INE | INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

CHANGING LIVES WITH ROOT CAUSE HEALTH CARE

Master Health Tracker

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Health Story: Past, Present and Future			
Client Name		**Coach Name**	
Date of Birth		**Height**	
Current Weight		**Desired Weight**	
Future			
Describe:	**In 5 years**	**In 1 year**	**In 90 days**
Vision			
Goals			

Health Story: Past, Present and Future

Client Name		Coach Name	

Present

Symptom, Condition, or Diagnosis	Approximate Onset	Current Severity - 1 (mild) -10 (most severe)	Current Priority (high, medium, low)
1)			
2)			
3)			
4)			
5)			
6)			
7)			
8)			
9)			
10)			

Health Story: Past, Present and Future			
Client Name		**Coach Name**	
Past			
Major Illnesses			
Surgeries			
Traumas			
Dental Interventions			
Mental and Emotional Stressors			
Medication History			
Prenatal and Early Childhood Diet			
Genetics/Family History			

Habits and Obstacles			
Client Name		**Coach Name**	
Habits and Obstacles	**Positive Habits**	**Negative Habits**	**Challenges**
Diet			
Movement			
Stress			
Sleep			
Schedule			
Environment			
Fun and Recreation			
Relationships			

Symptom and Condition Timeline

Client Name			Coach Name	
SYMPTOM/Condition	**Onset Date**	**Onset Circumstances**	**Antecedant Circumstances**	**Details**
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

Symptom and Condition Tracking

Client Name			Coach Name		
SYMPTOM/Condition	**Date/update**	**Date/update**	**Date/update**	**Date/update**	**Date/update**
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					

Appointment Tracker		
Client Name		
Date	**Recording link**	**Notes**

Symptom Scorecards

Client Name	
Coach Name	

INSTRUCTIONS: This form gives you a place to keep track of all of your "Present Health - Symptom Survey" assessment results. There is a column for the initial score and 4 additional ones so you can reassess quarterly and keep track of your progress throughout the year. Be sure to put the date of the test in the light purple column header.

Assessment	Score				
Body System and Organ Assessment					
Date of Assessment: mm/dd/yy					
Digestion - Low Stomach Acid					
Digestion - Excess Stomach Acid					
Digestion - Liver and Gallbladder					
Digestion - Small Intestine and Pancreas					
Digestion - Large Intestine					
Cardiovascular System					
Kidney and Bladder					
Immune System					
Hormone and Gland Assessment					
Date of Assessment					
Adrenal – General					
Adrenal Hypofunction					
Adrenal Hyperfunction (Cortisol high)					
Blood Sugar Dysregulation					
Blood Sugar Handling - Insulin Resistance					
Blood Sugar Handling - Glucose Fluctuation					
Thyroid Low (Hypo)					
Thyroid Excess (Hyper)					
Pituitary					
Male - Prostate					
Male - Hormones					
Female - Hormones					
Female - Menopausal					
Brain and Neurotransmitter Assessment					
Date of Assessment					
General Brain Function					
Serotonin					
Dopamine					
GABA					
Acetylcholine					

Symptom Scorecards

Nutrient Balance: General Assessment					
Date of Assessment					
Vitamin & Mineral Needs					
Essential Fatty Acid Needs					
Amino Acid Needs					
Nutrient Balance: Vitamin Assessment					
Date of Assessment					
Vitamin A					
B Vitamins					
Vitamin B1 - Thiamin					
Vitamin B2 - Riboflavin					
Vitamin B3 - Niacin					
Vitamin B5 - Pantothenic acid					
Vitamin B6 - Pyridoxine					
Vitamin B7 - Biotin					
Vitamin B9 - Folic Acid					
Vitamin B12 - Cobalamin					
Vitamin C					
Vitamin D					
Vitamin E					
Vitamin K					
Nutrient Balance: Mineral Assessment					
Date of Assessment					
Calcium					
Chromium					
Copper					
Iodine					
Iron					
Magnesium					
Manganese					
Phosphorus					
Potassium					
Zinc					

Symptom Scorecards

Detoxification Stress/Toxicity Assessment Results

Date of Assessment					
Digestive					
Ears					
Head					
Heart					
Emotions					
Joints/Muscles					
Energy/Activity					
Lungs					
Eyes					
Mind					
Skin					
Mouth/Throat					
Weight					
Nose					
Other					
TOTAL Detoxification Stress/Toxicity					

Supplements Tracking - Current

Client Name		**Coach Name**	

List all supplements and herbs you currently take or have discontinued in past few months.

Brand Name	**Supplement/ Herb Name**	**Dose and Form** (i.e. 3 drops, 1 500 mg tablet, etc.)	**Timing and Frequency**	**Purpose**	**Date Started**	**Date Stopped**	**Comments or Reactions** Include reasons for stopping, if you've stopped. Note any positive or negative reactions if any, plus any other notes.	**Ingredients** Include Ingredients for each supplement containing more than one nutrient with amount of each.

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Medications

Client Name		Coach Name			
Name of medications you currently take or have taken over the past several months	**What's the medication for?**	**Dose and Timing**	**Date Started**	**Date Stopped**	**Reactions, if any (positive or negative)**

Lifestyle Recommendations

Keep track of all recommended lifestyle habits HERE.

Client Name		
Coach Name		
Date	**Action Item**	**Comments**
Immediate	Adrenal support de-stress technique - Register for 30-day ***Transforming Stress System***	HeartMath "quick coherence technique" - 5 times a day. It only takes a minute or two. Do this in the morning before you get out of bed, at night before you go to sleep, and before each meal.

Diet Recommendations		
Keep track of all recommended diet protocols HERE.		
Client Name		
Coach Name		
Date	**Action Item**	**Comments**

Diet Diary

Client Name	
Coach Name	

Be as detailed as you can in recording. Be sure to include portion size and preparation (i.e. raw, steamed, fried, baked, etc.) as closely as possible. Include beverages, fats, oils, and condiments (i.e. dressings, mayonnaise, etc.) and Indicate your emotional state during each meal.

Record any symptoms you experience throughout the day along with the time and whether or not the symptoms appear to be associated with food. For example, if you eat breakfast at 9:00 am, have a headache at 11:00 am and eat lunch at 12:00 pm, there would be three entries in your chart, one for each time.

Record as many days as you can. Keep it low stress. If you miss a few meals, move on. Try to remember as best you can, but keep calm and cool about it.

Date	Time	Emotional State	Foods Eaten	Symptoms

Glucose Tracking

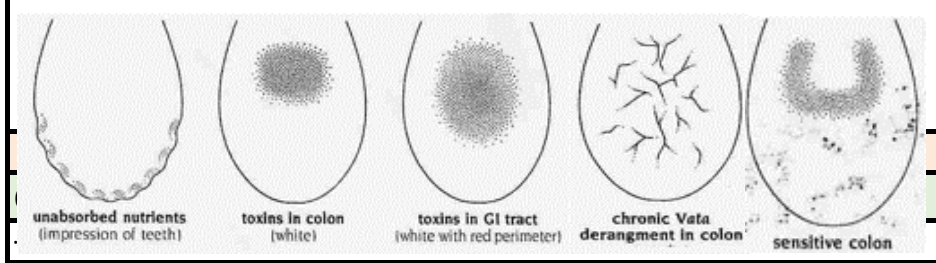
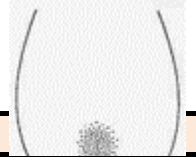
PLEASE READ THE FOLLOWING CAREFULLY TO MAKE YOUR JOURNAL MOST USEFUL

* Record all food, water, and other beverage intake. Be as detailed as you can. Include portion size and preparation (i.e. raw, steamed, fried, baked, etc.) as closely as possible. Also record beverages, fats, oils, and condiments (i.e. dressings, mayonnaise, etc.) and indicate emotional state during each meal.
* For exercise record the specific activity (i.e. walking, running, weight lifting), length of time, and intensity.
* Note when you do appreciation and breathing exercise (HeartMath) in the emotional state column.
* Record any symptoms you experience throughout the day along with the time and whether or not the symptoms appear to be associated with food. For example, if you eat breakfast at 9:00 am, have a headache at 11:00 am and eat lunch at 12:00 pm, there would be three entries in your chart, one for each time.
* If you have a glucose meter, record your glucose level before you eat, right after you eat, and then every 15 minutes up to 1 hour. Then record your glucose every hour for 5 hours or your next meal. Ideally your meals should be spaced 5 hours apart, but that may take some time to accomplish.
* Record as many days as you can. Keep it low stress. If you miss a few meals, note it and move on. Try to remember as best you can, but keep calm and cool about it.

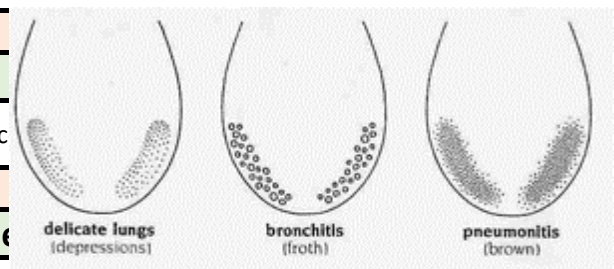
Client Name		**Coach Name**		**Record glucose at the following intervals after meals and exercise**								
Rate energy, stress level, and symptoms from **0-10**, where **0=none, 1=minimum, and 10=maximum**. Insert an entry for each bowel movement with time of day and indicate in box: the **color, quantity** (S,M,L), **thickness** (approx. finger widths), and **consistency** (H=Hard, S=Soft, WF=Well Formed, W=Watery). For other, describe. **Example** (ideal): **greenish brown, L,3,S,WF**. For pain, note location. For digestion, note specific symptoms or areas of discomfort.				**Right after**	**15 min**	**30 min**	**45 min**	**1 hour**	**2 hour**	**3 hour**	**4 hour**	**5 hour**

Date	Time	Energy Before	Emotional State	Pulse Before	Glucose Prior	Foods & Beverages or Exercise Done (note qty & details)	Water (oz.)	Pulse After	Energy After	Bowel Mvmt	Digestion	Pain (location)	Other Symptoms (list & rate 1-10)	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose	Time/ Glucose

Exam Findings					
Client Name					
DATE(mm/dd/yy):					
Adrenal					
Put the appropriate number in the column for the severity that's closest to yours for each of the symptoms below.	**Blank=Absent, 1=Mild, 2=Moderate, 3=Severe**				
· Rib margin tenderness					
· Brown discoloration below eyelids					
· Black discoloration below eyelids					
· Dark gray or reddish back of tongue					
· Ulcerations or canker sores					
· Bad breath					
· Rough, red, flaky cuticles					
Blood Pressure	**Blank=Increase by 10, 1=Stays same, 2=Decreases by 10 or less, 3=Decreases by more than 10**				
Choose the # that best describes the change in blood pressure from lying down to standing.					
Pupil Response					
Choose the number that best describes how long your pupil maintains constriction when a bright light is shone in.					
Totals					
TOTAL % Adrenal	**0**	**0**	**0**	**0**	**0**
For each of the sections below, place a 1 in the 1 column beside each symptom or finding that is present upon physical examination of your body.					
Digestion – Low Stomach Acid	**Blank=Absent, 1=Present**				
· Painful dentures					
· Acne					
· Dandruff					
· Splitting, breaking nails					
TOTAL % Digestion - Low Stomach Acid	**0**	**0**	**0**	**0**	**0**
Digestion – Liver and Gallbladder	**Blank=Absent, 1=Present**				
· Yellow discoloration below bottom eyelids					
· Yellow/brown sclera					
· Red sclera					
· Green sclera					
· Facial color: yellow					
· Creases between eyes					
· Bulbous nose					
· Tongue irritation/redness					
· Splitting cuticles					
· Excessive vertical ridges on nails					
· Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)					
· Grey ring around the cornea					
TOTAL % Digestion - Liver and Gallbladder	**0**	**0**	**0**	**0**	**0**

Exam Findings						
Client Name						
DATE(mm/dd/yy):						
Digestion – General	**Blank=Absent, 1=Present**					
· Red sclera						
· Gray sclera						
· Ulcerations or canker sores						
· Bad breath						
· Urine-like breath smells						
· Red and inflamed lips						
· Crack between chin and lips						
· Tongue irritation/redness						
· Red tongue tip						
· Chronic coating and/or “furry” tongue						
· Scalloped edges and teeth marks on tongue						
· A “cottage cheese” growth or coating						
· Excessive vertical ridges on nails						
· Pitting of nails						
· Deep horizontal ridges (Beau’s lines) on nails						
· Yellowish, bulging, bending, breaking nails						
· Yellow nails						
· Black spots on nails						
· Hemorrhoids						
Tongue Signs: score 1 point for each finding 						
TOTAL % Digestion - General	**0**	**0**	**0**	**0**	**0**	
	Blank=Absent, 1=Present					
· Facial color: red						
· Facial color: bluish						
· Ear lobe creases						
· Tongue irritation/redness						
· Large moons on little fingers (plus ear lobe creases and/or reddish tip of tongue)						
· Short wide nails or fingertips						
· Horizontal ridges on nails						
· Short wide nails or fingertips						
· Clear with bluish tint sclera						
· Cold hands						
· Salty taste						
· White ring around the iris						
· Grey ring around the cornea						
· Blood pressure while seated is high						
Tongue signs · 						
TOTAL % Cardiovascular System	**0**	**0**	**0**	**0**	**0**	

Exam Findings					
Client Name					
DATE(mm/dd/yy):					
Kidney and 	**Blank=Absent, 1=Present**				
· Brown discol ottom eyelids					
· Puffy bags under eyes					
· Facial color: brown					
· Tongue irritation/redness					
· Dark gray or reddish back of tongue					
· Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)					
· Thumb nail has ridges					
TOTAL % Kidney and Bladder	**0**	**0**	**0**	**0**	**0**
Immune System	**Blank=Absent, 1=Present**				
· Red sclera					
· Pasty, off white sclera					
· Ulcerations or canker sores					
· Bitter taste					
· Bad breath					
· Putrid breath smells					
· Bulbous nose					
· Chronic coating and/or “furry” tongue					
· Scalloped edges and teeth marks on tongue					
· Geographic tongue (lines like a map)					
· A “cottage cheese” growth or coating					
· Excessively shiny or smooth tongue					
· Splitting cuticles					
· Pitting of nails					
· Deep horizontal ridges (Beau’s lines) on nails					
· Yellowish, bulging, bending, breaking nails					
TOTAL % Immune System	**0**	**0**	**0**	**0**	**0**
Respiratory System	**Blank=Absent, 1=Present**				
· Facial color: ashen gray					
· Red cheeks					
· Tongue irritation/redness					
· Deep horizontal ridges (Beau’s lines) on nails					
· Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)					
· Vertical ridges on other finger nails besides the thumb					
· Vertical ridges on nails that are split					
· Tongue signs - score 1 point for each positive finding					
TOTAL % Respiratory System	**0**	**0**	**0**	**0**	**0**
Skeletal System	**Blank=Absent, 1=Present**				
· Thumb has appearanc					
TOTAL % Skeletal System	**0**	**0**	**0**	**0**	**0**
Eyes/Vision Issue	**Blank=Absent, 1=Present**				
· Gray pupil					
· Green pupil					
TOTAL % Eyes/Vision Issues	**0**	**0**	**0**	**0**	**0**



Exam Findings					
Client Name					
DATE(mm/dd/yy):					
Anemia	Blank=Absent, 1=Present				
· Spooning of nails					
· Clear with bluish tint sclera					
TOTAL % Anemia	0	0	0	0	0
Detoxification Stress/Toxicity	Blank=Absent, 1=Present				
· Metallic taste					
· Bulbous nose					
· Hair loss					
· Spooning of nails					
· White ring around the iris					
TOTAL % Detoxification Stress / Toxicity	0	0	0	0	0
Blood Sugar Dysregulation	Blank=Absent, 1=Present				
· Acetone-like breath smells					
· Excessively shiny or smooth tongue					
· Skin tags					
· Wounds that take a long time to heal					
· Waist/hip ratio: males - if ratio is >1, select score of "1" (otherwise "0")					
· Waist/hip ratio: females: if ratio is >.8, select score of "1" (otherwise "0")					
TOTAL % Blood Sugar Dysregulation	0	0	0	0	0
Thyroid Low (Hypo)	Blank=Absent, 1=Present				
· Scalloped edges and teeth marks on tongue					
· Cold hands					
· "Goose flesh" at the backs of arms or thighs					
· Low body temperature on temperature tracking					
TOTAL % Thyroid Low (Hypo)	0	0	0	0	0
Thyroid Excess (Hyper)	Blank=Absent, 1=Present				
· Eyes "bug-out"					
· Scalloped edges and teeth marks on tongue					
· Above normal body Temperature on temperature tracking					
TOTAL % Thyroid Excess (Hyper)	0	0	0	0	0
Female - Hormones (Pre-Menopause)	Blank=Absent, 1=Present				
· Lines around mouth					
TOTAL % Female - Hormones	0	0	0	0	0
General Brain Function	Blank=Absent, 1=Present				
· Grey ring around the cornea					
TOTAL % General Brain Function	0	0	0	0	0
Vitamin & Mineral Needs	Blank=Absent, 1=Present				
· Metallic taste					
· Excessive salivation					
· Bleeding gums					
· Very thin parallel lines on nails					
· Horizontal ridges on nails					
TOTAL % Vitamin & Mineral Needs	0	0	0	0	0
Essential Fatty Acid Needs	Blank=Absent, 1=Present				
· Lines around mouth					
· Mouth cracks, fissures, and scales, especially at corners					
· Dry flaking lips					
· Acne					
· Red tongue tip					
· Dry hair					
· Hair loss					
· Dandruff					
· Excess ear wax					
· Splitting cuticles					
· Splitting, breaking nails					
· Dry skin					
· "Goose flesh" at the backs of arms or thighs					
· Wounds that take a long time to heal					
· Hemorrhoids					
TOTAL % Fatty Acid Needs	0	0	0	0	0

Exam Findings					
Client Name					
DATE(mm/dd/yy):					
Amino Acid Needs	Blank=Absent, 1=Present				
· Ulcerations or canker sores					
· White spots on nails					
· Painful dentures					
· Urine-like breath smells					
· Painful dentures (glutamine)					
TOTAL % Amino Acid Needs	0	0	0	0	0
Vitamin A	Blank=Absent, 1=Present				
· Gums, puffy/bleeding					
· Lines around mouth					
· Hair loss					
· Dry skin					
· "Goose flesh" at the backs of arms or thighs					
· Wounds that take a long time to heal					
· Hemorrhoids					
TOTAL % Vitamin A	0	0	0	0	0
B Vitamins	Blank=Absent, 1=Present				
· Ulcerations or canker sores					
· Lines around mouth					
· Mouth cracks, fissures, and scales, especially at corners					
· Painful dentures					
· Red and inflamed lips					
· Geographic tongue (lines like a map)					
· Hair loss					
· Dandruff					
· Rough, red, flaky cuticles					
· Excessive vertical ridges on nails					
TOTAL % B Vitamins	0	0	0	0	0
Vitamin B2 – Riboflavin	Blank=Absent, 1=Present				
· Mouth cracks, fissures, and scales, especially at corners					
TOTAL % Vitamin B2 - Riboflavin	0	0	0	0	0
Vitamin B3 - Niacin	Blank=Absent, 1=Present				
· Gums, puffy/bleeding					
TOTAL % Vitamin B3 - Niacin	0	0	0	0	0
Vitamin B5 - Pantothenic acid	Blank=Absent, 1=Present				
· Mouth cracks, fissures, and scales, especially at corners					
· Beefy or enlarged tongue					
· Premature graying					
· Hair loss					
TOTAL % Vitamin B5 - Pantothenic Acid	0	0	0	0	0
Vitamin B6 - Pyridoxine	Blank=Absent, 1=Present				
· Mouth cracks, fissures, and scales, especially at corners					
· Tooth decay					
· Hair loss					
· Dandruff					
· Splitting, breaking nails					
TOTAL % Vitamin B6 - Pyridoxine	0	0	0	0	0
Vitamin B7 – Biotin	Blank=Absent, 1=Present				
· Dry flaking lips					
· Splitting, breaking nails					
TOTAL % Vitamin B7 - Biotin	0	0	0	0	0
Vitamin B9 - Folic Acid	Blank=Absent, 1=Present				
· Gums, puffy/bleeding					
· Ulcerations or canker sores					
· Mouth cracks, fissures, and scales, especially at corners					
· Tender to touch or sore					
· Geographic tongue (lines like a map)					
· Excessively shiny or smooth tongue					
· Hair loss					
TOTAL % Vitamin B9 - Folic Acid	0	0	0	0	0

Exam Findings					
Client Name					
DATE(mm/dd/yy):					
Vitamin B12 – Cobalamin	Blank=Absent, 1=Present				
· Tender to touch or sore					
· Excessively shiny or smooth tongue					
· Purplish tongue					
· Excessive vertical ridges on nails					
TOTAL % Vitamin B12 - Cobalamin	0	0	0	0	0
Vitamin C	Blank=Absent, 1=Present				
· Gums, puffy/bleeding					
· Bleeding gums					
· Bruising – slow to heal or excessive					
· Wounds that take a long time to heal					
TOTAL % Vitamin C	0	0	0	0	0
Bioflavonoids	Blank=Absent, 1=Present				
· Bruising – slow to heal or excessive					
· Gums, puffy/bleeding					
· Bleeding gums					
· Hemorrhoids					
TOTAL % Bioflavonoids	0	0	0	0	0
Vitamin D	Blank=Absent, 1=Present				
· Geographic tongue (lines like a map)					
TOTAL % Vitamin D	0	0	0	0	0
Vitamin E	Blank=Absent, 1=Present				
· Lines around mouth					
· Dry skin					
· “Goose flesh” at the backs of arms or thighs					
· Bruising – slow to heal or excessive					
· Hemorrhoids					
TOTAL % Vitamin E	0	0	0	0	0
Vitamin K	Blank=Absent, 1=Present				
· Bruising – slow to heal or excessive					
TOTAL % Vitamin K	0	0	0	0	0
Boron	Blank=Absent, 1=Present				
· Tooth decay					
TOTAL % Boron	0	0	0	0	0
Calcium	Blank=Absent, 1=Present				
· Tooth decay					
· White ring around the iris					
TOTAL % Calcium	0	0	0	0	0
Chromium	Blank=Absent, 1=Present				
· Skin tags					
TOTAL % Chromium	0	0	0	0	0
Copper	Blank=Absent, 1=Present				
· Loss of tastes, especially sweet					
TOTAL % Copper	0	0	0	0	0
Iron	Blank=Absent, 1=Present				
· Pale gums					
· Facial color: copper					
· Tender to touch or sore					
· Excessively shiny or smooth tongue					
· Pale or bluish nails					
· Spooning of nails					
TOTAL % Iron	0	0	0	0	0
Magnesium	Blank=Absent, 1=Present				
· Mouth cracks, fissures, and scales, especially at corners					
· Splitting, breaking nails					
TOTAL % Magnesium	0	0	0	0	0
Selenium	Blank=Absent, 1=Present				
· Loss of tastes, especially sweets					
· Dandruff					
· Pitting of nails					
TOTAL % Selenium	0	0	0	0	0
Silica	Blank=Absent, 1=Present				

Exam Findings					
Client Name					
DATE(mm/dd/yy):					
· Tooth decay					
TOTAL % Silica	**0**	**0**	**0**	**0**	**0**
Zinc	**Blank=Absent, 1=Present**				
· Gums, puffy/bleeding					
· Loss of tastes, especially sweets					
· Acne					
· Geographic tongue (lines like a map)					
· White spots on nails					
· Cracked skin at tips of fingers					
· “Goose flesh” at the backs of arms or thighs					
· Wounds that take a long time to heal					
TOTAL % Zinc	**0**	**0**	**0**	**0**	**0**
Strength of Constitution	**Blank=Absent, 1=Present**				
· Long earlobes					
· Large nail moon(s)					
TOTAL % Strength of Constitution Signs	**0**	**0**	**0**	**0**	**0**
Dietary Risks	**Blank=Absent, 1=Present**				
· Splitting cuticles (bad oils)					
· Red tongue tip (bad oils, overeating, lack of fiber, dehydration)					
· Acne (bad oils)					
· Hemorrhoids (lack of fiber, dehydration)					
· Salty taste in mouth (excess salt)					
· Bad breath (overeating)					
TOTAL % Dietary Risks	**0**	**0**	**0**	**0**	**0**
Drug Reactions	**Blank=Absent, 1=Present**				
· Black or hairy-looking tongue					
· Metallic taste					
TOTAL % Drug Reactions	**0**	**0**	**0**	**0**	**0**

ab Results - U.S. Lab Results - U.S. Lab Results - U.S

INSTRUCTIONS For U.S. Lab Spreadsheet: Enter the numbers from your lab test into the column labelled "Results". Be sure to put the date in the columns. You can enter up to 12 different lab results.

Cells change color according to the US ranges:
**Green (or white in older versions of Excel) means within ideal range,
**Yellow means outside ideal range, within lab range
**Orange means outside lab range

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Glucose, serum	mg/dL	65.0	110.0	75.0	89.0		Diabetes; insulin resistance; thiamin deficiency; stress; liver.	Hypoglycemia; low adrenal	Test fasting insulin, hemoglobin A1C
Uric acid, serum (female)	mg/dL	1.8	7.0	3.2	5.5		Gout; atherosclerosis; oxidative stress; rheumatoid arthritis; kidney; circulation; leaky gut syndrome	Deficiency of molybdenum, B-12/folate and/or copper	If high, evaluate for signs and symptoms of joint pain. If low, check for other signs of B12 deficiency and mineral deficiency (home tests)
Uric acid, serum (male)	mg/dL	1.8	7.0	3.7	6.0		Gout; atherosclerosis; oxidative stress; rheumatoid arthritis; kidney; circulation; leaky gut syndrome	Deficiency of molybdenum, B-12/folate and/or copper	If high, evaluate for signs and symptoms of joint pain. If low, check for other signs of B12 deficiency and mineral deficiency (home tests)
Blood urea nitrogen (BUN), serum	mg/dL	8.0	28.0	13.0	18.0		Malabsorption; kidney issues; dehydration; excessive protein intake; hyperadrenal	Malabsorption; liver dysfunction; low protein diet	HCl challenge, enzymes, optimize digestion
Creatinine, serum	mg/dL	0.5	1.2	0.7	1.1		Urinary tract congestion/obstruction; kidneys; prostate	Muscle wasting; malabsorption	HCl challenge, enzymes, optimize digestion
Estimated glomerular filtration rate (eGFR), serum	mL/min/1.73 m^2	59.0	-	59.0	-				referral to kidney specialist
Estimated glomerular filtration rate (eGFR) (African American), serum	mL/min/1.73 m^2	59.0	-	59.0	-				referral to kidney specialist
BUN/Creatinine Ratio	-	8.0	27.0	8.0	27.0		See BUN & Creatinine	See BUN & Creatinine	HCl challenge, enzymes, optimize digestion
Sodium, serum	mEq/L	135.0	148.0	135.0	140.0		Hyperadrenal; dehydration	Hypoadrenal; edema; laxative use	check for signs of edema or dehydration, Adrenal Stress Index Test, HeartMath and other stress management skills
Potassium, serum	mEq/L	3.5	5.5	4.0	4.5		Hypoadrenal; dehydration; acidosis	Hyperadrenal; hypertension; diuretics	Check for signs of edema or dehydration, Adrenal Stress Index Test, HeartMath and other stress management skills
Chloride, serum, plasma	mEq/L	99.0	111.0	100.0	106.0		Acidosis; hyperadrenal	Hypochlorhydria; alkalosis; hypoadrenal	HCl challenge, ph monitoring and appropriate diet changes, Adrenal Stress Index Test, HeartMath and other stress management skills
Carbon dioxide, total, serum	mEq/L	19.0	31.0	25.0	30.0		Alkalosis; hyperadrenal; hypochlorhydria; respiratory distress	Acidosis; thiamin (B-1) deficiency; hyperventilation	pH monitoring and appropriate diet changes, HCl challenge
Calcium, serum	mg/dL	8.7	10.5	9.2	10.1		Hypothyroid; vitamin D excess; hypoadrenal; hyper- parathyroid	Hypochlorhydria; hypoparathyroid;deficiency of vitamin D, essential fatty acids, or calcium	Check serum vitamin D, HCl challenge, optimize omega 6 to 3 fat ratio per the chart and consider blood spot fatty acid test
Phosphorus, serum	mg/dL	2.3	4.8	3.5	4.0		Hypoparathyroid; fracture; excess vitamin D intake; excess dietary phosphate (soda); kidney	Hyper parathyroid; hypochlorhydria; hyperinsulin; high carb diet; vitamin D deficiency	Test and adjust vitamin D supplementation, HCl challenge, enzymes, optimize digestion
Protein, total, serum	g/dL	6.2	8.3	6.9	7.4		Dehydration	Hypochlorhydria; poor digestion; GI inflammation; liver; low protein diet	Protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Albumin, serum	g/dL	3.8	5.0	4.0	5.0		Dehydration	Hypochlorhydria; liver; oxidative stress; vitamin C deficiency	Rule out liver problems, check protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized, anti-inflammatory diet
Globulin, total, serum	g/dL	2.0	3.8	2.4	2.8		Hypochlorhydria; liver; oxidative stress; metals/chemicals; autoimmune/allergy	Poor digestion; GI inflammation; low immunity	Rule out liver problems, check protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized, anti-inflammatory diet
A/G Ratio	calc	1.1	2.3	1.5	2.0		See Globulin & Albumin	See Globulin & Albumin	
Bilirubin, serum, total	mg/dL	0.1	1.5	0.2	1.2		Liver/gallbladder; thymus; oxidative stress; RBC hemolysis; Gilbert's syndrome	Spleen	Check liver
Alkaline phosphatase, serum	U/L	27.0	142.0	70.0	90.0		Liver/gall bladder; bone loss/disease; leaky gut syndrome; shingles; vitamin C deficiency	Estrogen dominance; zinc and/or B-6 deficiency; malabsorption; hypothyroid/adrenal	If >120, do isoenzymes
Lactate dehydrogenase (LDH), serum	U/L	89.0	215.0	140.0	180.0		Liver/gall bladder; heart; B12/folate deficiency; inflammation; tissue destruction; viral infection	Hypoglycemia	Isoenzymes if high
Aspartate aminotransferase (AST) (SGOT), serum	U/L	1.0	45.0	10.0	26.0		Liver; heart; muscle breakdown; mono/EBV/CMV	Vitamin B-6 deficiency; alcoholism	If the SGOT is elevated above SGPT, look outside of liver
Alanine aminotransferase (ALT) (SGPT), serum	U/L	1.0	55.0	10.0	26.0		Liver/gall bladder; muscle breakdown; alcoholism	Vitamin B-6 deficiency; early fatty liver; alcoholism	If the SGOT is elevated above SGPT, look outside of liver
Gamma-glutamyltransferase (GGT), serum	U/L	5.0	52.0	10.0	26.0		Liver/gall bladder; pancreas (including insufficiency); excess alcohol;	Vitamin B-6 and/or magnesium deficiency; malabsorption; hypothyroid; oral contraceptives	If GGT is elevated above SGOT & SGPT, problem is more likely in gall bladder, bile ducts & pancreas
Iron, serum	µg/dL	40.0	180.0	85.0	130.0		Liver; hemochromotosis; excess consumption of iron; iron conversion problem (B-12, folic acid, B-6, molybdenum); chronic viral infection	Anemia; hypochlorhydria; internal bleeding	Serum ferritin, look at hemoglobin, hematocrit and MCV, HCL challenge if low
Cholesterol, total, serum	mg/dL	0.1	200.0	150.0	200.0		Hypothyroid; adrenal stress; fat malabsorption; insulin resistance/diabetes; fatty liver; multiple sclerosis; trans fats	Oxidative stress; heavy metal/chemical overload; gallbladder; low fat diet; hyperthyroid; autoimmune; hyperadrenals	VAP; VLDL; C-reactive protein; homocysteine, imaging of heart
Triglycerides, serum	mg/dL	35.0	160.0	50.0	100.0		Insulin resistance/diabetes; high sugar intake; liver; fat malabsorption; alcoholism; stress; hypothyroid	Fat malabsorption; low fat diet; hyperthyroid; autoimmune; hyper adrenals	low sugar diet, avoid refined foods, optimize fat digestion (enzymes)
Cholesterol, high-density lipoprotein (HDL) (low level), serum	mg/dL	40.0	110.0	55.0	110.0		Autoimmune processes; estrogen dominance	Refined carbs; insulin resistance/diabetes; oxidative stress; heavy metal/chemical; fatty liver; hyperthyroid; sedentary lifestyle	Rule out estrogen dominance, if high. If low, increase exercise
Cholesterol, low-density lipoprotein (LDL) (high-level), serum	mg/dL	1.0	130.0	10.0	99.0		Insulin resistance/diabetes; high sugar intake; liver; fat malabsorption; alcoholism; stress; hypothyroid		VAP; VLDL; C-reactive protein; homocysteine, imaging of heart

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Triglycerides/HDL ratio, calc	-	0.3	4.0	0.8	1.3	0			Increase exercise if low: burst training, weights
THYROID MARKERS									
Thyroid-stimulating hormone (TSH), serum	µIU/mL	0.3	5.7	1.5	3.0		Hypothyroidism	Hyperthyroid; hypopituitary; heavy metals	Additional testing: Total T4, Free T3 and antibodies: thyroid peroxidase (TPO) and Antithyroglobulin if high, thyroid stimulating antibodies, if low
Thyroxine, total, (T4 or TT4), serum	µg/mL	4.5	12.5	6.0	12.0		Hyperthyroidism, thyroid replacement medication	Hypothyroid, anterior pituitary dysfunction, iodine or selenium deficiency, deficiency of cofactors: B1	Replenish nutrients, test for antibodies as per TSH follow-up
Triiodothyronine (T3) uptake, serum	%	27.0	37.0	28.0	38.0		Hyperthyroidism, thyroid replacement medication	Hypothyroid; deficiency of selenium or iodine	Further testing as per TSH
Free Thyroxine Index (FTI), serum		1.2	4.9	1.2	4.9				
Total T3 or TT3 (total triiodothyronine),	ng/dL	100.0	180.0	100.0	180.0				
Thyroxine, free (FT4), serum	ng/dL	0.7	2.0	1.0	1.5		Hyperthyroid; estrogen dominance; adrenal fatigue	Hypothyroid; iodine deficiency	
Free T3 or FT3 (triiodothyronine, free), serum	pg/dL	2.0	4.4	3.0	4.5		Hyperthyroid; iodine deficiency, T4 over conversion, excess testosterone	Hypothyroid; selenium deficiency, T4 under conversion, estrogen dominance	Test estrogen, testosterone, look for exogenous sources, i.e., birth control pills, hormone replacement therapy
Reverse T3 (RT3 or Reverse Triiodothyronine), serum	ng/dL	90.0	350.0	90.0	350.0		Low Free T3 , insufficient T4 to T3 conversion	No specific significance	Full thyroid panel and nutritional replacement.
Thyroxine-binding globulin (TBG), serum	µg/m	18.0	27.0	18.0	27.0		Poor unbinding of thyroid hormones and insufficient levels of free hormones - excess estrogen		Full thyroid and hormone evaluation - birth control pills
Thyroglobulin antibody screen (or antithyroglobulin), serum	IU/mL	0.0	1.0	0.0	1.0		Autoimmune thyroid, probably Hashimoto's	Normal is negative	Immune system balancing protocol, gluten and allergen free diet
Thyroid peroxidase (TPO) antibodies, serum	IU/mL	0.0	34.0	0.0	2.0		Autoimmune thyroid, probably Hashimoto's	Normal is negative	Immune system balancing protocol, gluten and allergen free diet
CBC MARKERS									
White blood cell count (WBC), whole blood	/µL	4.0	10.5	5.0	8.0		Acute viral or bacterial infection; stress; highly refined diets; parasites	Chronic viral or bacterial infection; enzyme deficiency; lupus; raw food diet; deficiencies of B-6, B-12 and/or folic acid; food allergies; parasites	Further testing to determine source of infection, nutritional deficiency
Red blood cell count (RBC) (female), whole blood	x10^6/µL	3.9	5.1	3.9	4.5		Dehydration; respiratory distress; vitamin C deficiency; polycythemia vera	Anemia (iron, B-6, B-12 and/or folic acid); internal bleeding	Retest in 3 months, hydrate properly if high. If low, look at other markers and possibly test ferritin, iron, B12 -methylmalonic acid
Red blood cell count (RBC) (male), whole blood	x10^6/µL	3.9	5.1	4.2	4.9		Dehydration; respiratory distress; vitamin C deficiency; polycythemia vera	Anemia (iron, B-6, B-12 and/or folic acid); internal bleeding	Retest in 3 months, hydrate properly, if high. If low, look at other markers and possibly test ferritin, iron, B12 -methlymalonic acid
Hemoglobin (Hb) (female), whole blood	g/dL	12.0	16.0	13.5	14.5		Asthma/emphysema; polycythemia vera; dehydration	Anemia; vitamin C deficiency; digestive inflammation; internal bleeding; copper deficiency	Look at other markers - hct, rbc, mcv and test ferritin, iron
Hemoglobin (Hb) (male), whole blood	g/dL	12.0	16.0	14.0	15.0		Asthma/emphysema; polycythemia vera; dehydration	Anemia; vitamin C deficiency; digestive inflammation; internal bleeding; copper deficiency	Look at other markers - hct, rbc, mcv and test ferritin, iron

Client Name									
CATEGORIES	Units	LAB RANGE		IDEAL RANGE		DATE	Possible Interpretation		
		Min	Max	Min	Max				
Lab Markers						Results	**High**	**Low**	**Follow-up**
Hematocrit (female), whole blood	%	36.0	48.2	37.0	44.0		Asthma/emphysema; polycythemia vera; dehydration; spleen; deficiency of B-6; adrenal	Anemia; internal bleeding; digestion inflammation; thymus hypofunction; deficiencies of vitamin C or thiamin (B-1); parasites	Look at other markers - hct, rbc, mcv and test ferritin, iron, rule out internal bleeding
Hematocrit (male), whole blood	%	36.0	48.2	40.0	48.0		Asthma/emphysema; polycythemia vera; dehydration; spleen; deficiency of B-6; adrenal	Anemia; internal bleeding; digestion inflammation; thymus hypofunction; deficiencies of vitamin C or thiamin (B-1); parasites	look at other markers - hct, rbc, mcv and test ferritin, iron, rule out internal bleeding
Mean corpuscular volume (MCV), whole blood	µm^3	82.0	103.0	85.0	92.0		Anemia (B-12/folic acid); hypochlohydria; vitamin C deficiency; heavy metals; parasites	Anemia (iron/B-6); internal bleeding	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Mean corpuscular hemoglobin (MCH), whole blood	pg/cell	27.0	34.0	27.0	32.0		Anemia (B-12/folic acid); hypochlohydria	Anemia(iron/B-6); vitamin C deficiency; internal bleeding; heavy metals body	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Mean corpuscular hemoglobin concentration (MCHC), whole blood	g/dL	30.9	35.4	32.0	35.0		Anemia (B-12/folic acid); hypochlohydria	Anemia(iron/B-6); vitamin C deficiency; internal bleeding; heavy metals body burden	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Red blood cell distribution width (RDW or RCDW)	%	10.8	14.8	0.0	13.0		Deficiencies of iron, B-12 and/or folate; thalassemia	Blood loss anemia	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch or shot)
Platelet count (thrombocytes), whole blood	×10^3/µL	150.0	400.0	150.0	450.0		Atherosclerosis	heavy metals, free radicals	Vitamin E and EFAs to thin blood if high, test for metals and improve antioxidants, if low
Neutrophils, whole blood, number fraction	%	40.0	78.0	40.0	60.0		Bacterial	Viral issue	Find root cause of inflammation/infection
Lymphocytes, whole blood, number fraction	%	15.0	50.0	25.0	40.0		Viral issue	Bacterial	Find root cause of inflammation/infection
Monocytes, whole blood, number fraction	%	0.0	13.0	0.0	7.0		Acute and healing and recovery stages, parasites, liver dysfunction, prostate	n/a	Find root cause of inflammation/infection
Eosinophils, whole blood, number fraction	%	0.0	5.0	0.0	3.0		Allergy, parasites	n/a	Find root cause of inflammation/infection
Basophils, whole blood, number fraction	%	0.0	5.0	0.0	1.0		Inflammation, parasites	n/a	Find root cause of inflammation/infection
Neutrophils (absolute), whole blood	/µL	1.8	7.8	1.8	7.8		Same as above	Same as above	Same as above
Lymphs (absolute), whole blood	/µL	0.7	4.5	0.7	4.5		Same as above	Same as above	Same as above
Monocytes (absolute), whole blood	/µL	0.1	1.0	0.1	1.0		Same as above	Same as above	Same as above
Eosinophils (absolute), whole blood	/µL	0.0	0.4	0.0	0.4		Same as above	Same as above	Same as above
Basophils (absolute), whole blood	/µL	0.0	0.2	0.0	0.2		Same as above	Same as above	Same as above
ADDITIONAL MARKERS									
Homocysteine (female), plasma	mg/L	4.0	10.0	4.0	10.0		Cardiovascular risk	n/a	Further lipid testing, VAP, CRP
Homocysteine (male), plasma	mg/L	4.0	12.0	4.0	12.0		Cardiovascular risk	n/a	Further lipid testing, VAP, CRP
Erythrocyte sedimentation rate (ESR),	mm/hr	0.0	20.0	0.0	20.0		Inflammation	n/a	Find source of inflammation
hs-CRP (high-sensitivity C-reactive protein), serum	mg/L	0.0	3.0	0.0	3.0		Inflammation, vascular inflammation, atherosclerosis	n/a	Find source of inflammation
Apolipoprotein A-1,serum	mg/dL	110.0	162.0	110.0	162.0		Lipid disorder	n/a	Further lipid testing, VAP, CRP
Apolipoprotein B, serum	mg/dL	52.0	109.0	52.0	109.0		Lipid disorder	n/a	Further lipid testing, VAP, CRP
Reticulocytes count (female), whole blood	%	0.5	2.5	0.5	2.5		Hemolytic anemia (can be a sign of serious disease!)	Chronic anemia (deficiencies of B-6, B-12, folate and/or iron); hypoadrenal	Medical evaluation if high

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Reticulocytes count (male), whole blood	%	0.5	1.5	0.5	1.5		Hemolytic anemia (can be a sign of serious disease!)		Medical evaluation if high
Hemoglobin A1C (glycated hemoglobin),	hemoglobin	4.8	5.9	4.5	5.0		Diabetes/insulin resistance	Hypoglycemia	Low carb diet and retest
Insulin, fasting, serum	µIU/mL	2.0	25.0	2.0	5.0		Nothing indicated by too low, hyperinsulinemia, diabetes, metabolic syndrome	Nothing indicated by too low	
Iron (transferrin) saturation (calc), female, serum	% - iron serum/TIBC	12.0	45.0	12.0	45.0		Hemochromotosis; internal bleeding; deficiencies of B-6, B-12, folate and/or protein	Iron deficiency	Supplement as appropriate
Iron (transferrin) saturation (calc), male, serum	% - iron serum/TIBC	15.0	50.0	15.0	50.0		Hemochromotosis; internal bleeding; deficiencies of B-6, B-12, folate and/or protein	Iron deficiency	Supplement as appropriate
TIBC - total iron binding capacity, serum	mcg/dL	250.0	390.0	250.0	350.0		Anemia; internal bleeding	Hemochromotosis; internal bleeding; low protein	medical evaluation to rule out serious disease
Transferrin, serum	mg/dL	200.0	360.0	200.0	360.0				
Ferritin (female), serum	ng/mL	10.0	235.0	40.0	110.0		Hemochromotosis; excess consumption of iron; inflammation; liver; oxidative stress	Anemia	If high, reduce iron intake , donate blood, evaluation for hemochromatosis
Ferritin (male), serum	ng/mL	10.0	235.0	40.0	200.0		Hemochromotosis; excess consumption of iron; inflammation; liver; oxidative stress	Anemia	If high, reduce iron intake , donate blood, evaluation for hemochromatosis
Magnesium, serum	mEq/L	1.3	2.3	2.0	2.5		Kidney; hypothyroid	Muscle spasm; epilepsy; hyperadrenal; malabsorption	Food, supplementation
VITAMINS									
Vitamin D, 25-hydroxyvitamin D, serum	ng/mL	32.0	100.0	70.0	100.0		Excess vitamin D intake, kidney stress	Insufficient vitamin D Intake, insufficient sunlight, kidney stress	
Vitamin B12, serum	pg/mL	211.0	911.0	800.0	1500.0		Excessive vitamin B12 intake	Insufficient vitamin B12 intake, insufficient stomach acid, intrinsic factor antibodies,	
Folate, serum	ng/mL	5.4	-	5.4	-		Excess intake	Dietary deficiency	

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
HORMONES									
Cortisol, serum	µg/dL	0.0	17.0	4.0	22.0		Excess stress	Adrenal burnout	
Progesterone, serum	ng/mL	0.2	28.0	18.0	27.0		Excess supplementation		
Estradiol (E2), serum	pg/mL	19.0	528.0	352.0	450.0				
Sex-hormone binding globulin (SHBG),	µg/mL	18.0	114.0	18.0	114.0				
Testosterone, serum	ng/dL	14.0	76.0	35.0	45.0				
Free testosterone, serum	ng/dL	0.0	2.2	1.0	2.2				
Dehydroepiandrosterone sulfate (DHEA-	mcg/dL	65.0	380.0	275.0	400.0		Adrenal stress, PCOS	Adrenal burnout	
Luteinizing hormone (LH), serum	mIU/mL	0.0	76.3	0.0	76.3		Menopause, perimenopause		
Follicle-stimulating hormone (FSH), serum	mIU/mL	2.8	17.2	2.8	17.2		Menopause, perimenopause		
Aldosterone, serum	ng/dL	1.0	16.0	1.0	16.0				
Adrenocorticotropic hormone (ACTH),	pg/mL	6.0	58.0	6.0	58.0				
IMMUNE MARKERS									
Lyme IgG/IgM antibodies, serum	a negative test is normal	0.0	1.0	0.0	1.0		Lyme's disease antibodies	Normal	
Lyme IgG p41 band antibodies, serum	a negative test is normal	0.0	1.0	0.0	1.0		Lyme's disease antibodies	Normal	
Candida IgG antibody, serum	antibody	0.0	10.0	0.0	10.0		Candida overgrowth	Normal	
Candida IgM antibody,serum	antibody	0.0	10.0	0.0	10.0		Candida overgrowth	Normal	
Insulin-like growth factor 1 (IGF -1), serum	ng/mL	117.0	329.0	117.0	329.0		Can be suggestive of low growth hormone (GH)	Possible tumor or growth, pituitary tumor	
Antinuclear Antibodies (ANA), serum	Negative is normal	0.0	0.0	0.0	0.0		Autoimmune, possibly Lupus	Normal	
Carbohydrate antigen (CA 19-9), serum	U/mL	0.0	35.0	0.0	35.0		Autoimmune disease	Normal	
Carcinoembryonic antigen (CEA), serum	ng/mL	0.0	2.5	0.0	2.5		Cancer marker	Normal	
Sedimentation rate, whole blood	mm/h	0.0	20.0	0.0	20.0		Inflammation	Normal	
Creatine kinase (CK), total, serum	U/L	24.0	173.0	24.0	173.0		Damage to muscle or heart, some forms of muscular dystrophy if very high	Normal	
Intrinsic factor blocking antibody (IFA)	test is normal	0.0	1.0	0.0	1.0		Autoimmune disorder	Normal	

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Digestion - Low Stomach Acid					
· BUN (hi or lo)	mg/dL	8.0	28.0	13.0	18.0
· Chloride (lo)	mmol/L	99.0	111.0	100.0	106.0
· Carbon Dioxide (hi)	mmol/L	19.0	31.0	25.0	30.0
· Calcium (lo)	mg/dL	8.7	10.5	9.2	10.1
· Phosphorus (lo)	mg/dL	2.3	4.8	3.5	4.0
· Protein (lo)	G/dl	6.2	8.3	6.9	7.4
· Albumin (lo)	G/dl	3.8	5.0	4.0	5.0
· Globulin (hi)	G/100 ml	2.0	3.8	2.4	2.8
· Iron (lo)	ug/dl	40.0	180.0	85.0	130.0
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5
· MCV (hi)	cu microns	82.0	103.0	85.0	92.0
· MCH (hi)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (hi)	g/cu microns	30.9	35.4	32.0	35.0
Liver and Gallbladder					
· Glucose (hi)	mg/dl	65.0	110.0	75.0	89.0
· BUN (lo)	mg/dL	8.0	28.0	13.0	18.0
· Protein (lo)	G/dl	6.2	8.3	6.9	7.4
· Albumin (lo)	G/dl	3.8	5.0	4.0	5.0
· Globulin (hi)	G/100 ml	2.0	3.8	2.4	2.8
· Bilirubin (hi)	mg/dl	0.1	1.5	0.2	1.2
· Alkaline Phosphatase (hi)	U/L	27.0	142.0	70.0	90.0
· LDH (hi)	U/L	89.0	215.0	140.0	180.0
· AST (hi)	U/L	1.0	45.0	10.0	26.0
· ALT (hi)	U/L	1.0	55.0	10.0	26.0
· ALT (lo) early fatty liver	U/L	1.0	55.0	10.0	26.0
· GGT (hi)	U/L	5.0	52.0	10.0	26.0
· Iron (hi)	ug/dl	40.0	180.0	85.0	130.0
· Cholesterol (hi) - fatty liver, fat malabsorption, gall bladder stress	mg/dl	0.1	200.0	150.0	200.0
· LDL (hi) - fatty liver, fat malabsorption, gall bladder stress	mg/dl	1.0	130.0	10.0	99.0
· Iron (hi) hemochromatosis	ug/dl	40.0	180.0	85.0	130.0
· Triglycerides (lo or hi) - fat malabsorption	mg/dL	35.0	160.0	50.0	100.0
· HDL (lo)	mg/dl	40.0	110.0	55.0	110.0
· Monocytes (hi)	x10E3/uL	0.1	1.0	0.1	1.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Digestion - Small Intestine and Pancreas					
· Uric Acid (hi) (Female)	mg/dL	1.8	7.0	3.2	5.5
· Uric acid Male (hi)	mg/dL	1.8	7.0	3.7	6.0
· BUN (lo)	mg/dL	8.0	28.0	13.0	18.0
· Creatinine (lo)	mg/dL	0.5	1.2	0.7	1.1
· Protein (lo)	G/dl	6.2	8.3	6.9	7.4
· Globulin (lo) - GI inflammation	G/100 ml	2.0	3.8	2.4	2.8
· Alkaline phosphatase (lo)	U/L	27.0	142.0	70.0	90.0
· Alkaline Phosphatase (hi) - leaky gut	U/L	27.0	142.0	70.0	90.0
· GGT (lo) - malabsorption	U/L	5.0	52.0	10.0	26.0
· Hematocrit (lo) - inflammation (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - inflammation (Male)	%	36.0	48.2	40.0	48.0
Digestion - Large Intestine					
· Sodium (lo) laxatives	mmol/L	135.0	148.0	135.0	140.0
Cardiovascular System					
· Uric Acid (hi) (Female)	mg/dL	1.8	7.0	3.2	5.5
· Uric acid Male (hi)	mg/dL	1.8	7.0	3.7	6.0
· Potassium (lo) - hypertension	mmol/L	3.5	5.5	4.0	4.5
· Sodium (hi) - edema	mmol/L	135.0	148.0	135.0	140.0
· LDH (hi)	U/L	89.0	215.0	140.0	180.0
· AST (hi)	U/L	1.0	45.0	10.0	26.0
· Platelet s(hi) - atherosclerosis	(K)	150.0	400.0	150.0	450.0
· Homocysteine (hi) (Female)	µmol/L	4.0	10.0	4.0	10.0
· Homocysteine (hi) (Male)	µmol/L	4.0	12.0	4.0	12.0
· CRP-hs (hi)	mg/L	0.0	3.0	0.0	3.0
Kidney and Bladder					
· Uric Acid (hi) (Female)	mg/dL	1.8	7.0	3.2	5.5
· Uric acid Male (hi)	mg/dL	1.8	7.0	3.7	6.0
· BUN (hi)	mg/dL	8.0	28.0	13.0	18.0
· Creatinine (hi)	mg/dL	0.5	1.2	0.7	1.1
· e-GFR (hi)	mL/min/1.73	59.0	-	59.0	-
· e-GFR (hi) (African American)	mL/min/1.73	59.0	-	59.0	-
· Potassium (lo) - diuretics	mmol/L	3.5	5.5	4.0	4.5
· Phosphorus (hi)	mg/dL	2.3	4.8	3.5	4.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Immune System					
· Uric Acid (hi) - RA, gout (Female)	mg/dL	1.8	7.0	3.2	5.5
· Uric acid Male- RA, gout (hi)	mg/dL	1.8	7.0	3.7	6.0
· Globulin (lo)	G/100 ml	2.0	3.8	2.4	2.8
· Globulin (hi) - autoimmune, allergy	G/100 ml	2.0	3.8	2.4	2.8
· Bilirubin (hi)	mg/dl	0.1	1.5	0.2	1.2
· Alkaline Phosphatase (hi) - shingles	U/L	27.0	142.0	70.0	90.0
· LDH (hi) - inflammation, viral	U/L	89.0	215.0	140.0	180.0
· AST (hi) - mono, EBV, CMV	U/L	1.0	45.0	10.0	26.0
· Iron (hi) - viral	ug/dl	40.0	180.0	85.0	130.0
· Cholesterol (lo) - autoimmune	mg/dl	0.1	200.0	150.0	200.0
· LDL (lo) - autoimmune	mg/dl	1.0	130.0	10.0	99.0
· HDL (hi) - autoimmune	mg/dl	40.0	110.0	55.0	110.0
· Thyroid Peroxidase Antibodies (hi) - autoimmune	%	36.0	48.2	37.0	44.0
· Antithyroglobulin Antibodies (hi) - autoimmune	a negative test is normal	0.0	1.0	0.0	1.0
· White Blood Cells(WBC) (hi) - acute infection, parasites	x10E3/uL	4.0	10.5	5.0	8.0
· White Blood Cells(WBC) (lo) - chronic infection, parasites, allergies, autoimmune i.e. lupus	x10E3/uL	4.0	10.5	5.0	8.0
· Hematocrit (lo) - low thymus function (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - low thymus function (Male)	%	36.0	48.2	40.0	48.0
· Eosinophil's (hi) - allergy	%	0.0	5.0	0.0	3.0
· Monocytes (hi) - acute healing and recovery	%	0.0	13.0	0.0	7.0
· Score 1 point for any other autoimmune antibodies, i.e. ANA, RA, intrinsic factor, etc.					
Immune - Bacterial Infection					
· White Blood Cells(WBC) (hi or lo)	x10E3/uL	4.0	10.5	5.0	8.0
· Neutrophil (hi)	%	40.0	78.0	40.0	60.0
· Lymphocytes (lo)	%	15.0	50.0	25.0	40.0
Immune - Viral Infection					
· White Blood Cells(WBC) (hi or lo)	x10E3/uL	4.0	10.5	5.0	8.0
· Neutrophil (lo)	%	40.0	78.0	40.0	60.0
· Lymphocytes (hi)	%	15.0	50.0	25.0	40.0
Immune - Parasites					
· Hematocrit (lo) - low thymus function (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - low thymus function (Male)	%	36.0	48.2	40.0	48.0
· WBC (hi)	x10E3/uL	4.0	10.5	5.0	8.0
· Eosinophil's (hi)	%	0.0	5.0	0.0	3.0
· Basophils (hi)	%	0.0	5.0	0.0	1.0
· Monocytes (hi)	%	0.0	13.0	0.0	7.0
· MCV (hi)	cu microns	82.0	103.0	85.0	92.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Respiratory System					
· Carbon Dioxide (hi) - distress	mmol/L	19.0	31.0	25.0	30.0
· Carbon dioxide (lo) hyperventilation	mmol/L	19.0	31.0	25.0	30.0
· RBC female (hi) - respiratory distress	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (hi)	x10E3/uL	3.9	5.1	4.2	4.9
· Hemoglobin (hi) - asthma/emphysema (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (hi) - asthma/emphysema (Male)	gm/dl	12.0	16.0	13.5	14.5
· Hematocrit (hi) - asthma/emphysema (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (hi) - asthma/emphysema (Male)	%	36.0	48.2	40.0	48.0
Pancreas					
· WBC (lo) - enzyme deficiency	x10E3/uL	4.0	10.5	5.0	8.0
Spleen					
· Bilirubin (lo)	mg/dl	0.1	1.5	0.2	1.2
· Hematocrit (hi) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (hi) - (Male)	%	36.0	48.2	40.0	48.0
Muscular System					
· AST (hi)	U/L	1.0	45.0	10.0	26.0
· ALT (hi)	U/L	1.0	55.0	10.0	26.0
Skeletal System					
· Alkaline Phosphatase (hi)	U/L	27.0	142.0	70.0	90.0
Anemia					
· Bilirubin (hi)	mg/dl	0.1	1.5	0.2	1.2
· Iron (lo) - internal bleeding	ug/dl	40.0	180.0	85.0	130.0
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5
· MCV (hi) - B12, folate anemia	cu microns	82.0	103.0	85.0	92.0
· MCH (hi) - B12, folate anemia	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (hi) - B12, folate anemia	g/cu microns	30.9	35.4	32.0	35.0
· RDW (hi) - B12, folate, iron, Thalassemia	%	10.8	14.8	0.0	13.0
· MCV (lo) - Iron, B6 anemia	cu microns	82.0	103.0	85.0	92.0
· MCH (lo) - Iron, B6 anemia	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo) - Iron, B6 anemia	g/cu microns	30.9	35.4	32.0	35.0
· RDW (lo) - blood loss anemia, internal bleeding	%	10.8	14.8	0.0	13.0
· Ferritin (lo) - low iron stores (Female)	-	10.0	235.0	40.0	110.0
· Ferritin Male - low iron stores (lo)	-	10.0	235.0	40.0	200.0
Detoxification Stress / Toxicity					
· Globulin (hi)	G/100 ml	2.0	3.8	2.4	2.8
· Cholesterol (lo) - metals and chemicals	mg/dl	0.1	200.0	150.0	200.0
· LDL (lo) - metals and chemicals	mg/dl	1.0	130.0	10.0	99.0
· HDL (lo) - heavy metals	mg/dl	40.0	110.0	55.0	110.0
· MCH (lo) - heavy metals	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo) - heavy metals	g/cu microns	30.9	35.4	32.0	35.0
· Platelets (lo)	(K)	150.0	400.0	150.0	450.0
· TSH (lo) - heavy metals	mlU/L	0.3	5.7	1.5	3.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Dehydration					
· Sodium (hi)	mmol/L	135.0	148.0	135.0	140.0
· BUN (hi)	mg/dL	8.0	28.0	13.0	18.0
· Potassium (hi)	mmol/L	3.5	5.5	4.0	4.5
· Protein (hi)	G/dl	6.2	8.3	6.9	7.4
· Albumin (hi)	G/dl	3.8	5.0	4.0	5.0
· Red Blood Cell Female (hi)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (hi)	x10E3/uL	3.9	5.1	4.2	4.9
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) (Male)	%	36.0	48.2	40.0	48.0
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5
Acidosis					
· Co2 (lo)	mmol/L	19.0	31.0	25.0	30.0
· Potassium (hi)	mmol/L	3.5	5.5	4.0	4.5
· Chloride (hi)	mmol/L	99.0	111.0	100.0	106.0
Alkalosis					
· CO2 (hi)	mmol/L	19.0	31.0	25.0	30.0
· Chloride (lo)	mmol/L	99.0	111.0	100.0	106.0
Oxidative Stress					
· Uric acid Female (hi)	mg/dL	1.8	7.0	3.2	5.5
· Uric acid Male (hi)	mg/dL	1.8	7.0	3.7	6.0
· Albumin (lo)	G/dl	3.8	5.0	4.0	5.0
· Globulin (hi)	G/100 ml	2.0	3.8	2.4	2.8
· Bilirubin (hi)	mg/dl	0.1	1.5	0.2	1.2
· Cholesterol (lo)	mg/dl	0.1	200.0	150.0	200.0
· LDL (lo)	mg/dl	1.0	130.0	10.0	99.0
· Platelets (lo) - free radicals	(K)	150.0	400.0	150.0	450.0
· HDL (lo)	mg/dl	40.0	110.0	55.0	110.0
RED FLAG: Rule Out Internal Bleeding					
If several of these are persistently below lab normals, in spite of adequate diet and supplementation, it's important to rule out internal bleeding as a cause.					
· Iron (lo)	ug/dl	40.0	180.0	85.0	130.0
· Red Blood Cell Female (RBC) (lo)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (lo)	x10E3/uL	3.9	5.1	4.2	4.9
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5
· MCV (lo)	cu microns	82.0	103.0	85.0	92.0
· MCH (lo)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo)	g/cu microns	30.9	35.4	32.0	35.0
· RDW (lo) - blood loss anemia, internal bleeding	%	10.8	14.8	0.0	13.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
HORMONES					
Adrenal Hypofunction					
· Blood glucose (lo)	mg/dl	65.0	110.0	75.0	89.0
· Sodium (lo)	mmol/L	135.0	148.0	135.0	140.0
· Potassium (hi)	mmol/L	3.5	5.5	4.0	4.5
· Chloride (lo)	mmol/L	99.0	111.0	100.0	106.0
· Calcium (hi)	mg/dL	8.7	10.5	9.2	10.1
· Cholesterol (lo)	mg/dl	0.1	200.0	150.0	200.0
· LDL (lo)	mg/dl	1.0	130.0	10.0	99.0
· Free T4 (hi)	ng/dL	0.7	2.0	1.0	1.5
· Alkaline Phosphatase (lo)	U/L	27.0	142.0	70.0	90.0
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
Adrenal Hyperfunction (Cortisol Elevation)					
· Sodium (hi)	mmol/L	135.0	148.0	135.0	140.0
· Potassium (lo)	mmol/L	3.5	5.5	4.0	4.5
· Chloride (hi)	mmol/L	99.0	111.0	100.0	106.0
· Carbon dioxide (hi)	mmol/L	19.0	31.0	25.0	30.0
· Cholesterol (hi)	mg/dl	0.1	200.0	150.0	200.0
· LDL (hi)	mg/dl	1.0	130.0	10.0	99.0
· Triglycerides (lo)	mg/dL	35.0	160.0	50.0	100.0
· Glucose (hi)	mg/dl	65.0	110.0	75.0	89.0
· BUN (hi)	mg/dL	8.0	28.0	13.0	18.0
· Triglycerides (hi)	mg/dL	35.0	160.0	50.0	100.0
· WBC (hi)	x10E3/uL	4.0	10.5	5.0	8.0
Blood Sugar Handling – Insulin Resistance					
· Serum Glucose, fasting (hi)	mg/dl	65.0	110.0	75.0	89.0
· Hemoglobin A1C (hi)	%	4.8	5.9	4.5	5.0
· Triglyceride/HDL ratio (hi)	-	0.3	4.0	0.8	1.3
· Triglycerides (hi)	mg/dL	35.0	160.0	50.0	100.0
· Phosphorus (lo)	mg/dL	2.3	4.8	3.5	4.0
· LDH (lo) - hypoglycemia	U/L	89.0	215.0	140.0	180.0
· Cholesterol (hi)	mg/dl	0.1	200.0	150.0	200.0
· LDL (hi)	mg/dl	1.0	130.0	10.0	99.0
· HDL (lo)	mg/dl	40.0	110.0	55.0	110.0
Thyroid Low (Hypo)					
· Cholesterol (hi)	mg/dl	0.1	200.0	150.0	200.0
· LDL (hi)	mg/dl	1.0	130.0	10.0	99.0
· HDL (hi)	mg/dl	40.0	110.0	55.0	110.0
· TSH (hi)	mIU/L	0.3	5.7	1.5	3.0
· T4 (lo)	ug/d	4.5	12.5	6.0	12.0
· T3 Uptake (lo)	mg/dl	27.0	37.0	28.0	38.0
· Total T3 (lo)	ng/dL	100.0	180.0	100.0	180.0
· Free T4 (lo)	ng/dL	0.7	2.0	1.0	1.5
· Free T3 (lo)	pg/mL	2.0	4.4	3.0	4.5

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Thyroid Excess (Hyper)					
· Cholesterol (lo)	mg/dl	0.1	200.0	150.0	200.0
· LDL (lo)	mg/dl	1.0	130.0	10.0	99.0
· HDL (lo)	mg/dl	40.0	110.0	55.0	110.0
· TSH (lo)	mlU/L	0.3	5.7	1.5	3.0
· T4 (hi)	ug/d	4.5	12.5	6.0	12.0
· T3 Uptake (hi)	mg/dl	27.0	37.0	28.0	38.0
· Total T3 (hi)	ng/dL	100.0	180.0	100.0	180.0
· Free T4 (hi)	ng/dL	0.7	2.0	1.0	1.5
· FreeT3 (hi)	pg/mL	2.0	4.4	3.0	4.5
Parathyroid					
· Calcium (hi) hyper	mg/dL	8.7	10.5	9.2	10.1
· Phosphorus (lo) hyper	mg/dL	2.3	4.8	3.5	4.0
· Calcium (lo) hypo	mg/dL	8.7	10.5	9.2	10.1
· Phosphorus (hi) hypo	mg/dL	2.3	4.8	3.5	4.0
Pituitary					
· TSH (lo)	mlU/L	0.3	5.7	1.5	3.0
· T4 (lo)	ug/d	4.5	12.5	6.0	12.0
Male - Prostate					
· Creatinine (hi) - prostate	mg/dL	0.5	1.2	0.7	1.1
· Monocytes (hi) - prostate	%	0.0	13.0	0.0	7.0
Male - Hormones					
· Testosterone (lo)	ng/dL	14.0	76.0	14.0	76.0
· Free T3 (hi) - excess testosterone	pg/Ml	0.0	2.2	0.0	2.2
· DHEA-s (lo)	uf/dL	65.0	380.0	65.0	380.0
Female - Hormones					
· Alkaline Phosphatase (lo) - estrogen dominance	U/L	27.0	142.0	70.0	90.0
· GGT (lo) - oral contraceptives	U/L	5.0	52.0	10.0	26.0
· HDL (hi) - estrogen dominance	mg/dl	40.0	110.0	55.0	110.0
· Free T4 (hi) - estrogen dominance	ng/dL	0.7	2.0	1.0	1.5
· Free T3 (lo) - estrogen dominance	pg/mL	2.0	4.4	3.0	4.5
· Thyroid Binding Globulin (hi) - excess estrogen	ug/dl	18.0	27.0	18.0	27.0
· Progesterone (lo)	ng/mL	0.2	28.0	0.2	28.0
· Estrogen (lo) (estridiol)	pg/Ml	19.0	528.0	19.0	528.0

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
NUTRIENTS					
Essential Fatty Acid Needs					
· Calcium (lo)	mg/dL	8.7	10.5	9.2	10.1
Amino Acid Needs					
· BUN (lo) - low protein diet	mg/dL	8.0	28.0	13.0	18.0
· BUN (hi) - excess protein	mg/dL	8.0	28.0	13.0	18.0
Vitamin B1 - Thiamin					
· Glucose (hi)	mg/dl	65.0	110.0	75.0	89.0
· Carbon Dioxide (lo)	mmol/L	19.0	31.0	25.0	30.0
· T4 (lo)	ug/d	4.5	12.5	6.0	12.0
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
Vitamin B6 – Pyridoxine					
· Alkaline phosphatase (lo)	U/L	27.0	142.0	70.0	90.0
· AST(lo)	U/L	1.0	45.0	10.0	26.0
· ALT(lo)	U/L	1.0	55.0	10.0	26.0
· GGT(lo)	U/L	5.0	52.0	10.0	26.0
· Iron (hi)	ug/dl	40.0	180.0	85.0	130.0
· Red Blood Cell Female (RBC) (lo)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (lo)	x10E3/uL	3.9	5.1	4.2	4.9
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
· MCV (lo)	cu microns	82.0	103.0	85.0	92.0
· MCH (lo)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo)	g/cu microns	30.9	35.4	32.0	35.0
Vitamin B9 - Folic Acid					
· LDH (hi)	U/L	89.0	215.0	140.0	180.0
· Iron (hi)	ug/dl	40.0	180.0	85.0	130.0
· WBC (lo)	x10E3/uL	4.0	10.5	5.0	8.0
· Red Blood Cell Female (RBC) (lo)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (lo)	x10E3/uL	3.9	5.1	4.2	4.9
· MCV (hi)	cu microns	82.0	103.0	85.0	92.0
· MCH (hi)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (hi)	g/cu microns	30.9	35.4	32.0	35.0
· RDW (hi)	%	10.8	14.8	0.0	13.0
· Folate (lo)	ng/mL	5.4	-	5.4	-

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Vitamin B12 – Cobalamin					
· LDH (hi)	U/L	89.0	215.0	140.0	180.0
· Iron (hi)	ug/dl	40.0	180.0	85.0	130.0
· WBC (lo)	x10E3/uL	4.0	10.5	5.0	8.0
· Red Blood Cell Female (RBC) (lo)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (lo)	x10E3/uL	3.9	5.1	4.2	4.9
· MCV (hi)	cu microns	82.0	103.0	85.0	92.0
· MCH (hi)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (hi)	g/cu microns	30.9	35.4	32.0	35.0
· RDW (hi)	%	10.8	14.8	0.0	13.0
· B12 (lo)	pg/mL	211.0	911.0	800.0	1500.0
Vitamin C					
· Albumin (lo)	G/dl	3.8	5.0	4.0	5.0
· Alkaline Phosphatase (hi)	U/L	27.0	142.0	70.0	90.0
· Red Blood Cell Female (RBC) (hi)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (hi)	x10E3/uL	3.9	5.1	4.2	4.9
· Hematocrit (lo) (Female)	%	36.0	48.2	37.0	44.0
· Hematocrit (lo) - (Male)	%	36.0	48.2	40.0	48.0
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5
· MCH (lo)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo)	g/cu microns	30.9	35.4	32.0	35.0
Vitamin D					
· Calcium (lo)	mg/dL	8.7	10.5	9.2	10.1
· Phosphorus (hi) excess	mg/dL	2.3	4.8	3.5	4.0
· Phosphorus (lo) deficiency	mg/dL	2.3	4.8	3.5	4.0
· Vitamin D (lo)	ng/mL	32.0	100.0	70.0	100.0
Calcium					
· Calcium (lo)	mg/dL	8.7	10.5	9.2	10.1
Chromium					
· Serum Glucose, fasting (hi)	mg/dl	65.0	110.0	75.0	89.0
· Hemoglobin A1C (hi)	%	4.8	5.9	4.5	5.0
· Triglyceride/HDL ratio (hi)	-	0.3	4.0	0.8	1.3
· Triglycerides (hi)	mg/dL	35.0	160.0	50.0	100.0
· Cholesterol (hi)	mg/dl	0.1	200.0	150.0	200.0
· LDL (hi)	mg/dl	1.0	130.0	10.0	99.0
· HDL (lo)	mg/dl	40.0	110.0	55.0	110.0
Copper					
· Hemoglobin (lo) (Female)	gm/dl	12.0	16.0	13.5	14.5
· Hemoglobin (lo) (Male)	gm/dl	12.0	16.0	13.5	14.5

Lab Explanations

CATEGORIES	Units	LAB RANGE		IDEAL RANGE	
		Min	Max	Min	Max
Iodine					
· T4 (lo)	ug/d	4.5	12.5	6.0	12.0
· T3 Uptake (lo)	mg/dl	27.0	37.0	28.0	38.0
· Free T4 (lo)	ng/dL	0.7	2.0	1.0	1.5
· Free T3 (hi)	pg/mL	2.0	4.4	3.0	4.5
Iron					
· Iron (lo)	ug/dl	40.0	180.0	85.0	130.0
· Red Blood Cell Female (RBC) (lo)	x10E3/uL	3.9	5.1	3.9	4.5
· Red Blood Cell Male (RBC) (lo)	x10E3/uL	3.9	5.1	4.2	4.9
· RDW (hi)	%	10.8	14.8	0.0	13.0
· MCV (lo)	cu microns	82.0	103.0	85.0	92.0
· MCH (lo)	g/cu microns	27.0	34.0	27.0	32.0
· MCHC (lo)	g/cu microns	30.9	35.4	32.0	35.0
· Ferritin Female (lo)	-	10.0	235.0	40.0	110.0
· Ferritin Male (lo)	-	10.0	235.0	40.0	200.0
Magnesium					
· GGT(lo)	U/L	5.0	52.0	10.0	26.0
· Magnesium (lo)	mg/dL	1.3	2.3	2.0	2.5
Molybdenum					
· Uric Acid Female (lo)	mg/dL	1.8	7.0	3.2	5.5
· Uric Acid Male (lo)	mg/dL	1.8	7.0	3.7	6.0
· Iron (hi)	ug/dl	40.0	180.0	85.0	130.0
Phosphorus					
· Phosphorus (lo)	mg/dL	2.3	4.8	3.5	4.0
Potassium					
· Potassium (lo)	mmol/L	3.5	5.5	4.0	4.5
Selenium					
· T4 (lo)	ug/d	4.5	12.5	6.0	12.0
· T3 uptake (lo)	mg/dl	27.0	37.0	28.0	38.0
· Total T3 (lo)	ng/dL	100.0	180.0	100.0	180.0
· Free T3 (lo)	pg/mL	2.0	4.4	3.0	4.5
Zinc					
· Alkaline phosphatase (lo)	U/L	27.0	142.0	70.0	90.0

Lab Follow-Up

Client Name		Coach Name	

Test:	Test Date	Significant SNPs	Value	Follow-up Testing Recommendations	Recommendations Based on Genetics
Nutrigenomics					

Test:	Initial Test Date	Initial Results	Value	Recommendations	Follow-up Test Date	Follow-up Results	Value	Recommendations
Blood Test: Key Imbalances								
Thyroid		TSH: Total T4: Free T4: Total T3: Free T3: Reverse T3: Thyroid Peroxidase Antibodies: Antithyroglobulin Antibodies: Iodine: Bromide: Flouride:				TSH: Total T4: Free T4: Total T3: Free T3: Reverse T3: Thyroid Peroxidase Antibodies: Antithyroglobulin Antibodies: Iodine: Bromide: Flouride:		

Test:	Initial Test Date	Initial Results	Value	Recommendations	Follow-up Test Date	Follow-up Results	Value	Recommendations
Adrenal: ASI - Adrenal Stress Index		**Cortisol AM : Cortisol Noon: Cortisol 4-5 PM: Cortisol Midnight: DHEA**				**Cortisol AM : Cortisol Noon: Cortisol 4-5 PM: Cortisol Midnight: DHEA**		
Blood Spot Fatty Acid								
Stool Analysis								
24-hour Urine Steroid Panel or DUTCH								
Cyrex Cross Reactive Foods								
Spectra Cell								
Toxic Elements (hair, stool, urine)								
Allergy Testing								
Other Testing:								