you:

1. Know your current health status
2. Understand what it all means
3. Choose your ideal path towards optimal health

### How reliable is my report information?

Your biochemistry is like a blueprint showing how your cells function. That's why your Bio-Clarity™ report is based off of your individual biochemistry. And it identifies biochemical imbalances in your body.

That's important because it's well studied that health issues stem from biochemical imbalances.

Your report is also accurate because:

- All recommendations are sourced from published medical studies
- Reports based on over 25 years of medical research
- Compares your biochemistry to over 220 known disease patterns
- Analyzes hundreds of biomarkers
- Sorts complicated lab data into 80 easy-to-understand health categories

## How can I benefit from the report?

### 1. Get a clear snapshot of your current health status

- Ranks biochemical abnormalities and imbalances - quickly see areas of concern
- Prioritizes which imbalances to address first - know where to start
- Tracks health progress over time - know if your treatment plan is working

### 2. Spend your healthcare dollars wisely

- Invest your time and money on what your body actually needs
- Enjoy peace-of-mind you aren't accidentally harming yourself
- No longer waste time and money treating areas already in balance
- Stop settling for one-size-fits-all treatment protocols and dosages

### 3. Get a personalized Health Improvement Plan

Based on your unique biochemistry and the latest medical research, these recommendations help you get your biochemistry back into balance. Your plan includes:

- Beneficial and harmful foods
- Beneficial and harmful supplements
- Contraindicated drugs list (available on certain reports)
- Prioritizes the most important health issues to balance first

### 4. Reach your health goals faster

By knowing where your biochemical imbalances are, you also know what you need to regain balance. And when you regain balance, you optimize health.





## How to read your reference ranges

You may notice the reference ranges on your report don't match the lab's reference ranges. That's because each variable in your test has a different reference range. For example, the uric acid range is different from the potassium range.

Your report ranks all of these differing ranges into one easy-to-read chart that contains four health zones where:

- Zero (0) marks the middle of the reference range and represents balance
- +50% = the high end of the reference range
- -50% = the low end of the reference range

Your four health zones are:

	Results 0-25% are in the healthy zone. Congratulations, you're doing well.
	Results 25-50% are in the early warning zone. While these values are still in the reference range, watch these areas because they're trending towards imbalance where symptoms will eventually show. Use this information as a prevention tool.
	Results 50-100% are in the high risk zone. Any health conditions you may have could be due to these imbalances. Address these first.
	Results over 100% are in the critical zone. Your body is screaming for attention here. Address all black areas immediately.

### **Sometimes, our reference ranges differ...**

Generally, our reference ranges match the standard ranges from the lab testing companies. But when recent medical studies prove otherwise, we use other reference ranges.

For example, reference ranges like the one for Ultrasensitive TSH is based on the population of people in the U.S. But numerous studies prove 3 out of 10 people have thyroid problems. This greatly skews the range.

In the Colorado Prevalence Thyroid study, 40,000 people were monitored. Their results suggests the range for healthy people should be 1.1 to 2.5uIU/mL. This is the range we use. Some labs use a wider range of .5-5.5uIU/mL.

By using the more accurate 1.1 to 2.5 range, we determine what's healthy by comparing you to a healthy population - rather than basing "healthy" on a sick population.

Ok, let's get started with reading your report...

## Biochemical Imbalances (High/Low Summary)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

The "% Imbalance" measures how far the lab result is from the middle of the reference range. \*See footnote for details.

### Low Results

	% Imbalance	Deficiency	Lab Result	Reference Range	
				Low	High
<b>CO2</b>	<b>-67%</b>		<b>18.00</b>	20.00	32.00
<b>Uric Acid</b>	<b>-53%</b>		<b>2.20</b>	2.40	8.20
<b>Ultra-Sensitive TSH</b>	<b>-51%</b>		<b>1.08</b>	1.10	2.50
<b>Basophils</b>	<b>-50%</b>		<b>0.00</b>	0.00	3.00
<b>Creatinine</b>	<b>-50%</b>		<b>0.60</b>	0.60	1.50
W.B.C.	-48%		4.10	4.00	10.50
B.U.N.	-40%		7.00	5.00	26.00
Neutrophils	-38%		51.00	48.00	73.00
R.B.C.	-37%		4.10	3.90	5.50
Monocytes	-35%		2.00	0.00	13.00
A/G Ratio	-33%		1.32	1.10	2.40
Potassium	-28%		3.90	3.50	5.30
GGT	-27%		14.00	0.00	60.00
T-3 Uptake	-25%		27.70	24.00	39.00
		-100%   -75%   -50%   -25%   0%			

### High Results

	% Imbalance	Excess	Lab Result	Reference Range	
				Low	High
<b>Eosinophils</b>	<b>83%</b>		<b>8.00</b>	0.00	6.00
<b>MCH</b>	<b>65%</b>		<b>33.90</b>	27.00	33.00
<b>MCV</b>	<b>53%</b>		<b>100.73</b>	79.00	100.00
Glucose	39%		104.00	65.00	109.00
Chloride	35%		107.00	96.00	109.00
Sodium	25%		144.00	135.00	147.00
Globulin	25%		3.10	1.90	3.50
		0%   25%   50%   75%   100%			

For the full discussion of out-of-range results, see page 3.

For the alphabetical listing of all Blood Test results, see page 2.

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

healthy zone 0-25%    
  early warning zone 25-50%    
  high risk zone 50-100%    
  critical zone >100%

## Biochemical Imbalances (Complete Alphabetical)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

The "% Imbalance" measures how far the lab result is from the middle of the reference range. \*See footnote for details.

	% Imbalance	Deficiency		Excess		Lab Result	Reference Range	
							Low	High
L A/G Ratio	-33%					1.32	1.10	2.40
Albumin	-20%					4.10	3.50	5.50
Alkaline Phosphatase	-22%					60.00	25.00	150.00
L B.U.N.	-40%					7.00	5.00	26.00
B.U.N./Creatinine Ratio	-20%					11.67	6.00	25.00
<b>L Basophils</b>	<b>-50%</b>					<b>0.00</b>	0.00	3.00
Bilirubin, Total	-14%					0.50	0.10	1.20
Calcium	-24%					9.10	8.50	10.80
H Chloride	35%					107.00	96.00	109.00
Cholesterol	22%					171.00	100.00	199.00
<b>L CO2</b>	<b>-67%</b>					<b>18.00</b>	20.00	32.00
<b>L Creatinine</b>	<b>-50%</b>					<b>0.60</b>	0.60	1.50
<b>H Eosinophils</b>	<b>83%</b>					<b>8.00</b>	0.00	6.00
L GGT	-27%					14.00	0.00	60.00
H Globulin	25%					3.10	1.90	3.50
H Glucose	39%					104.00	65.00	109.00
HDL-Cholesterol	-22%					67.00	35.00	150.00
Hematocrit	-5%					41.30	35.00	49.00
Hemoglobin	-3%					13.90	12.00	16.00
Iron, Total	-12%					81.00	35.00	155.00
LDH	15%					156.00	0.00	240.00
LDL	-7%					91.00	62.00	130.00
Lymphocytes	20%					39.00	18.00	48.00
<b>H MCH</b>	<b>65%</b>					<b>33.90</b>	27.00	33.00
MCHC	-9%					33.66	32.00	36.00
<b>H MCV</b>	<b>53%</b>					<b>100.73</b>	79.00	100.00
L Monocytes	-35%					2.00	0.00	13.00
L Neutrophils	-38%					51.00	48.00	73.00
Phosphorus	15%					3.80	2.50	4.50
L Potassium	-28%					3.90	3.50	5.30
Protein, Total	-2%					7.20	6.00	8.50
L R.B.C.	-37%					4.10	3.90	5.50
sGOT	-10%					16.00	0.00	40.00
sGPT	18%					27.00	0.00	40.00
H Sodium	25%					144.00	135.00	147.00
L T-3 Uptake	-25%					27.70	24.00	39.00
Triglycerides	-17%					65.00	0.00	199.00
<b>L Ultra-Sensitive TSH</b>	<b>-51%</b>					<b>1.08</b>	1.10	2.50
<b>L Uric Acid</b>	<b>-53%</b>					<b>2.20</b>	2.40	8.20
L W.B.C.	-48%					4.10	4.00	10.50
<b>Average Imbalance</b>	<b>30%</b>							
<b>Direction of Imbalance</b>	<b>Deficiency</b>							

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

■ healthy zone 0-25%    
 ■ early warning zone 25-50%    
 ■ high risk zone 50-100%    
 ■ critical zone >100%

## Out-of-Range Results (Discussion)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

The following results are out-of-range (as reported by the lab), and should be carefully reviewed. Where there are drugs or supplements that have a known adverse effect for the corresponding test result, it is listed. \*see ALERT at bottom of the page

### **Eosinophils** (83% imbalance, Test result 8.00 with reference range of 0.00 to 6.00)

Eosinophils protect the body from parasites and allergic reactions, therefore, elevated levels may indicate an allergic response.

#### **Drugs which may have an adverse effect:**

Allopurinol, Amitriptyline, Ampicillin, Carbamazepine, Cephaloridine, Chlorpromazine, Chlorpropamide, Clindamycin, Desipramine, Erythromycin, Fluphenazine, Furazolidone, Haloperidol, Imipramine, Indomethacin, Kanamycin, Methicillin, Methylidopa, Naproxen, Nitrofurantoin, Novobiocin, Ofloxacin, Oxazepam, Penicillamine, Penicillin, Phenylbutazone, Phenytoin, Procainamide, Protriptyline, Rifampin, Streptomycin, Sulfamethoxazole, Sulfasalazine, Sulfisoxazole, Tetracycline, Thiothixene, Triameterene, Viomycin

### **CO2** (-67% imbalance, Test result 18.00 with reference range of 20.00 to 32.00)

Primary metabolic acidosis, as from diabetic ketoacidosis, uremia, starvation, lactic acidosis, alcoholic ketosis, salicylate ingestion. Primary respiratory alkalosis, as from CNS stimulation, salicylate ingestion, psychogenics hyperventilation, arterial hypoxemia.

#### **Drugs which may have an adverse effect:**

Acetazolamide, Ammonium Chloride, Aspirin, Metformin, Paraldehyde, Prednisone, Tetracycline, Triameterene, Trimethadione

#### **Supplements which may have an adverse effect:**

Hydrochloric Acid

### **MCH** (65% imbalance, calculated from other measurements)

Mean Corpuscular Hemoglobin (MCH) gives the average weight of hemoglobin in the red blood cell. Due to its use of red blood cells in its calculation, MCH is not as accurate as MCHC in the diagnosis of severe anemias. Increased MCH is associated with macrocytic anemia.

### **MCV** (53% imbalance, calculated from other measurements)

The Mean Corpuscular Volume reflects the size of red blood cells by expressing the volume occupied by a single red blood cell. Increased readings may indicate macrocytic anemia, B6, B12 or Folic Acid deficiency, or excessive alcohol intake.

#### **Drugs which may have an adverse effect:**

Acyclovir, Azathioprine, Carbamazepine, Colchicine, Cycloserine, Hydroxyurea, Methotrexate, Neomycin, Phenobarbital, Phenytoin, Triameterene

### **Uric Acid** (-53% imbalance, Test result 2.20 with reference range of 2.40 to 8.20)

Uric acid is the end product of purine metabolism and is normally excreted in the urine. Low levels may be indicative of kidney disease, malabsorption, poor diet, liver damage, or an overly acid kidney.

#### **Drugs which may have an adverse effect:**

ACTH, Allopurinol, Aspirin, Azathioprine, Benziodarone, Chlorothiazide, Chlorpromazine, Chlorthalidone, Clofibrate, Corticosteroids, Cortisone, Ethacrynic Acid, Griseofulvin, Ibuprofen, Indomethacin, Lithium Carbonate, Mannitol, Marijuana, Methotrexate, Nifedipine, Phenylbutazone, Probenecid, Sulfamethoxazole

### **Ultra-Sensitive TSH** (-51% imbalance, Test result 1.08 with reference range of 1.10 to 2.50)

TSH, produced by the anterior pituitary gland, causes the release and distribution of stored thyroid hormones. When T4 and T3 are too high, TSH secretion decreases. When T4 and T3 are low, TSH secretion increases. Decreased levels of TSH are seen in hyperthyroidism and secondary and tertiary hypothyroidism.

#### **Drugs which may have an adverse effect:**

Anabolic Steroids, Corticosteroids

### **Basophils** (-50% imbalance, Test result 0.00 with reference range of 0.00 to 3.00)





Basophil cells are a type of white blood cell linked to allergic reactions. Low readings are common and are not considered to be clinically significant.

#### **Drugs which may have an adverse effect:**

Procainamide

**\*ALERT:** Some drugs are very dangerous to stop taking abruptly. If you are currently taking a medication that appears on this page, consult your medical professional before making any changes.

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

 healthy zone 0-25%  early warning zone 25-50%  high risk zone 50-100%  critical zone >100% Page 3



## Recommended Further Testing

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

Based on the results of your analysis, the following areas may deserve further investigation. Please consult your medical professional.

### **Consider ordering serum B12 and serum folate.**

*Rationale: MCV is out of range high (50%)*

Elevated MCV (Mean Corpuscular Volume) is often times correlated to vitamin B12 or folic acid deficiencies.

### **Consider ordering Free-T3, Free-T4, Total T4, T3-Uptake**

*Rationale: Ultra-Sensitive TSH is out of range low (-50%)*

# Panel Review and Progress Report

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

## Panel Results Out of Balance

The following panels have an Average Imbalance of greater than 25% indicating need for further review.

Panel Name	% Imbalance	
Differential	45%	Deficiency
Allergy	42%	Excess
Nitrogen	41%	Deficiency
Adrenal Function	39%	Excess
Thyroid	38%	Deficiency
Kidney Function	33%	Deficiency
Electrolyte	32%	Deficiency
Hematology	32%	Excess
Gastrointest. Function	29%	Deficiency
Inflammatory Process	29%	Deficiency
Pulmonary Function	28%	Deficiency
Athletic Potential	28%	Deficiency
Cellular Distortions	27%	Deficiency
Biochemical Ratios	27%	Deficiency

## Full Panel Discussion and Progress Report

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Adrenal Function

Panel components: Cholesterol, Eosinophils[H], Eosinophil Count, Potassium[L], Sodium[H].

This profile may be in part due to poor nutritional habits, allergies and inadequate fluid intake. Clinical signs may include inability to handle stress, poor circulation, and fatigue.

Deficiency Excess

39%

Progress Summary	11/25/2005	<b>4/27/2007</b>	<i>Deterioration</i>	<i>Improvement</i>
Cholesterol	-53% L	22%		<span style="color: green;">→</span>
Eosinophils		<b>83% H</b>		
Potassium	-28% L	-28% L		
Sodium	0%	25% H		<span style="color: red;">←</span>
<b>Panel % Imbalance</b>	27%	39%	-50% -25% 0% 25% 50%	

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

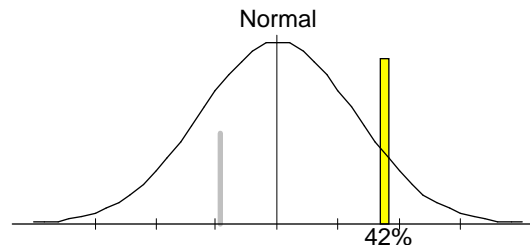
Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Allergy

Panel components: Eosinophils[H], Globulin[H], Lymphocytes, Monocytes[L], W.B.C.[L].

This panel profile may be due to allergies or a compromised immune system. Review the Differential and the Differential Count Panels for additional information. If Eosinophils are up and the CO2 is normal or depressed the likelihood of allergies is higher. If the Eosinophils and the CO2 are elevated than suspect parasites.



Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Eosinophils		<b>83% H</b>		
Globulin	-13%	25% H	←	
Lymphocytes		20%		
Monocytes		-35% L		
W.B.C.	-36% L	-48% L	←	
<b>Panel % Imbalance</b>	24%	42%	-50% -25% 0% 25% 50%	

### Athletic Potential

Panel components: B.U.N./Creatinine Ratio, Cholesterol, CO2[L], Creatinine[L], LDH, Potassium[L], Protein, Total, Sodium[H], HDL-Cholesterol.

This profile may mean that the patient cannot achieve full athletic potential because of possible nutrient deficiencies. Increased nutrient intake from diet and supplements may be necessary.



Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
B.U.N./Creatinine Ratio	13%	-20%	←	
Cholesterol	-53% L	22%		→
CO2	-8%	<b>-67% L</b>	←	
Creatinine	-61% L	<b>-50% L</b>		→
LDH	8%	15%	←	
Potassium	-28% L	-28% L		
Protein, Total	-38% L	-2%		→
Sodium	0%	25% H	←	
HDL-Cholesterol	-20%	-22%		
<b>Panel % Imbalance</b>	26%	28%	-50% -25% 0% 25% 50%	

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

## Biochemical Ratios

The Biochemical Ratios panel normally consists of A/G Ratio, B.U.N./Creatinine Ratio, Calcium/Phosphorus Ratio, Sodium/Potassium Ratio, Protein/Globulin Ratio, and Chol/HDL Ratio.

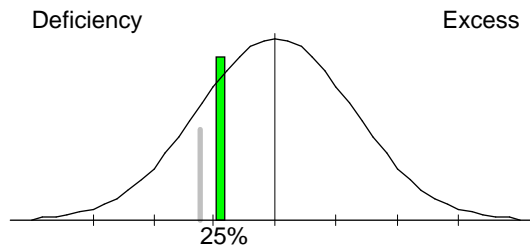
However, only test results for A/G Ratio and B.U.N./Creatinine Ratio were provided for this report. If you are interested in seeing your Biochemical Ratios panel results, we recommend you run the following incremental tests: Calcium/Phosphorus Ratio, Sodium/Potassium Ratio, Protein/Globulin Ratio and Chol/HDL Ratio.

## Bone/Joint

Panel components: Albumin, Alkaline Phosphatase, Calcium, Neutrophils[L], Phosphorus, Protein, Total, Uric Acid[L].

This panel may be helpful in assessing bone and joint health. Keeping the elements of this panel in a normal range may be helpful in reducing the risk of osteoporosis and other bone and joint disorders.

The deviation was below 25% so no abnormalities were found.



<b>Progress Summary</b>	11/25/2005	<b>4/27/2007</b>	<i>Deterioration</i>	<i>Improvement</i>
Albumin	-35% L	-20%		→
Alkaline Phosphatase	-32% L	-22%		→
Calcium	-20%	-24%		
Neutrophils		-38% L		
Phosphorus	5%	15%	←	
Protein, Total	-38% L	-2%		→
Uric Acid	-59% L	<b>-53% L</b>		→
<b>Panel % Imbalance</b>	31%	25%	-50% -25% 0% 25% 50%	

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Cardiac Marker

Panel components: Cholesterol, GGT[L], Iron, Total, LDH, sGOT, Triglycerides, Uric Acid[L], VLDL, HDL-Cholesterol, LDL, Chol/HDL Ratio, Ferritin.

This panel may be helpful in assessing cardiovascular disease risk. Keeping the elements in this panel in a normal range is important in reducing the risk of CVD. The deviation was below 25% so no abnormalities were found.

Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Cholesterol	-53% L	22%		→
GGT	-37% L	-27% L		→
Iron, Total	-32% L	-12%		→
LDH	8%	15%	←	
sGOT	0%	-10%	←	
Triglycerides	-19%	-17%		→
Uric Acid	-59% L	-53% L		→
HDL-Cholesterol	-20%	-22%		→
LDL	-31% L	-7%		→
<b>Panel % Imbalance</b>	29%	21%		

### Cellular Distortions

Panel components: Alkaline Phosphatase, Anion Gap, GGT[L], Iron, Total, LDH, Neutrophils[L], W.B.C.[L], Ferritin.

The profile shown here may be indicative of poor nutritional habits so an assessment of the patient's nutrient intake and overall nutrient density may be necessary. If the Anion Gap is low, consider increased intake of electrolytes, minerals and amino acids.

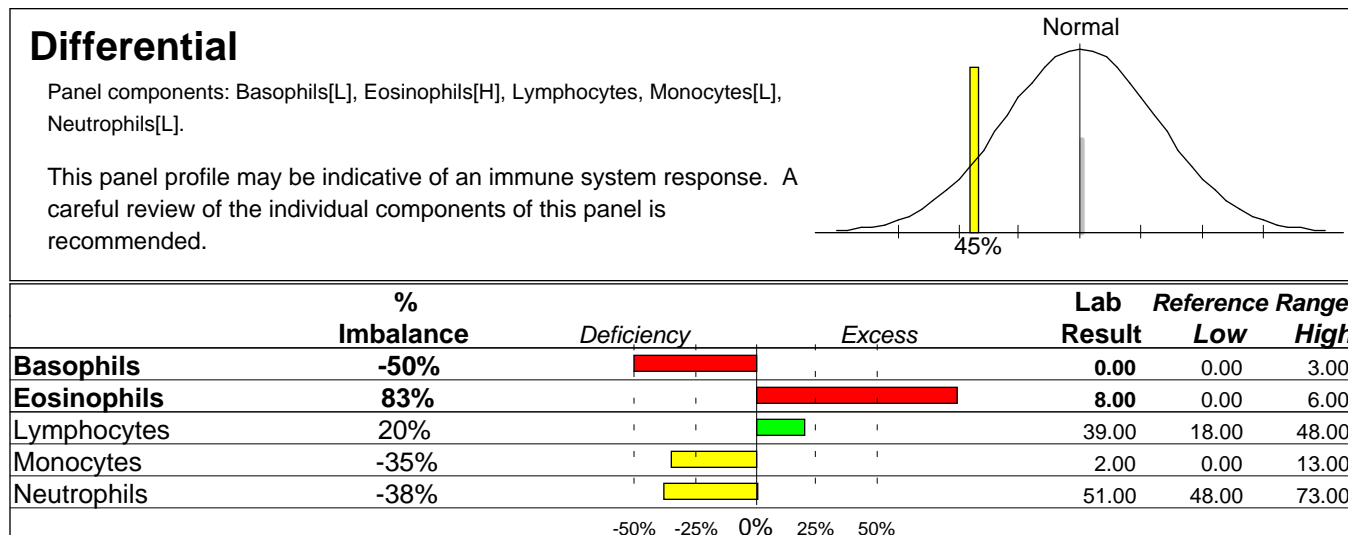
Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Alkaline Phosphatase	-32% L	-22%		→
Anion Gap	16%			
GGT	-37% L	-27% L		→
Iron, Total	-32% L	-12%		→
LDH	8%	15%	←	
Neutrophils		-38% L		
W.B.C.	-36% L	-48% L	←	
<b>Panel % Imbalance</b>	27%	27%		

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.



*No progress summary can be generated for this panel because no previous lab data was provided.*

### Differential Count

The Differential Count panel normally consists of Basophil Count, Eosinophil Count, Lymphocyte Count, Monocyte Count, and Neutrophil Count.

However, no results were provided for this report. If you are interested in seeing your Differential Count panel results, we recommend you run the following incremental tests: Basophil Count, Eosinophil Count, Lymphocyte Count, Monocyte Count and Neutrophil Count.

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

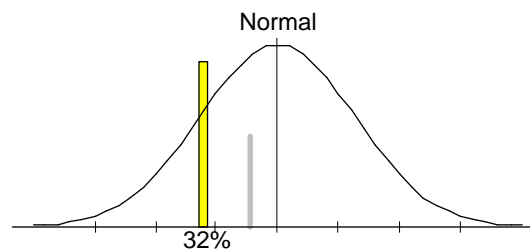
Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Electrolyte

Panel components: Calcium, Chloride[H], CO2[L], Phosphorus, Potassium[L], Sodium[H].

A profile such as this indicates the need for the addition of a balanced electrolyte solution. Clinical signs related to a depression of this Panel may include low blood pressure, poor circulation, an impaired immune system and/or cold hands and feet.

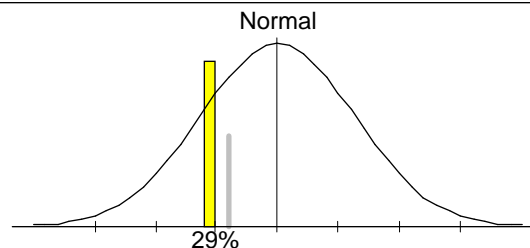


Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Calcium	-20%	-24%		
Chloride	12%	35% H	←	
CO2	-8%	-67% L	←	
Phosphorus	5%	15%	←	
Potassium	-28% L	-28% L		
Sodium	0%	25% H	←	
<b>Panel % Imbalance</b>	12%	32%		

### Gastrointest. Function

Panel components: Anion Gap, Chloride[H], Cholesterol, CO2[L], Monocytes[L], Potassium[L], Sodium[H], Triglycerides, LDL.

This panel profile indicates the need for further evaluation of gastrointestinal integrity, digestion and absorption. Check for dysbiosis, food allergies or "leaky gut" syndrome.



Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Anion Gap	16%			
Chloride	12%	35% H	←	
Cholesterol	-53% L	22%		→
CO2	-8%	-67% L	←	
Monocytes		-35% L		
Potassium	-28% L	-28% L		
Sodium	0%	25% H	←	
Triglycerides	-19%	-17%		
LDL	-31% L	-7%		→
<b>Panel % Imbalance</b>	21%	29%		

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Hematology

Panel components: Hematocrit, Hemoglobin, MCH[H], MCHC, MCV[H], R.B.C.[L], W.B.C.[L].

A profile such as this implies that you should suspect dehydration, living at high altitude, and genetic abnormalities (this list is not all-inclusive).

32%

Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Hematocrit	-21%	-5%		
Hemoglobin	-25% L	-3%		
MCH	73% H	<b>65% H</b>		
MCHC	-19%	-9%		
MCV	66% H	<b>53% H</b>		
R.B.C.	-57% L	-37% L		
W.B.C.	-36% L	-48% L		
<b>Panel % Imbalance</b>	43%	32%	-50%	50%

### Inflammatory Process

Panel components: Eosinophils[H], Globulin[H], LDH, Potassium[L], sGOT, sGPT, Triglycerides, Uric Acid[L], LDL, Monocytes[L].

This panel profile implies that there may be nutrient deficiencies, especially amino acids. Consider revamping the patient's diet, looking specifically into raising the ingestion of quality proteins.

29%

Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Eosinophils		<b>83% H</b>		
Globulin	-13%	25% H		
LDH	8%	15%		
Potassium	-28% L	-28% L		
sGOT	0%	-10%		
sGPT	8%	18%		
Triglycerides	-19%	-17%		
Uric Acid	-59% L	<b>-53% L</b>		
LDL	-31% L	-7%		
Monocytes		-35% L		
<b>Panel % Imbalance</b>	21%	29%	-50%	50%



Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Kidney Function

Panel components: Albumin, B.U.N.[L], B.U.N./Creatinine Ratio, Chloride[H], CO2[L], Creatinine[L], Glucose[H], Potassium[L], Protein, Total, Sodium[H].

The panel profile indicates that there is an increased likelihood general nutrient deficiencies may be present. Increase nutrient rich foods in diet as well as considering adding a multivitamin/mineral.

Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Albumin	-35% L	-20%		→
B.U.N.	-31% L	-40% L	←	
B.U.N./Creatinine Ratio	13%	-20%	←	
Chloride	12%	35% H	←	
CO2	-8%	-67% L	←	
Creatinine	-61% L	-50% L		→
Glucose	0%	39% H	←	
Potassium	-28% L	-28% L		
Protein, Total	-38% L	-2%		→
Sodium	0%	25% H	←	
<b>Panel % Imbalance</b>	23%	33%	-50%	50%

### Lipid

Panel components: Cholesterol, Triglycerides, VLDL, HDL-Cholesterol, LDL, Chol/HDL Ratio.

Lipid assessment is important in helping achieve optimal wellness as well as reducing cardiovascular disease risk. The deviation was below 25% so no abnormalities were found.

Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Cholesterol	-53% L	22%		→
Triglycerides	-19%	-17%		
HDL-Cholesterol	-20%	-22%		
LDL	-31% L	-7%		→
<b>Panel % Imbalance</b>	31%	17%	-50%	50%

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Liver Function

Panel components: Albumin, Alkaline Phosphatase, Bilirubin, Total, Cholesterol, GGT[L], Protein, Total, sGOT, sGPT.

Assessing liver function is important in determining the individual's ability to detoxify itself as well as processing amino acids and other important biological processes. The deviation was below 25% so no abnormalities were found.

<b>Progress Summary</b>	11/25/2005		<b>4/27/2007</b>		<i>Deterioration</i>	<i>Improvement</i>
Albumin	-35%	L	-20%			→
Alkaline Phosphatase	-32%	L	-22%			→
Bilirubin, Total	-32%	L	-14%			→
Cholesterol	-53%	L	22%			→
GGT	-37%	L	-27%	L		→
Protein, Total	-38%	L	-2%			→
sGOT	0%		-10%		←	
sGPT	8%		18%		←	
<b>Panel % Imbalance</b>	29%		17%		-50% -25% 0% 25% 50%	

### Nitrogen

Panel components: B.U.N.[L], B.U.N./Creatinine Ratio, Creatinine[L], Uric Acid[L].

The panel profile seen here should make you suspect poor dietary habits (low protein intake), digestive disorders or poor nitrogen retention. Adding an amino acid complex may be helpful if dietary changes are not effective.

<b>Progress Summary</b>	11/25/2005		<b>4/27/2007</b>		<i>Deterioration</i>	<i>Improvement</i>
B.U.N.	-31%	L	-40%	L	←	
B.U.N./Creatinine Ratio	13%		-20%		←	
Creatinine	-61%	L	<b>-50% L</b>			→
Uric Acid	-59%	L	<b>-53% L</b>			→
<b>Panel % Imbalance</b>	41%		41%		-50% -25% 0% 25% 50%	

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

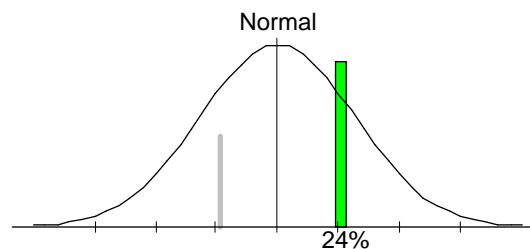
Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Oxidative Stress

Panel components: Anion Gap, Bilirubin, Total, Chloride[H], Cholesterol, Glucose[H], Iron, Total, Ferritin.

The elements in this panel help represent the oxidative status of the individual. Excesses or deficiencies in this panel may indicate the need for additional antioxidants. The deviation was below 25% so no abnormalities were found.

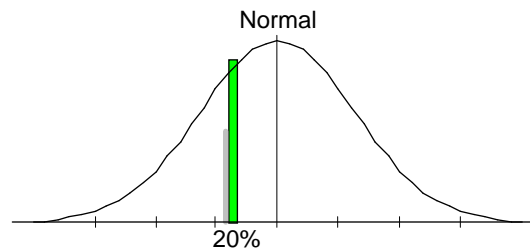


Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Anion Gap	16%			
Bilirubin, Total	-32% L	-14%		→
Chloride	12%	35% H	←	
Cholesterol	-53% L	22%		→
Glucose	0%	39% H	←	
Iron, Total	-32% L	-12%		→
<b>Panel % Imbalance</b>	24%	24%		

### Protein

Panel components: A/G Ratio[L], Albumin, Globulin[H], Protein, Total, Protein/Globulin Ratio.

Proteins are the basic building blocks of hormones, muscle, neurotransmitters, immune systems responses and more. Assessing their competency is crucial in achieving optimal wellness. The deviation was below 25% so no abnormalities were found.



Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
A/G Ratio	-18%	-33% L	←	
Albumin	-35% L	-20%		→
Globulin	-13%	25% H	←	
Protein, Total	-38% L	-2%		→
Protein/Globulin Ratio	-8%			
<b>Panel % Imbalance</b>	22%	20%		

## Panel Review and Progress Report (continued)

Jane Doe  
Female / Age: 53

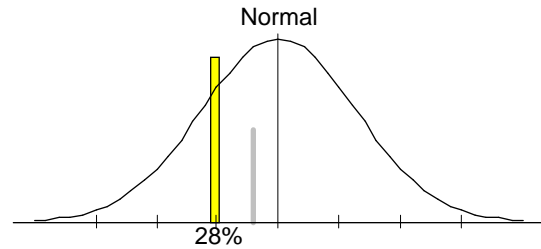
Blood Test : 4/27/2007  
Integrative Health Care

Each panel within the lab test(s) is reviewed below. Current status is shown on the bell curve by the colored bar with the percent imbalance. The gray bar shows results from the previous test. The progress summary shows the detail for each panel component.

### Pulmonary Function

Panel components: Anion Gap, Calcium, CO2[L], LDH, Potassium[L], sGOT, Sodium[H].

This panel profile suggests that pulmonary function may not be at highest efficiency. Clinical signs of an abnormality include poor stress management, inactive lifestyle and improper breathing techniques.



Progress Summary	11/25/2005	4/27/2007	Deterioration	Improvement
Anion Gap	16%			
Calcium	-20%	-24%		
CO2	-8%	<b>-67% L</b>	←	
LDH	8%	15%		←
Potassium	-28% L	-28% L		
sGOT	0%	-10%		←
Sodium	0%	25% H		←
<b>Panel % Imbalance</b>	11%	28%		

### Thyroid

The Thyroid panel normally consists of Free T-3, T-3 Concentration, Thyroxine (T4), T-3 Uptake, Free T4 Index (T7), Ultra-Sensitive TSH, and Free T-4.

However, only test results for T-3 Uptake and Ultra-Sensitive TSH were provided for this report. If you are interested in seeing your Thyroid panel results, we recommend you run the following incremental tests: Free T-3, T-3 Concentration, Thyroxine (T4), Free T4 Index (T7) and Free T-4.

## Progress Report Summary

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

This page summarizes all results that improved or deteriorated at least 25%. The arrow's length is proportional to change in lab value. Green arrows represent improvement. Red arrows represent deterioration.

Imbalance % on:	11/25/2005	<b>4/27/2007</b>	<i>Deterioration</i>	<i>Improvement</i>
Ultra-Sensitive TSH	-127% L	<b>-51% L</b>		
Protein, Total	-38% L	-2%		
Cholesterol	-53% L	22%		
<b>Average % Imbalance</b>	28%	<b>30%</b>	-50% -25% 0% 25% 50%	
<b>Direction of Imbalance</b>	Deficiency	<b>Deficiency</b>		

Imbalance % on:	11/25/2005	<b>4/27/2007</b>	<i>Deterioration</i>	<i>Improvement</i>
CO2	-8%	<b>-67% L</b>		
Glucose	0%	39% H		
Sodium	0%	25% H		
<b>Average % Imbalance</b>	28%	<b>30%</b>	-50% -25% 0% 25% 50%	
<b>Direction of Imbalance</b>	Deficiency	<b>Deficiency</b>		

For the full discussion of out-of-range results, see page 3.

For the alphabetical listing of all Blood Test progress results, see page 17.

## Detailed Progress Report Summary

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

The arrow's length is proportional to change in lab value. Green arrows represent improvement. Red arrows represent deterioration.

<b>Imbalance % on:</b>	11/25/2005	<b>4/27/2007</b>	<i>Deterioration</i>	<i>Improvement</i>
A/G Ratio	-18%	-33% L		
Albumin	-35% L	-20%		
Alkaline Phosphatase	-32% L	-22%		
B.U.N.	-31% L	-40% L		
B.U.N./Creatinine Ratio	13%	-20%		
Bilirubin, Total	-32% L	-14%		
Calcium	-20%	-24%		
Chloride	12%	35% H		
Cholesterol	-53% L	22%		
CO2	-8%	<b>-67% L</b>		
Creatinine	-61% L	<b>-50% L</b>		
GGT	-37% L	-27% L		
Globulin	-13%	25% H		
Glucose	0%	39% H		
HDL-Cholesterol	-20%	-22%		
Hematocrit	-21%	-5%		
Hemoglobin	-25% L	-3%		
Iron, Total	-32% L	-12%		
LDH	8%	15%		
LDL	-31% L	-7%		
MCH	73% H	<b>65% H</b>		
MCHC	-19%	-9%		
MCV	66% H	<b>53% H</b>		
Phosphorus	5%	15%		
Potassium	-28% L	-28% L		
Protein, Total	-38% L	-2%		
R.B.C.	-57% L	-37% L		
sGOT	0%	-10%		
sGPT	8%	18%		
Sodium	0%	25% H		
T-3 Uptake	7%	-25% L		
Triglycerides	-19%	-17%		
Ultra-Sensitive TSH	-127% L	<b>-51% L</b>		
Uric Acid	-59% L	<b>-53% L</b>		
W.B.C.	-36% L	-48% L		
<b>Average % Imbalance</b>	28%	<b>30%</b>		
<b>Direction of Imbalance</b>	Deficiency	<b>Deficiency</b>		

# Health Improvement Plan Checklist

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

## Supplement Recommendations

The following supplements may help. Consult your practitioner:

- |  |  |
|--|--|
| <input type="checkbox"/> <b>Multivitamin w/Glucose Support</b><br>2x daily               | <input type="checkbox"/> <b>Oral Electrolyte - Bicarbonate Formula</b><br>2x daily       |
| <input type="checkbox"/> <b>Oral Electrolyte - Potassium Formula</b><br>2x daily         | <input type="checkbox"/> <b>Vitamin B12</b><br>2x daily 500 mcg (Add to other protocols) |
| <input type="checkbox"/> <b>Acetic Acid</b><br>2x daily 1 tsp. (in 8 oz distilled water) | <input type="checkbox"/> <b>Chromium Picolinate</b><br>1x daily 200 mcg                  |
| <input type="checkbox"/> <b>Magnesium Malate or Glycinate</b><br>2x daily 250 mg         | <input type="checkbox"/> <b>Astragalus</b><br>1 - 3 times daily (Avoid long-term use)    |
| <input type="checkbox"/> <b>Billberry</b><br>1 - 3 times daily                           | <input type="checkbox"/> <b>Ginseng (Panax)</b><br>1 - 3 times daily                     |

## Supplements to AVOID

The following supplements may aggravate already out-of-balance biochemistry:

Hydrochloric Acid                      Sodium                      Bayberry                      Licorice

## Food Recommendations

The following foods may help balance or strengthen your biochemistry:

<b>Beans &amp; Nuts</b> Butter Beans Fava Beans Filberts/Hazelnuts Garbanzo Beans Kidney Beans Lima Beans Navy Beans Peanuts Pecans Pistachio Soy Walnuts White Beans	Oysters Salmon Snapper Sturgeon	<b>Meat</b> Beef Rabbit Veal	Broccoli Escarole Green Beans Kale Mushrooms Onions Potato Flour Potatoes Red Peppers Squash Yams
<b>Dairy</b> Gruyere Cheese Mozarella Cheese	<b>Fruits</b> Apricots, Dried Blackberries Blueberries Boysenberries Cantaloupe Casaba Melon Coconut Cream Grapefruit Guava Honeydew Melon Kiwi Fruit Loganberries Orange Papaya Plantains Pumpkin Strawberries	<b>Poultry &amp; Eggs</b> Cornish Game Hens Duck Eggs Goose Turkey	<b>Rice &amp; Pasta</b> Wild Rice
<b>Fish</b> Clams Flounder Mussels		<b>Spices</b> Black Pepper	<b>Vegetables</b> Artichoke Avocado Beets Bok Choy Cabbage

## Foods to AVOID

The following foods may aggravate already out-of-balance biochemistry:

<b>Beverages</b> Coffee	Soy Sauce	<b>Meat</b> Bacon Chipped Beef Corned Beef	Ham Pastrami
<b>Condiments</b> Barbeque Sauce	<b>Fish</b> Anchovies		<b>Other</b> Fast Foods

## Health Improvement Plan Checklist (continued)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

### **Foods to AVOID** (continued)

The following foods may aggravate already out-of-balance biochemistry:

Hydrogenated Fats

Sauerkraut

#### **Vegetables**

Dill Pickles



## Supplement List Explanation

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

Nutritional and herbal information contained in this report is based upon research related to imbalances in your biochemistry. Please consult with your healthcare professional.

### **Multivitamin w/Glucose Support** 2x daily

A multivitamin with nutrients to help moderate glucose levels may be helpful in balancing your chemistry.

#### ***Rationale***

Triglycerides is normal.  
Glucose is high.

### **Oral Electrolyte - Bicarbonate Formula** 2x daily

The main electrolytes in the human body are sodium, potassium, phosphorus, calcium, chloride, magnesium and bicarbonate. During illness, the equilibrium present in healthy individuals, is disturbed. A well balanced formula is helpful in restoring a state of equilibrium. A sports formula will have greater levels of bicarbonate yet still keeping the proportion of the other salts in line.

#### ***Rationale***

CO2 is low.

### **Oral Electrolyte - Potassium Formula** 2x daily

The main electrolytes in the human body are sodium, potassium, phosphorus, calcium, chloride, magnesium and bicarbonate. During illness, the equilibrium present in healthy individuals, is disturbed. A well balanced formula is helpful in restoring a state of equilibrium. A sports formula will have greater levels of bicarbonate yet still keeping the proportion of the other salts in line.

#### ***Rationale***

Potassium is low.  
Sodium is high.

### **Vitamin B12** 2x daily 500 mcg Add to other protocols

The only vitamin containing essential mineral elements, B12 is important in metabolism of nerve tissue, protein, fat and carbohydrate metabolism and the actions of a number of amino acids. It also is involved in the production of DNA and RNA.

#### ***Rationale***

R.B.C. is low.  
MCV and MCH are high.

### **Acetic Acid** 2x daily 1 tsp. in 8 oz distilled water

Acetic acid, also known as vinegar, has been shown to lower sodium levels in part by combining with the sodium ion and creating sodium acetate which is removed by the kidneys.

#### ***Rationale***

Sodium is high.

### **Chromium Picolinate** 1x daily 200 mcg

Constituent of GTF (glucose tolerance factor), works with insulin promoting glucose uptake. Functions in metabolism in nucleic acids, lipid metabolism, cholesterol and triglycerides.

#### ***Rationale***

Cholesterol and Triglycerides are normal.  
Glucose is high.

Nutritional and herbal information contained in this report is based upon research related to imbalances in your biochemistry. Please consult with your healthcare professional.

**Magnesium Malate or Glycinate** 2x daily 250 mg

Second most abundant cation (positively charged mineral) in intracellular fluid. It helps facilitate Na - K transport and influences Ca levels. It is involved in vasodilation, contraction, as well as cardiac and skeletal muscle cells. Required in over 300 enzymes, temperature control, neuronal homeostasis and has a profound effect on cardiac physiology

**Rationale**

GGT and CO2 are low.  
Chloride is high.

**Astragalus** 1 - 3 times daily Avoid long-term use

This herb (Astragalus membranaceus), has been reported to aid adrenal function, digestion, immune response, and metabolism. Its chemical content include: polysaccharides, B-sitosterol, choline and glucuronic acid. As with any herb, caution should be taken with its use. Avoid using astragalus if you have a fever.

**Rationale**

Monocytes and W.B.C. are low.

**Billberry** 1 - 3 times daily

Billberry (Vaccinium myrtillus) is an herb often used for the control of insulin levels and may help halt or prevent macular degeneration. It has also been reported to be effective in lowering triglyceride levels. As with any herb, caution should be taken with its use. Bilberry also may interfere with iron absorption.

**Rationale**

Iron, Total and Triglycerides are normal.  
Glucose is high.

**Ginseng (Panax)** 1 - 3 times daily

Also known as Korean Ginseng (Panax ginseng), this herb has shown benefits to those suffering from fatigue, stress, compromised immune systems and diabetes. As with any herb, caution should be taken with its use. Women who experience breast tenderness should discontinue its use.

**Rationale**

Glucose is high.

## Supplements to Avoid

### AVOID Hydrochloric Acid

Betaine hydrochloride is supportive of reduced stomach acid. Diminished HCL may impair digestion and increase the potential allergenicity of food. Gastric acidity has proven to be a relatively common condition associated with a number of illnesses and susceptibility to infection.

**Rationale**

CO2 is low.  
Chloride is high.

### AVOID Sodium

Sodium is the major extracellular fluid cation. It is responsible for and helps determine the volume of extracellular fluid as it is responsible for almost one-half of plasma osmolarity. Sodium facilitates impulse transmission in nerve and muscle fibers by its involvement in the sodium-potassium pump.

**Rationale**

Sodium is high.

Nutritional and herbal information contained in this report is based upon research related to imbalances in your biochemistry. Please consult with your healthcare professional.

## **Supplements to Avoid**

### **AVOID Bayberry**

The herb bayberry (*Myrica cerifera*) has been reported to be beneficial in improving circulation and enhancing the immune system as well as treating hypothyroidism. As with all herbs, caution should be taken with its use. It is contraindicated in low potassium and may elevate blood pressure.

***Rationale***

Potassium is low.

### **AVOID Licorice**

Licorice (*Glycyrrhiza glabra*) is contraindicated in instances of low potassium and hypertension.

***Rationale***

Potassium is low.

# Contraindicated Drugs List

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The number after each drug denotes the number of elements in your biochemistry that can potentially be further imbalanced by that drug. \*see ALERT at bottom of the page

## ACE Inhibitors

Ramipril

## Analgesics

Acetaminophen(3)  
Aspirin(7)  
Morphine  
Salicylates

## Anti-Fungals

Amphotericin B(3)  
Griseofulvin(3)  
Itraconazole  
Miconazole

## Anti-inflammatories

Carbenoxolone(2)  
Colchicine(4)  
Fenoprofen(2)  
Ibuprofen(5)  
Indomethacin(6)  
Naproxen(2)  
Penicillamine(4)  
Phenylbutazone(8)  
Piroxicam(2)  
Sulfasalazine(4)

## Antianxieties

Chlordiazepoxide(2)  
Diazepam(2)  
Oxazepam  
Paraldehyde(2)  
Phenobarbital(3)

## Antiarrhythmics

Procainamide(4)

## Antibiotics

Ampicillin(4)  
Cephaloridine(3)  
Clindamycin(3)  
Colistin  
Cycloserine(3)  
Erythromycin(2)  
Ethionamide  
Furazolidone(3)  
Gentamicin(3)  
Kanamycin(2)  
Lincomycin(2)  
Methicillin(4)  
Neomycin(4)  
Nitrofurantoin(5)  
Novobiocin(3)  
Ofloxacin(4)  
Paramethadione(3)

Penicillin(5)  
Plicamycin(2)  
Rifampin(4)  
Streptomycin(4)  
Sulfamethizole(2)  
Sulfisoxazole(3)  
Tetracycline(7)  
Vancomycin(2)  
Viomycin(3)

## Anticonvulsants

Carbamazepine(7)  
Diphenylhydantoin  
Paramethadione(3)  
Phenytoin(6)  
Trimethadione(4)  
Valproic Acid

## Antidiabetic

Carbutamide

## Antihistamines

Promethazine(2)

## Antihypertensives

Guanethidine(2)  
Propranolol  
Reserpine

## Antineoplastics and

### Antimetabolites

Azathioprine(5)  
Busulfan(2)  
Fluorouracil(2)  
Hydroxyurea(4)  
Melphalen(2)  
Methotrexate(4)  
Mitoxantrone(2)  
Tamoxifen

## Antiplasticity

### Agents

Plicamycin(2)

## Antipsychotics and

### Antidepressants

Chlorpromazine(6)  
Clozapine(2)  
Lithium Carbonate(4)  
MAO Inhibitors(2)  
Phenelzine(3)  
Protriptyline(3)  
Reserpine

## Antiviral

Acyclovir(2)

Amantadine(2)

## Bronchodilators

Albuterol(2)  
Isoproterenol

## Cardiovascular

### Agents

Nifedipine(4)

## Central Acting

### Alpha 2-Stimulants

Clonidine  
Methyldopa(7)

## Chelators

EDTA

## Chemotherapeutic

### Agents

Procarbazine(2)

## Converting Enzyme

### Inhibitors

Ramipril

## Diuretics

Acetazolamide(6)  
Chlorothiazide  
Chlorthalidone(5)  
Clopamide(3)  
Ethacrynic Acid(5)  
Furosemide(3)  
Mannitol  
Methazolamide(4)  
Polythiazide(4)  
Triameterene(5)

## Drugs of Abuse

Marijuana(3)

## Endothelin

### Antagonists

Levonorgestrel

## Hormonal Agents and

### Cytokines

ACTH(3)  
Estrogens  
G-CSF(3)  
Progesterone  
Progestins

## Hypoglycemic Agents

Chlorpropamide(4)

Insulin  
Metformin  
Tolazamide(2)

## Hypouricemic Agents

Allopurinol(5)  
Colchicine(4)  
Probenecid(3)

## Immunosuppressants

Mercaptopurine(3)

## Lipid Lowering

### Agents

Clofibrate(3)  
Gemfibrozil  
Pravastatin

## Renin Inhibitors

Arginine  
Dextran

## Sedatives

Carbromal

## Serotonergic

### Antagonists

Amitriptyline(5)  
Desipramine(4)  
Fluphenazine(5)  
Haloperidol(4)  
Imipramine(4)  
Thiothixene(4)  
Tranylcypromine

## Steroids

Corticosteroids(8)  
Cortisone(4)  
Hydrocortisone(3)  
Methylprednisone  
Prednisone(6)

## Supplements

Ammonium Chloride(3)

## Sympathomimetics

Anabolic Steroids  
Levodopa(4)

## Thyroid and

### Antithyroid Agents

Levothyroxine  
Methimazole(3)  
Methylthiouracil(3)  
Propylthiouracil(3)

\*ALERT: Some drugs are very dangerous to stop taking abruptly. If you are currently taking a medication that appears on your contraindicated drug list, consult your medical professional before making any changes.

## Contraindicated Drugs List (continued)

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The number after each drug denotes the number of elements in your biochemistry that can potentially be further imbalanced by that drug. \*see ALERT at bottom of the page

### Vasodilators

Benziodarone

Diazoxide(5)

Hydralazine

**\*ALERT:** Some drugs are very dangerous to stop taking abruptly. If you are currently taking a medication that appears on your contraindicated drug list, consult your medical professional before making any changes.

# Health Risk Assessment

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

"Diseases" are not just medical conditions. It has been shown that each disease represents a unique biochemical imbalance pattern. This report compares the lab test(s) results with known imbalance patterns.

If a disease is listed on this page, it does not necessarily mean the patient has the "disease." What it does mean is that there are biochemical imbalances consistent with the imbalance pattern of that disease. The Health Improvement Plan helps address the specific imbalances of the patient.

Please consult your healthcare professional.

## Depression (ICD9 311.00)

### The following 4 of 5 conditions were met:

Chloride is High at 35%.

B.U.N. is Low at -40%.

Potassium is Low at -28%.

Uric Acid is Low at -53%.

### The following condition was NOT met:

Cholesterol is NOT Low at 22%.

## Bio-Clarity Disclaimer

Jane Doe  
Female / Age: 53

Blood Test : 4/27/2007  
Integrative Health Care

---

All information provided in this Bio-Clarity™ report is provided for educational purposes only. The information available in this report should not be used as a substitute for professional medical care for the prevention, diagnosis, or treatment of health conditions.

This information should not be considered complete, nor should it be relied on in diagnosing or treating a medical condition. Content in this report does not contain information on all diseases, ailments, physical conditions or their treatment. Content in this report is based on the lab data provided, which may or may not include all relevant measures of your biochemistry.

The absence of a warning for a given drug or drug combination in no way should be construed to indicate that the drug or drug combination is safe, effective or appropriate for you. The absence of a warning for a given supplement or supplement combination in no way should be construed to indicate that the drug or drug combination is safe, effective or appropriate for you.

You are encouraged to confirm any information obtained from this report with other sources, and review all information regarding any medical condition or treatment with your physician.

**NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS HEALTH ASSESSMENT.**

Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Bio-Clarity™ report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet or fitness program.