

LEDBETTER CHIROPRACTIC

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NUTRITION EVALUATION: 08/07/2019

PATIENT INFORMATION

Sex: F
Birth Date:
Age: 41
Blood Type: O+

DATA USED FOR ANALYSIS

PSS	07/21/2019
Medication	07/21/2019
Blood	07/31/2019
Vitals	08/03/2019
Urinalysis	08/03/2019
Hair	07/31/2019

VITALS

Height: 5'5"
Weight: 164
Blood Pressure: 118 / 80
O2 Level: 97%
Heart Rate: 64

PRIMARY SYMPTOMS

1. Urinary Frequency
2. Chronic Fatigue R53.82
3. Headaches R51
4. General Good Health
5. Desires Nutritional and Metabolic Analysis
6. Stress Incontinence, female
7. Presbyopia
8. Premenstrual Syndrome

PRESENTING SYMPTOMS

Chronic Fatigue R53.82 • Desires Nutritional and Metabolic Analysis • General Good Health • Headaches R51 • Premenstrual Syndrome • Presbyopia • Stress Incontinence, female • Urinary

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The information in this report has not been evaluated by the FDA and is not intended to treat, cure or prevent any disease.

Frequency • Energy level is worse than it was 5 years ago • Fingernails have ridges or white spots • Rarely exercises • Somewhat Overweight • Mold • Ragweed • Sulfa Drugs • ~~Cross eyes • Sometimes wishes to be dead or away from it all~~ • At Times Low Blood Pressure • Heart skips beats • Leg cramps during daytime • Unusually tired most of the time • Blurred Vision • Cross eyes • Far sighted • Itchy eyes • Near sighted • 6 or more bowel movements per week • Frequently drowsy after eating a meal • Family history of Diabetes • Had childhood vaccinations • Craves Sugars/starches • Drinks caffeinated coffee • Drinks caffeinated tea • Drinks coffee • Drinks tea • Takes vitamins • Home water is filtered • Home pipes are PVC • Toothaches • Frequent headaches • Leg pain at rest • Neck pain • Pain between the shoulders • Spinal curvature • Frequent stuffy nose • Sneezing spells • Urinates more than 2 times per night • Difficulty starting urination • Frequent bladder infections • Frequent urination • Incontinence when sneezing or laughing • Troubled by urgent urination • Abnormal cycle >29 days and/or <26 days • Acne worse at menstruation • Excessive menstrual flow • Has taken birth control medication for more than one year • Pre-menstrual depression • Appendix removed • Extremity Surgery

PRIMARY FINDINGS SUGGESTIVE OF

- Dehydration Effects
- Vitamin D Deficiency
- Possible Allergy, Reactivity or Toxicity
- Very Low Hair Chromium
- High Hair Tin
- Urinary Findings
- Gastro/Intestinal Dysfunction
- Thyroid Considerations
- Noted Blood Values
- High Hair Aluminum
- Noted Hair Values

The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and repair itself. This is achieved by eliminating foods and toxins, which adversely affect the body, and by providing nutrients that the body may be lacking.

MEDICATIONS

- Acetaminophen - Occasional.
- Amoxicillin - Occasional.
- Advil - Occasional.
- Flonase - Occasional.

SIDE EFFECTS OF MEDICATIONS

- **Acetaminophen** (Otherwise known as Tylenol) is indicated for use in treating minor aches and pains for pain/arthritis & Panadol.
Side Effects: hepatitis; hives; decreased blood platelets; decreased white blood cells; discolored spots and small elevations of the skin.
Possible Nutrients Depleted: Glutathione.
- **Advil** (Otherwise known as Ibuprofen) indicated for temporary relief of minor aches and pains due to common cold, headache, toothache, muscular aches, backache, minor pain of arthritis, menstrual cramps, and temporarily reduces fever.
Side Effects: hives, facial swelling, asthma (wheezing), and shock.
Possible Nutrients Depleted: Folic Acid.
- **Amoxicillin** (Otherwise known as Moxatag and Dispermox) is used in the treatment of

infection.

Side Effects: nausea, vomiting, diarrhea, rashes, anemia, thrombocytopenia (low platelet count), pronounced reduction in circulating blood platelets, hyperactivity, agitation, anxiety, insomnia, confusion and dizziness.

Possible Nutrients Depleted: Bifidus, Biotin, Inositol, Acidophilus, Potassium, B1, B2, B3, B6, B12 and Vitamin K.

- **Flonase** indicated to treat sneezing, or itchy, runny, or stuffy nose caused by hay fever.

Side Effects: epistaxis; nasal burning; blood in nasal mucous; pharyngitis; nasal irritation; headache; sneezing; runny nose; nasal dryness; sinusitis; nasal congestion; bronchitis; nasal ulcer; dizziness; eye disorder; unpleasant taste; nausea and vomiting; urticarial.

Possible Nutrients Depleted: Calcium, Folic Acid, Magnesium, Potassium, Selenium, Vitamin C, Vitamin D, Zinc.

INTERPRETING ALL TEST RESULTS

Your test results are color coded for ease of analysis:

Yellow = values are outside the healthy range but still within the clinical range

Red = values are outside the clinical range

Blue = values extremely higher or lower than the clinical range limits.

INTERPRETING BLOOD LAB RESULTS

On the blood test results page found later in the report, you'll notice two columns on the right side of the page labeled "Healthy Range" and "Clinical Range". The clinical range is used by the medical community. Any values outside this range are indicative of a disease process. The healthy range is more narrow than the clinical range. Test values outside of the healthy range indicate results which are not as good as they should be. The tighter guidelines of the healthy range allows us to see signs of any developing diseases/conditions.

INTERPRETING HAIR LAB RESULTS

The hair analysis screening is looking for essential, nonessential and potentially toxic elements. These elements are irreversibly incorporated into growing hair. The amount of each element found in the hair is proportional to levels in other body tissues. This makes the hair analysis a suitable indirect screening for physiological excess, deficiency or maldistribution of elements in the body. All screening tests have limitations which must be taken into consideration. Scalp hair is vulnerable to external contamination by water, hair treatments and other products. The data provided by a hair analysis should be considered in conjunction with symptoms, diet analysis, occupation and lifestyle, water source, physical examination and the results of other laboratory tests. However, accepting these limitations, hair analysis can provide useful insights into the toxic load and biochemical condition of the body.

For each elevated toxic element in the hair, the most common sources of exposure are listed in the report. Due to pollution, our industrial culture and other environmental factors, it is impossible to completely eliminate your exposure to some toxic elements. However by knowing the sources of toxins elevated in your body, you can work to reduce your exposure, thus lessening the total toxic burden on your body.

DIAGNOSTIC FINDINGS

CORONARY RISK ASSESSMENT

■ Total Cholesterol: 164	■ HDL Cholesterol: 66
■ LDL Cholesterol: 84	■ VLDL Cholesterol: 14

Coronary Risk Assessment: 2.48 Probably Protected

The coronary risk is determined by taking the total cholesterol and dividing it by the HDL. To reduce your risk of cardiovascular problems a value below 4 is recommended. The Total Cholesterol is determined by adding the HDL, LDL, and VLDL together. Recent studies have shown a correlation between a high HDL and longevity. Think of HDL as the healthy cholesterol and generally the higher the better. LDL is the bad cholesterol, as it tends to plug the arteries. The VLDL is the very worst cholesterol and is more like sludge. Lower is better for the LDL and VLDL in determining coronary risk and overall health.

DEHYDRATION EFFECTS

The Creatinine is a little high. Vitamin B6 has been shown to be beneficial in lowering creatinine.

This finding is associated with:

Presenting symptoms - Frequent headaches • Frequent bladder infections • Drinks caffeinated coffee

Medications Taken - Amoxicillin • Flonase

GASTRO/INTESTINAL DYSFUNCTION

The Total Protein, Globulin, Calcium, and BUN/Creatinine Ratio are a little low, the Albumin and A/G Ratio are a little high, and the Chloride, Uric Acid, and Blood Urea Nitrogen (BUN) are optimal. This is probably poor digestion and digestion problems and/or a low protein/high carbohydrate diet. A tendency for edema and fluid retention is increased. Many drugs or medications can cause or contribute toward these findings. Digestive enzymes might be of benefit. Globulin, a type of protein, is important for a strong immune system and to fight disease. Albumin, another type of protein, helps with the transport of nutrients and is important for healing and repair. This mildly elevated level of Albumin might be of benefit in this case. One out of every four bites of food you eat (25%) should be of a protein source, preferably more plant based protein such as seeds, nuts, beans and sprouts. Eggs and even some fish, chicken, turkey and possibly small amounts of red meat may be beneficial.

This finding is associated with:

Presenting symptoms - Craves Sugars/starches

Medications Taken - Amoxicillin • Flonase • Advil

Nutrients Recommended:

Calcifood • SP - Multizyme

VITAMIN D DEFICIENCY

The Vitamin D 25 Hydroxy blood test is a little low. Levels less than 32 ng/mL have been shown to significantly reduce intestinal calcium absorption, reduced bone density, reduced immune system, increased insulin resistance and risk of many types of cancer. This is the best way to determine true Vitamin D status. Minimal levels should be at least 50 ng/mL. Increase sun exposure and/or take Vitamin D.

This finding is associated with:

Presenting symptoms - Chronic Fatigue R53.82 • Premenstrual Syndrome • Leg pain at rest • Abnormal cycle >29 days and/or <26 days

Nutrients Recommended:
SP - Cataplex D

THYROID CONSIDERATIONS

The TSH and T4 are optimal and the T7 and T3 Uptake are a little low. These findings could be due to thyroid or other medications. Regardless, the thyroid metabolism is optimal due to the level of T4 and TSH.

If thyroid symptoms are present then further testing and retesting is indicated. The thyroid gland controls your basal metabolic rate. This is the rate at which your body heals and repairs itself. It also determines how fast chemical reactions occur in the body. With a low-functioning thyroid, your immune system is going to be low, digestion is going to be slow and energy will be reduced. It is difficult to have a good cholesterol level with a low functioning thyroid. Large amounts of cauliflower, sauerkraut (cabbage), and asparagus do lower thyroid function; so do not eat these foods more than a couple of times per week. Note: poor digestion, low vitamin D, low protein, lack of exercise, infection, inflammation, liver and kidney dysfunction, deficiencies of minerals and vitamins as well as exposure to toxic elements and chemicals can cause or contribute to thyroid dysfunction and caffeine lowers thyroid function. Steroids and hormone replacement therapy and other drugs can alter thyroid function. Use of nutrients to support the thyroid and changes in diet can change thyroid function can alter the need or dosage of medications. Improving diet and correcting the problems mentioned above might have the best effect. Interestingly, most cancers are seen in people with low thyroid function. No additional nutritional thyroid support is indicated.

This finding is associated with:

Presenting symptoms - Chronic Fatigue R53.82 • Energy level is worse than it was 5 years ago
• Heart skips beats • Unusually tired most of the time • Excessive menstrual flow • Somewhat Overweight • Abnormal cycle >29 days and/or <26 days

POSSIBLE ALLERGY, REACTIVITY OR TOXICITY

The Eosinophils are a little high which suggests allergies environmental in nature including asthma and hayfever. This could also suggest parasitic infestations, infectious diseases, Collagen-vascular disease such as SLE (Lupus) and possibly skin diseases.

This finding is supported by:

Low Blood Total Protein • High Blood Eosinophils

This finding is associated with:

Medications Taken - Amoxicillin • Flonase • Advil • Acetaminophen

NOTED BLOOD VALUES

A Monocyte value this low is unusual. Many drugs will cause this.

The LDL cholesterol is a little high. Excess weight, poor diet, caffeine intake and lack of exercise all contribute to this condition.

The Glomerular Filtration Rate Estimated (eGFR) is optimal. The eGFR is a calculated estimate of the actual glomerular filtration rate and is based on your serum Creatinine concentration. The calculation uses formulas that may also include your age, gender, height, and weight. In some formulas, race may also be used in the calculation.

The kidneys filter blood and help control blood pressure. They remove waste and water and produce urine. eGFR is one of the best tests to indicate how healthy your kidneys are. It is

important to know your eGFR because one may not be able to feel kidney damage.

Over 59-preferred

35 to 58-early kidney damage

16 to 34-moderate kidney damage

1 to 15 severe kidney damage

* Please note that if your test result is less than 15, dialysis or transplant may be needed soon.

The White Blood Count (WBC) is a little high, the MCHC is a little low, and the Serum Iron, Ferritin, Red Blood Count (RBC), Hemoglobin, Hematocrit, MCV, MCH, and RDW are optimal. There are no signs of anemia. The elevated WBC usually indicates an acute type of infection. The MCHC is a little low indicating a possible mild iron deficiency or a need for B12 and/or Folic Acid. Mean Corpuscular Hemoglobin Concentration is the amount of hemoglobin present in the average red cell as compared to its size.

Nutrients Recommended:

Lauricidin** • SP - Cataplex B12 • SP - Cataplex C • SP - Tuna Omega 3 Oil

VERY LOW HAIR CHROMIUM

The chromium level in the hair is very low. Chromium is very important in carbohydrate and glucose metabolism and in the mechanism of insulin action. Basically, this mineral is very important for hypoglycemics and diabetics. Depletion can result in reduced metabolism of amino acids, glucose and lipid metabolism. It is also associated with protein malnutrition, elevated cholesterol levels, atherosclerosis and corneal damage.

Nutrients Recommended:

SP - Trace Minerals B12

HIGH HAIR ALUMINUM

The aluminum level in the hair is high. Any aluminum is too much. Aluminum toxicity is associated with Alzheimer's and Parkinson's disease. Aluminum is, also, a heavy metal that displaces your other good minerals. One of the things that you should do to help your overall long-term health is to reduce your aluminum intake. **The most common sources of aluminum are: anti-perspirants, aluminum cookware, antacids, some baking sodas, baking powder, some breath mints, some skin lotion, some cosmetics, aluminum foil, canned goods, emulsifiers in some processed cheese, table salt - anti-caking compound, bleaching agent used in white flour, buffered aspirin, some toothpaste, dental amalgams, cigarette filters, and drinking water (tap water). Do not eat or drink anything that comes in a can. Read your labels before you purchase. I've even seen aluminum in a granola bar.** Prosthetic devices produced by Zimmer Company and Johnson and Johnson typically are made of aluminum, vanadium, and titanium, which might cause increased levels in the hair and/or urine. Aluminum rods are commonly used in hot water tanks in area of acidic water. These rods will dissolve neutralizing the water, thus protecting the hot water tank. A rod of magnesium is an option for the same purpose.

Note: Fluoride and fluoridation increases the absorption of aluminum.

Chlorella and magnesium with malic acid have been reported to be quite effective in lowering aluminum.

This finding is supported by:

Low Blood Calcium

Nutrients Recommended:

MH - ChelaCo • SP - Magnesium Lactate

HIGH HAIR TIN

The tin level in the hair is high. The **most common sources of tin are: tap water, preserved foods in tin cans, asparagus packaged in glass, processing and packaging of: gelatin, smoked fish, macaroni, dried legumes, dried milk, milk in large cans, tea, dental amalgams, cosmetics, preservatives, pewter, bronze, and anticorrosive platings.**

Experiments have shown that increased tin ingestion causes depressed growth and reduced hemoglobin levels and liver function in rats.

Elevated tin resulted in elevated losses of calcium, selenium and zinc.

Symptoms of excess tin include: skin, eyes and/or GI tract irritation; muscle weakness; anemia and testicular degeneration; vomiting; diarrhea; abdominal cramps; loss of appetite; tightness of chest; metallic taste; dry throat; coma (in very extreme cases) and pneumoconiosis as a result of excessive inhalation of tin oxide.

Nutrients Recommended:

MH - ChelaCo • SP - Trace Minerals B12

NOTED HAIR VALUES

The calcium level in the hair is high. High levels of calcium in the hair is most often associated with an imbalance of the calcium to phosphorus ratio in the body. Other causes include hyperparathyroidism and excess vitamin A or D intake. Excess calcium may depress nervous functions, and lead to depression, irritability, memory impairment, and psychosis.

The sodium level in the hair is high. Sodium (Na) is an essential element. Blood testing for hair sodium may be the result of an electrolyte imbalance, or possibly adrenocortical hyperactivity. In this condition, blood sodium is elevated while potassium is low. Potassium is elevated (wasted) in the urine. High levels of sodium and potassium in the hair are commonly high in association with elevated levels of toxic elements or xenobiotics. Elevated sodium and potassium levels are frequently concomitant with low levels of calcium and magnesium in hair.

The magnesium level in the hair is low. Low levels of magnesium are often associated with malabsorption, low dietary magnesium, alcoholism, kidney dialysis, renal disorders, antibiotic treatment, and prolonged diarrhea/laxative use. Symptoms include muscle twitching, cramps, cardiac arrhythmia, gastrointestinal disorders, tremor, paresthesia, behavioral problems (including hyperactivity in children), suicidal behavior, dyslexia, poor appetite, skin lesions, insomnia, and mental depression. Dietary sources of magnesium include nuts, legumes, dark green leafy vegetables, and cereal grains.

The Copper level in the hair is a little high. The first thing is to rule out exogenous contamination sources: permanent solutions, dyes, bleaches, swimming pool/hot tubs, water carried through copper pipes. Common copper sources include food, drinking water, excess copper supplementation, and occupational or environmental exposure, chocolate, nuts, wheat germ and shellfish. Wilson's disease, a genetic disorder that causes excessive copper accumulation in the liver or brain, may be a consideration. Insufficient intake of competitively absorbed elements such as zinc or molybdenum can lead to, or worsen copper excess. Estrogen can increase copper in blood and hair levels.

Excess copper conditions can lead to: biliary obstruction (reduced ability to excrete copper), liver disease (hepatitis or cirrhosis), renal dysfunctions, Hodgkin's disease, leukemia and other malignancies, anemia, hemochromatosis, rheumatic fever, Major and minor thalassemia, dyslexia, collagen diseases, and is a potential complication in long-term hemodialysis patients. Symptoms of excess copper are muscle and joint pain, insomnia, arthritis, depression, irritability, hyperactivity, emotional instability, tremor, hemolytic anemia, learning disabilities, and behavioral

disorders.

Therapeutic considerations to normalize excess copper include iron, manganese, selenium, zinc, molybdenum, vitamin C, amino acids and vitamin B6. Review blood and hair levels of these mineral elements to determine if they would be appropriate.

The boron level in the hair is high. Signs of toxicity include nausea, vomiting, diarrhea, dermatitis, lethargy, inflammation and edema in the legs, growth problems, testicular atrophy and other health problems. Boron is present in some cleaners, cements, ceramics, glass, water and soil. Make sure there are adequate levels of calcium, magnesium, phosphorus, riboflavin and B6.

The silver level in the hair is a little high. Silver occurs naturally in very low concentrations in soil, plants, and animal tissues. It can also be found in food that comes from silver plated vessels, silver solder, silver foil (used in decorating cakes), jewelry, electronic equipment, dental fillings and photographic materials. Silver is found at hazardous waste sites and in water. Some water treatment systems including water filters use silver compounds to kill bacteria. Silver has been used extensively for medicinal purposes particularly in the treatment of burns. There is much controversy over the long term safety of consumption of colloidal silver. Very high intake of colloidal silver has been reported to give rise to tumors in the liver and spleen of laboratory animals. Silver contributes to or can cause copper deficiency. Toxicity: silver is deposited in the skin and organs, causing gray discoloration.

The titanium level in the hair is a little high. Titanium generally has low toxicity. Titanium (Ti) has wide industrial uses, and elevated Ti may be the result of industrial exposure. Titanium is used in metal alloying and is used as titanium dioxide to coat welding rods. Titanium dioxide pigment is present in **paints, inks, dyes, shoe whiteners, plastics, some cosmetics, toothpaste, conditioners, shampoos, paper fillers and ceramic glazes. Elevated hair titanium also may be an artifact (false high) of hair treatments such as dyeing or "highlighting". Surgical or dental implants may be a source of titanium in the hair.** Prosthetic devices produced by Zimmer Company and Johnson and Johnson typically are made of aluminum, vanadium, and titanium, which might cause increased levels in the hair and/or urine.

Nutrients Recommended:

Calcifood • MH - ChelaCo • SP - Catalyn • SP - Cataplex B & G • SP - Magnesium Lactate • SP - Trace Minerals B12

URINARY FINDINGS

The urine pH is low. 7.0 is a neutral pH, although the average urine sample is around 6.0. The lower the pH number, the more acidic the urine is. A lower pH indicates an acidic environment. The causes of acid urine, called acidosis, are associated with diets high in meats and processed foods. The urine is more acid with dehydration, diabetic ketoacidosis, diarrhea, starvation, gout, fever and use of aspirin and other similar medications. Several more drugs can affect urine pH including: acetazolamide, used to treat glaucoma, epilepsy, and other disorders; ammonium chloride, used in some cough medicines; methenamine mandelate, used to treat urinary tract infections; potassium citrate, used to treat gout and kidney stones; sodium bicarbonate, used to treat heartburn and acid indigestion and thiazide diuretics, used to treat high blood pressure and to reduce the risk of stroke and heart attacks. The lower pH of urine might indicate a predisposition to kidney stones. A change of diet, increased water intake, reduced use of drugs and possibly vitamin nutrients and electrolytes will commonly improve most low urine pH problems.

The Urine Specific Gravity is low. Water has a specific gravity of 1.0. The Specific Gravity test

checks for other materials or elements are in the urine and is an indication of how well your kidneys are functioning. A low specific gravity may indicate diabetes insipidus, glomerulonephritis, pyelonephritis, or other anomalies that reflect an inability to concentrate urine. Decreased Specific Gravity may also be due to over hydration. Retesting is indicated within the next 2-4 weeks.

The Urinary Ketones are a little high. Ketones are a byproduct of breaking down and utilizing fat for energy, this process is called ketosis. Ketosis is a natural state where the body is burning mostly only fat, which occurs on a low carbohydrate and low sugar diet. Ketosis, due to eating a low carb diet, is safe with good serum glucose/sugar control. Ketones in the urine can be a good indicator of strict dietary control for weight loss.

The Urine color is a deep or darker yellow. This indicates the urine is concentrated and not enough fluid is being consumed. Drink plenty of water. Note - foods such as asparagus, beets, multivitamins, and B vitamins may change urine color.

LIFESTYLE & DIETARY RECOMMENDATIONS

DIET FOCUS

Food can be broken down into basically two categories:

1. Energy (calories from fat, carbohydrates and protein)
2. Nourishment (the nutrient density of the food; vitamin and mineral content).

When planning your meals, use this thought process:

1. Get at least 2 vegetables with each meal. Fruit should be limited only if you have glucose handling issues. However, always consume more vegetables than fruits.
2. Proteins: 25-35% of the meal needs to be of a protein source.
 - > Focus on good quality protein and not the processed protein bars, drinks, and powders.
 - > Most desirable proteins: meats (like chicken, fish, turkey and even red meat), eggs, beans, seeds, nuts, sprouts, quinoa, nut butters (ie. peanut butter, cashew butter, almond butter).
 - > Eliminate these least desirable proteins: processed soy, processed dairy, pork, processed luncheon meats (those that contain "nitrates" or "nitrites").
3. Carbohydrates: 40-60% of your meal needs to be carbohydrate.
 - > Most desirable carbohydrates sources: whole grain breads, pastas (including egg noodles), and rice, whole vegetables, whole fruit
 - > Eliminate these least desirable carbohydrates: white sugar, white flour, fruit juice, high fructose corn syrup, chips, French fries, pop/soda
4. Fats: Your meal should contain anywhere from 15-25% fat.
 - > Most desirable fat sources: nuts (cashews, almonds, pecans, walnuts, Brazil nuts (raw and unsalted are preferred), seeds (sunflower seeds, pumpkin seeds), avocados, coconut oil, fish, nut butters (peanut butter, almond butter, etc)
 - > Desirable Cooking Oils: Grape Seed Oil, Olive Oil, Coconut Oil, Palm Oil
 - > Eliminated these least desirable fat sources: anything with trans-fat (AKA: hydrogenated fat), interesterified fat or Olestra. Bacon, sausage, etc.
 - > Strictly avoid hydrogenated/trans-fats: About 80% of trans fats in your diet come from processed foods, fast food, primarily snack foods and desserts.
5. Special instructions may be given based upon certain metabolic conditions such as cancer, diabetes, kidney disorders etc.

IDENTIFYING LOW NUTRIENT DENSE FOODS

Below is a list of foods and items that will help you identify low nutrient dense foods and cooking/storage processes that lower the nutrient density in foods. These are strongly recommended you avoid. READ YOUR INGREDIENT LABELS!! Later in your report, you will find exchanges for these items and helpful hints for implementing these lifestyle habits.

1. Artificial Sweeteners: "aspartame", "saccharin", "sucralose", "acesulfame potassium", "sorbitol", "maltitol", etc.
2. Flavor Enhancers and Preservatives: "MSG", "monosodium glutamate", "nitrate" or "nitrite" ingredients found in many dressings, sauces, Chinese foods, processed meats, pork products, bologna, some wieners, and many luncheon meat. HVP (hydrolyzed vegetable protein) and processed soy proteins can contain up to 40% MSG.
3. Artificial colors and dyes: look for terms such as "FD&C", "lake", "red", "yellow", etc. Read your supplement labels carefully.
4. Canned Foods and Drinks: choose fresh or frozen varieties. Limit canned food consumption to canned beans and tuna. Foods stored in glass are acceptable.
5. Microwave Cooking and Deep Frying lower the nutrient density more so than stove top cooking.
6. Artificial Fats: "hydrogenated" [a.k.a. "trans fat"] and "interesterified" fats are found in margarine, many pre-packaged foods, supplements, and dressings; avoid "Olestra" containing products.
7. Refined Carbohydrates: processed foods such as white sugar, white flour, corn syrup, "enriched" foods, etc.
8. Commercial Meats: Try to get the cleanest, freshest meat you can find. Look for meat that is labeled with terms such as "No Hormones", "No Antibiotics", "Free Range", "Organic", etc.
9. Shellfish and Bottom-feeders: crab, shrimp, lobster, oyster, catfish, etc.
10. Dairy Products: cottage cheese, yogurt, cheese, sour cream, etc. (anything with cow's milk). This does not include eggs.
11. Coffee (regular & chemically decaffeinated), Liquor (distilled), All sodas, Tea (black decaf & black regular). Organic herbal teas are acceptable.
12. Soy Products: isolated soy protein, texturized vegetable protein, soy supplements, soy protein powder, soy protein bars, tofu, etc. Limited fermented soy products (tempeh and miso) and whole soy beans are acceptable. Don't make soy your main protein source, limit to 3-4 servings per week.
13. Chlorine and Fluoride Sources: tap water, heavy chlorine exposure in swimming pools, fluoride toothpaste, fluoride supplements, fluoride mouthwash, etc.

AEROBIC EXERCISE

Examples of aerobic exercise are jogging, cycling, elliptical trainer, fast-paced walking, etc. It is recommended that you build up to at least 40 minutes a day. If at first you do not have the energy to exercise this much, it is recommended that you start slowly by exercising 10 minutes two or three times a day until you can gradually build up to 40 minutes a day.

STRENGTH TRAINING

If you are not currently on a weight training program, a muscle building exercise (i.e. step exercise) 10 minutes a day is encouraged. If at first you do not have the energy or physical ability to perform this exercise, it is recommended that you start slowly by setting a goal to do this exercise 2 minutes two or three times a day until you can gradually build up to 10 minutes a day.

WATER CONSUMPTION

Drink 1 quart of clean, filtered water per 50lbs of body weight per day. Do not go over 3 quarts regardless of your weight. More water might be necessary depending on exercise, environment and perspiration. We recommend using a multiple filtration system for your drinking and cooking water. There are several types of these, which include reverse osmosis. Distilled water is not recommended. Since distilled water has little or no mineral content, it acts like a vacuum that can actually leach minerals from your system.

A word of caution - **anytime you make drastic changes in diet, vitamin intake, or exercise, realize that you may feel somewhat worse before you feel better.** It doesn't happen often, but as your body detoxifies, you may feel worse if it occurs too fast. If you do feel worse, don't panic, it will pass in a few days. If this problem does occur, take half of what is recommended for three days and slowly over two weeks progress to taking the complete program.

Everything that has been recommended is very important and many of these things work together. In order to get the most effective results, it is important that you follow the program exactly as outlined. Following the diet may not be easy, but if you do, you will get the best outcome. Likewise, if you don't take the vitamins, or only take part of them, you may not see the expected results. Many people with some very serious problems have been helped using this program. The purpose of this analysis is to benefit you. This is for your well being, so please do the program as recommended so that you will achieve the best results.

Attached is a list of supplements that have been carefully selected for your specific problems. All supplement dosages should be spread throughout the day and taken with food unless otherwise suggested. These supplement brands are recommended because they are of the highest quality. Occasionally, you will hear rumors regarding vitamin toxicity. Rest assured that these issues have been researched and the risk of significant side effects is extremely low. Historical data and experience have shown these supplements, along with the dietary changes, to be the best in helping you achieve the necessary improvements needed on your test results.

Please keep this report for future reference and bring it with you to your next evaluation.

If we can be of any further assistance to you or your family please do not hesitate to ask.

Yours in Health,

Dr. Joshua Ledbetter, DC

Name:

Lab: LabCorp

Blood Test Results

Legend: ■ Warning ■ High Risk ■ Critical ★ Optimal 😊 Improvement 😞 Worse ∅ No Improvement

Test Description	Current Rating 07/31/2019	Prior	Delta	Healthy	Clinical	Units
Glucose	87.00 ★			80.00 - 95.00	65.00 - 99.00	mg/dL
Hemoglobin A1C (Gly-Hgh)	5.60 ★			4.80 - 5.61	4.50 - 6.41	%
Uric Acid	4.70 ★			3.50 - 6.60	2.50 - 7.10	mg/dL
BUN (Blood Urea Nitrogen)	10.00 ★			8.00 - 18.00	6.00 - 24.00	mg/dL
Creatinine	0.92 high			0.70 - 0.87	0.57 - 1.00	mg/dL
GFR Est.	78.00 ★			59.00 - 145.00	45.00 - 150.00	/min/1.73
BUN / Creatinine Ratio	11.00 low			12.00 - 19.00	9.00 - 23.00	ratio
Sodium	141.00 ★			139.00 - 143.00	134.00 - 144.00	mmol/L
Potassium	4.20 ★			3.80 - 4.50	3.50 - 5.20	mmol/L
Chloride	103.00 ★			102.00 - 105.00	97.00 - 106.00	mmol/L
Magnesium	2.20 ★			1.90 - 2.20	1.60 - 2.30	mg/dL
Calcium	9.60 low			9.61 - 10.00	8.70 - 10.20	mg/dL
Phosphorus	3.40 ★			3.40 - 4.00	2.50 - 4.50	mg/dL
Total Protein	6.90 low			7.10 - 7.61	6.00 - 8.50	g/dL
Albumin	4.60 high			4.10 - 4.50	3.50 - 5.50	g/dL
Globulin	2.30 low			2.80 - 3.51	1.50 - 4.50	g/dL
A/G Ratio	2.00 high			1.20 - 1.60	1.10 - 2.50	ratio
Total Bilirubin	0.40 ★			0.30 - 0.90	0.00 - 1.20	mg/dL
Alk. Phosphatase	67.00 ★			64.74 - 91.26	39.00 - 117.00	IU/L
Creatine Kinase	66.00 ★			32.00 - 116.00	24.00 - 173.00	U/L
LDH	173.00 ★			154.31 - 190.70	119.00 - 226.00	IU/L
SGOT (AST)	19.00 ★			10.00 - 26.00	0.00 - 40.00	IU/L
SGPT (ALT)	18.00 ★			8.00 - 26.00	0.00 - 32.00	IU/L
GGT (r-GTP)	19.00 ★			10.00 - 35.00	0.00 - 60.00	IU/L
Serum Iron	78.00 ★			71.00 - 115.00	27.00 - 159.00	ug/dL
Ferritin	48.00 ★			45.00 - 110.00	15.00 - 150.00	ng/mL
Total Cholesterol	164.00 ★			150.00 - 180.00	100.00 - 199.00	mg/dL
Triglyceride	72.00 ★			50.00 - 150.00	0.00 - 200.00	mg/dL
HDL Cholesterol	66.00 ★			50.00 - 150.00	40.00 - 200.00	mg/dL
VLDL Cholesterol	14.00 ★			6.00 - 20.00	5.00 - 40.00	mg/dL
LDL Cholesterol	84.00 high			50.00 - 75.00	0.00 - 99.00	mg/dL
Total Cholesterol / HDL Ratio	2.50 ★			0.00 - 4.00	0.00 - 4.40	ratio
TSH	2.63 ★			0.50 - 3.50	0.45 - 4.50	uIU/mL
T4 Thyroxine	7.10 ★			7.10 - 9.00	4.50 - 12.00	ug/dL
T3 Uptake	27.00 low			29.00 - 35.00	24.00 - 39.00	%
T7 (Free T4 Index) (FTI)	1.90 low			2.61 - 3.60	1.20 - 4.90	
CRP C-Reactive Protein	3.00 ★			0.00 - 6.70	0.00 - 10.00	mg/L
White Blood Count	9.70 high			5.70 - 8.50	3.40 - 10.80	k/cumm
Red Blood Count	4.68 ★			4.27 - 4.78	3.77 - 5.28	m/cumm
Hemoglobin	13.80 ★			12.60 - 14.50	11.10 - 15.90	g/dL
Hematocrit	41.80 ★			38.00 - 42.00	34.00 - 46.60	%
MCV	89.00 ★			84.00 - 92.00	79.00 - 97.00	fL
MCH	29.50 ★			28.60 - 31.00	26.60 - 33.00	pg
MCHC	33.00 low			33.20 - 34.50	31.50 - 35.70	g/dL
RDW	13.70 ★			13.30 - 14.40	12.30 - 15.40	%
Platelets	288.00 ★			250.00 - 350.00	150.00 - 450.00	x10E3/uL
Polys/Neutrophils (SEGS-PMNS)	61.00 ★			51.00 - 63.00	40.00 - 74.00	%
Lymphocytes	31.00 ★			24.00 - 36.00	14.00 - 46.00	%
Monocytes	4.00 Low			5.00 - 7.00	4.00 - 13.00	%
Eosinophils	4.00 high			0.00 - 3.50	0.00 - 5.00	%
Basophils	0.00 ★			0.00 - 2.00	0.00 - 3.00	%
Neutrophils/Polys (Absolute)	5.80 high			2.90 - 5.50	1.40 - 7.00	x10E/uL
Lymphs (Absolute)	3.10 High			1.20 - 2.60	0.70 - 3.10	x10E/uL
Monocytes (Absolute)	0.40 ★			0.30 - 0.65	0.10 - 0.90	x10E/uL

Test Description	Current Rating 07/31/2019		Prior	Delta	Healthy	Clinical	Units
Eosinophils (Absolute)	0.40	High			0.00 - 0.20	0.00 - 0.40	x10E/uL
Basophils (Absolute)	0.00	★			0.00 - 0.10	0.00 - 0.20	x10E/uL
Granulocytes - Immature	0.00	★			0.00 - 1.50	0.00 - 2.00	%
Granulocytes - Immature (Abs)	0.00	★			0.00 - 0.05	0.00 - 0.10	x10E/uL
ESR-Erythrocyte Sed Rate, Westergren	4.00	★			0.00 - 10.00	0.00 - 32.00	mm/hr
Vitamin D 25-Hydroxy (total)	35.20	low			50.00 - 90.00	30.00 - 100.00	ng/mL

Name:

Lab: Doctor's Data #1, (with Ranges)

Hair Test Results

Legend: ■ Warning ■ High Risk ■ Critical ★ Optimal 😊 Improvement ⊗ Worse ∅ No Improvement

Test Description	Current Rating 07/31/2019		Prior	Delta	Healthy		Clinical		Units
Toxic Elements									
Aluminum	10.00	High			0-	2.20	2.21-	7.00	ug/g
Antimony	0.02	★			0-	0.02	0.03-	0.05	ug/g
Arsenic	0.01	★			0-	0.03	0.04-	0.06	ug/g
Barium	0.40	★			0-	1.50	1.51-	2.00	ug/g
Beryllium	0.01	★			0-	0.01	0.02-	0.02	ug/g
Bismuth	0.07	★			0-	1.00	1.01-	2.00	ug/g
Cadmium	0.01	★			0-	0.03	0.04-	0.05	ug/g
Lead	0.37	★			0-	0.40	0.41-	0.60	ug/g
Mercury	0.38	★			0-	0.50	0.51-	0.80	ug/g
Platinum	0.00	★			0-	0.00	0.01-	0.00	ug/g
Thallium	0.00	★			0-	0.00	0.01-	0.00	ug/g
Thorium	0.00	★			0-	0.00	0.01-	0.00	ug/g
Uranium	0.01	★			0-	0.02	0.03-	0.06	ug/g
Nickel	0.21	★			0-	0.25	0.26-	0.30	ug/g
Silver	0.12	high			0-	0.10	0.11-	0.15	ug/g
Tin	0.58	High			0-	0.29	0.30-	0.30	ug/g
Titanium	0.55	high			0-	0.40	0.41-	0.70	ug/g
Essential Elements									
Calcium	2440.00	High			663.00-	753.00	300.00-	1200.00	ug/g
Magnesium	30.00	Low			53.00-	62.00	35.00-	120.00	ug/g
Sodium	270.00	High			95.00-	174.00	20.00-	250.00	ug/g
Potassium	21.00	low			30.00-	53.00	8.00-	75.00	ug/g
Copper	34.00	high			18.00-	29.00	11.00-	37.00	ug/g
Zinc	190.00	high			150.00-	170.00	140.00-	220.00	ug/g
Manganese	0.14	low			0.28-	0.40	0.08-	0.60	ug/g
Chromium	0.32	Very Low			0.48-	0.57	0.40-	0.65	ug/g
Vanadium	0.04	★			0.04-	0.05	0.02-	0.06	ug/g
Molybdenum	0.02	low			0.03-	0.04	0.02-	0.05	ug/g
Boron	1.90	High			0.76-	1.20	0.25-	1.50	ug/g
Iodine	1.00	★			0.76-	1.30	0.25-	1.80	ug/g
Lithium	0.01	★			0.01-	0.02	0.01-	0.02	ug/g
Phosphorus	156.00	low			173.00-	197.00	150.00-	220.00	ug/g
Selenium	0.89	★			0.62-	1.03	0.55-	1.10	ug/g
Strontium	2.00	★			2.00-	2.90	0.50-	7.60	ug/g
Sulfur	48700.00	high			46000.00-	48000.00	44000.00-	50000.00	ug/g
Cobalt	0.01	low			0.02-	0.03	0.00-	0.04	ug/g
Iron	9.60	★			9.00-	13.00	7.00-	16.00	ug/g
Germanium	0.04	★			0.03-	0.04	0.03-	0.04	ug/g
Rubidium	0.02	low			0.02-	0.03	0.01-	0.10	ug/g
Zirconium	0.38	high			0.07-	0.25	0.02-	0.42	ug/g

Name:

Lab: Science Based Nutrition

Urinalysis Test Results

Legend: Warning High Risk Critical ★ Optimal 😊 Improvement ⊗ Worse ∅ No Improvement

Test Description	Current Rating 08/03/2019	Prior	Delta
Color	Yellow		
Clarity	Clear ★		
Odor	Odorless ★		
Leukocytes	Negative ★		
Nitrite	Negative ★		
Urobilinogen	Negative ★		
Protein	Negative ★		
pH	5.0		
Blood - Non-Hemolyzed	Negative ★		
Specific Gravity	1.005		
Ketones	+/-		
Bilirubin	Negative ★		
Glucose	Negative ★		

VITAMIN AND SUPPLEMENT RECOMMENDATIONS

SUPPLIER: Standard Process

PATIENT:

SEX: F

AGE: 41

WEIGHT: 164

<u>Supplement</u>	<u>Number Per Day</u>
Calcifood	2
Lauricidin**	2
MH - ChelaCo	3
SP - Catalyn	3
SP - Cataplex B & G	3
SP - Cataplex B12	3
SP - Cataplex C	6
SP - Cataplex D	3
SP - Magnesium Lactate	2
SP - Multizyme	3
SP - Trace Minerals B12	2
SP - Tuna Omega 3 Oil	4