

Demographics	Pain Points	Goals	Imbalances Uncovered	Top History Findings	Labs Findings
female age 58, 5'2" 162 lbs	can't lose weight	weight loss	glucose	stress - mom dying	insulin resistance - hi fasting glucose(102) hi HbA1C(5.7) Insulin (6) , Triglycerides 235
	thyroid imbalance - doctor prescribed meds she she's not want to take		thyroid - autoimmune	poor eating habits - , high carb meals	low vitamin D (31)
	throat closes		inflammatory markers	rarely exercising, long work hours, work stress, (7) no vacation	CRP 6.4
			lipids	hormones: testosterone shots, progesterone (not taken daily, client forgets to take medicine)	Thyroid: high TSH(14.6) low free T3 (2.4) high antibodies
				vitamin D - rarely takes	Lipids - all high except HDL - cholesterol 280, LDL 186, , small particles,