

Demographics	Health History	Goals	Supplements	Top Habit Findings	Labs Findings	SNPs					
female age 54, 54" 130 lbs											
Right pinky toe amputation/surgery at age 2 (from accident)	1. Stress Management and Emotional Well-Being	Magnesium (NeuroMag)	water - metals	insulin 1.4 - suggest post prandial							
Hospital visit from fire ant attack (right foot covered in ants). Approx age 5	2. Blood Sugar balancing/Intestinal health	Gut support Calcium D Glucarate	good diet habits	low bun (9) - new, low creatinine (chronic)							
Recurring and significant ear and throat infections until age 11. Includes recurring ear infections/ear drum bursts and strep throat.	3. Strengthening my bones and muscles	Liver/GB support Lipase	mentions intestinal / blood sugar as goals - but what does this mean in terms of symptoms	low potassium , Low Co2 --- acid and high anion gap (B1)							
Periodic ER visits from the illnesses/toxins from the illnesses.		Metabolic Support Alpha Lipoic Acid	no alcohol , caffeine only one a week eating out 2x per week	hi uric acid (6) - intestinal perm, inflam, cardio							
Tonsillectomy/adenoidectomy at age 11		Cardio Support Omega 3	good sleep, relax etc	low albumin and glob							
Severe skin rash from visiting hot baths in Turkey; required medical treatment. Age 21.		Gut support Saccharomyces Boulardii	<a href="http://Gallbladderattack.com">Gallbladderattack.com</a> programs	low omega 3 index - inflam							
Allergies throughout 20s.		Inflammation Quercetin	gone periods of time as vegan, vegetarian and then less meat.	low serum zn and low alk phos							
Severe and debilitating gallbladder attack at age 40, requiring bed rest and taking a week off from work. Recurrence around age 45 (less severe than first attack).		Vitamin Vitamin A	gluten and dairy free, and generally lower carb intake.	tg/hdl slightly high							
COVID vaccine Sept. 2021 - no bad effects, but seems important to note.		Gut support Digestive Enzymes	classes that promote mindfulness, like Spiritual Coaching, Transpersonal Energy Healing and other energetically-based self-help classes.	ipa, homocysteine good							
COVID Sept. 2023 - was overseas and took medication in addition to supplements I had with me (Vitamins A, C, D, etc.)		Cardio Support Enzymes	Studied Permaculture and will be studying Herbalism.	thyroid good except low free t3							
liver detox in May 2023 and did labs 6 weeks after. This liver detox did not go well in that I was exhausted after and had metallic tastes in my mouth at times during the cleanse. I just didn't feel "great" or even close to it after this cleanse.		Gut support Probiotics	Laughter Yoga	hs-crp hi 1.3							
		Methylation Glutathione	Breathwork	Platelet : Lymphocyte (PLR) hi 1.41 - athero, cancer and other inflam							
		Minerals Plant Minerals		low testosterone , high shgb							
		Minerals Sea Minerals		MPV high 10.71, lower than previous tests							
		Thyroid support Iodine		anemia indications: low rbc, low hct, high mcv, unknown Fe, high rdw,							
		Vitamin B complex incl B12		prior elevated d-dimer							
		Vitamin D3/K2		lioids: all normal except non hdl , and particle sizes							
		Vitamin Vitamin C									
		Hormones Ashwaganda									
		Hormones Holy Basil									
		Hormones Magnesium Citrate									
		Metabolic Support Bergamot									

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