

Patient Blood Panel Results

Nature's Wisdom Healing Center - Mary Cetan
 4920 Fruitville Road
 Sarasota, FL 34232
 941-926-7899
 drmary@natureswisdomhealingcenter.com
 www.sarasotaacupunctureclinic.com

For Patient: Patient 5 (Blood Chem), Sample
Doctor:

Evaluation Date: 10/12/2018
Blood Test Date: 10/12/2018

Below Optimal <

Above Optimal >

Below Lab <<

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Marker	Value	Optimal Range	Lab Range	Units
Chemistries				
Glucose, Serum	90 >	75 - 86	65 - 99	mg/dL
Hemoglobin A1c	5.1	4.8 - 5.6	4.8 - 5.6	%
Uric Acid, Serum	5.5	3.0 - 5.5	2.5 - 7.1	mg/dL
BUN	18 >	10 - 16	6 - 24	mg/dL
Creatinine, Serum	0.72 <	0.80 - 1.00	0.57 - 1.00	mg/dL
eGFR	95	> 59	> 59	ml/min/1.73
BUN/Creatinine Ratio	25 >	10 - 16	11 - 26	
Sodium, Serum	138	135 - 142	134 - 144	mmol/L
Potassium, Serum	4.1	4.0 - 4.5	3.5 - 5.2	mmol/L
Chloride, Serum	98 <	100 - 106	97 - 108	mmol/L
Carbon Dioxide, Total	23	21 - 26	18 - 29	mmol/L
Calcium, Serum	9.5	9.2 - 10.0	8.7 - 10.2	mg/dL
Phosphorus, Serum	3.7	3.0 - 4.0	2.5 - 4.5	mg/dL
Magnesium, Serum	2.1	> 2.0	1.6 - 2.3	mg/dL
Protein, Total, Serum	6.5 <	6.9 - 7.4	6.0 - 8.5	g/dL
Albumin, Serum	4.4	4.0 - 4.8	3.5 - 5.5	g/dL
Globulin, Total	2.1 <	2.4 - 2.8	1.5 - 4.5	g/dL
Albumin/Globulin Ratio	2.1	1.4 - 2.1	1.1 - 2.5	
Bilirubin Total	0.4	0.1 - 1.2	0.0 - 1.2	mg/dL
Alkaline Phosphatase	84	70 - 100	39 - 117	IU/L
LDH (Lactate dehydrogenase)	151	140 - 200	119 - 226	IU/L
AST (SGOT) (Aspartate aminotransferase)	17	10 - 30	0 - 40	IU/L
ALT (SGPT) (Alanine Aminotransferase)	18	10 - 30	0 - 32	IU/L
GGT	14	10 - 30	0 - 60	IU/L
Iron Binding Capacity (TIBC)	302	250 - 350	250 - 450	ug/dL
UIBC (Unsaturated Iron Binding Capacity)	169	150 - 375	131 - 425	ug/dL
Iron, Serum	133 >	85 - 130	27 - 159	ug/dL
Iron Saturation	44 >	25 - 30	15 - 55	%
Ferritin, Serum	208 >>	10 - 122	15 - 150	ng/mL

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Marker	Value	Optimal Range	Lab Range	Units
Lipids				
Cholesterol, Total	237 >>	180 - 220	100 - 199	mg/dL
Triglycerides	67 <	70 - 100	0 - 149	mg/dL
HDL Cholesterol	86	> 55	> 39	mg/dL
VLDL Cholesterol	13	5 - 40	5 - 40	mg/dL
LDL Cholesterol	138 >>	80 - 120	0 - 99	mg/dL
T. Chol/HDL Ratio	2.8	0.0 - 3.5	0.0 - 4.4	
LDL/HDL Ratio	1.6	0.0 - 3.5	0.0 - 3.2	Ratio
C-Reactive Protein	0.72	0.00 - 1.50	0.00 - 3.00	mg/L
Homocyst(e)ine, Plasma	8.4 >	0.0 - 7.2	0.0 - 15.0	umol/L
Thyroid				
TSH	1.640	1.000 - 2.000	0.450 - 4.500	uIU/ml
Thyroxine (T4)	6.6 <	7.5 - 8.1	4.5 - 12.0	ug/dL
T3 Uptake	25 <	27 - 37	24 - 39	%
Free Thyroxine Index	1.7	1.2 - 4.9	1.2 - 4.9	
Triiodothyronine (T3)	128 >	120 - 125	71 - 180	ng/dL
Triiodothyronine (T3), Free, Serum	3.40 >	3.00 - 3.25	2.00 - 4.40	pg/mL
T4, Free (Direct)	1.21	1.00 - 1.50	0.82 - 1.77	ng/dL
Reverse T3	16.1	14.9 - 24.0	9.2 - 24.1	ng/dL
Thyroid Peroxidase (TPO) Ab	12	0 - 34	0 - 34	IU/mL
Thyroglobulin, Antibody (TGB Ab)	2.3 >>	0.0 - 0.9	0.0 - 0.9	IU/mL
Immunoassay				
Vitamin D, 25-Hydroxy	26.8 <<	35.0 - 50.0	30.0 - 100.0	ng/mL
Fibrinogen Activity	384 >	200 - 300	193 - 507	mg/dL

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CBC, Platelet Ct, and Diff				
WBC (White Blood Cells)	5.7	5.0 - 7.5	3.4 - 10.8	x10E3/uL
RBC (Red Blood Cells)	4.43	4.00 - 4.50	3.77 - 5.28	x10E6/uL
Hemoglobin	13.4 <	13.5 - 14.5	11.1 - 15.9	g/dL
Hematocrit	38.3	37.0 - 44.0	34.0 - 46.6	%
MCV (Mean Corpuscular Volume)	87.0	82.0 - 89.9	79.0 - 97.0	fL
MCH (Mean Corpuscular Hemoglobin)	30.2	28.0 - 31.9	26.6 - 33.0	pg
MCHC (Mean Corpuscular Hemoglobin Concentration)	35.0	32.0 - 35.0	31.5 - 35.7	g/dL
RDW (Random Distribution of RBC Weight)	12.9	0.0 - 13.0	12.3 - 15.4	%
Platelets	225	185 - 385	150 - 379	x10E3/uL
Neutrophils	44	40 - 60	40 - 74	%
Lymphs	47 >>	24 - 44	14 - 46	%
Monocytes	7	4 - 13	4 - 12	%
Eosinophils (Eos)	2	0 - 3	0 - 5	%
Basophils (Basos)	0	0 - 1	0 - 3	%
Neutrophils (Absolute)	2.5	1.8 - 7.8	1.4 - 7.0	x10E3/uL
Lymphs (Absolute)	2.7	0.7 - 4.5	0.7 - 3.1	x10E3/uL
Monocytes (Absolute)	0.4	0.1 - 1.0	0.1 - 0.9	x10E3/uL
Eosinophils (Eos) (Absolute)	0.1	0.0 - 0.4	0.0 - 0.4	x10E3/uL
Basophils (Basos) (Absolute)	0.0	0.0 - 0.2	0.0 - 0.2	x10E3/uL
Immature Granulocytes	0	0 - 1	0 - 2	%
Immature Granulocytes (Absolute)	0.0	0.0 - 0.1	0.0 - 0.1	x10E3/uL

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> BUN

BUN stands for "Blood Urea Nitrogen" but can also be referred to as Urea. It is removed almost entirely by the kidneys so it is very useful as an initial indicator of kidney dysfunction. However, levels outside of the functional ranges can point to other areas of deficiency in the body as well.

> BUN/Creatinine Ratio

BUN/Creatinine ratio provides the relationship between blood urea nitrogen (BUN) and serum creatinine.

< Chloride, Serum

Chloride is a type of electrolyte. It works with other electrolytes such as potassium, sodium, and carbon dioxide (CO₂). These substances help keep the proper balance of body fluids and maintain the body's acid-base balance. It helps move fluids in and out of your blood cells. Most of the chloride comes from salt intake (sodium chloride). Chloride is absorbed by your intestines during the process of digestion and any excess chloride is released via urine.

>> Cholesterol, Total

Cholesterol is a fat-like substance that circulates in your blood. Because cholesterol can't dissolve in blood, it has to be carried to cells by special proteins called lipoproteins (LDL's, VLDL's and HDL's). Your body needs adequate amounts of some cholesterol in order to stay healthy.

< Creatinine, Serum

Creatinine is a normal waste product that builds up in your blood from using your muscles. This blood marker can be elevated in individuals who participate in excessive physical activity or exercise. Women usually have a lower creatinine levels than men, most commonly due to a lower amount of muscle mass. Your body produces creatinine at a fairly constant rate throughout the day and is eventually excreted through the kidneys.

>> Ferritin, Serum

Ferritin is a protein that stores iron. Red blood cells need iron to form normally and carry oxygen around your body. Other parts of your body, such as your liver, bone marrow, and muscles, also need iron. If a ferritin test reveals that your blood ferritin level is lower than normal, this can indicate that your body's iron stores are low and you have iron deficiency. If a ferritin test shows higher than normal levels, it could indicate that you have a condition that causes your body to store too much iron.

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> Fibrinogen Activity

Fibrinogen is an important protein which helps with the formation of blood clots when necessary. It is produced in the liver and can become deficient in cases of severe liver dysfunction. Wherever there is an injury, such as on the skin or in your arteries, fibrinogen will form small threads to form a "bandaid" for the damaged area, allowing it to heal. Too much fibrinogen can indicate increased requirement by the body due whereas deficiency can lead to problems with clotting.

< Globulin, Total

Globulin is made up of different proteins called alpha, beta, and gamma types. Some of these globulins are made by the liver while others are made by the immune system. Certain globulins bind with hemoglobin. Other globulins transport metals, such as iron, in the blood stream and can also help fight infection.

> Glucose, Serum

Glucose is a simple sugar which the body uses as its primary source of fuel for energy. Almost all of the body's cells require sufficient glucose to function properly, especially the brain and nervous system. Glucose is transported into the cells by a hormone called insulin or can be stored in the liver. If there is too much glucose, it gets stored as triglycerides. If blood glucose drops too low, as can happen between meals, during a strenuous workout or at night, the liver gets the signal to release some of its stored glucose into the blood to try and restore normal blood sugar. Evaluating blood glucose levels helps screen for and monitor hypoglycemia (low blood sugar), hyperglycemia (elevated blood sugar), diabetes and pre-diabetes. This test should be included as a part of any regular physical or performed when symptoms of blood sugar fluctuations are present.

< Hemoglobin

This is a blood test to find out how much hemoglobin is in your blood. Hemoglobin is the main part of your red blood cells. Hemoglobin is made up of a protein called globin and a compound called heme. Heme consists of iron and a pigment called porphyrin, which gives your blood its red color. Hemoglobin serves the important role of carrying oxygen and carbon dioxide through your blood. If your hemoglobin is too low, you may not be able to supply the cells in your body with the oxygen they need to survive.

> Homocyst(e)ine, Plasma

Elevated levels of homocysteine can cause damage to the inner lining of the arteries. Over time, this can cause cholesterol to accumulate in an effort to help heal that damage. In order to prevent an accumulation of homocysteine, adequate levels of B vitamins must be present. This helps convert homocysteine into its safer form, cysteine. Risk factors that can contribute to elevated levels include smoking, poor diet, lack of exercise or other nutritional deficiencies.

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> Iron Saturation

Also known as % saturation, this is a calculated value $[(\text{serum iron} \times 100) / \text{TIBC}]$ that can indicate whether or not you have iron-deficient anemia. Levels below 25% indicate a higher possibility that anemia is present.

> Iron, Serum

Iron comes from the food you eat and requires adequate hydrochloric acid in the stomach to be fully utilized and absorbed. When your iron levels are low, this can indicate digestive insufficiency or reduced iron intake or both. Women are more likely to have reduced iron levels due to monthly menstrual blood loss or because of increased demand during pregnancy. Because iron is needed to help deliver oxygen to the cells, ensuring you have adequate iron is crucial. This test measures the amount of iron in your blood stream that is available for use by your body.

>> LDL Cholesterol

LDL is a very important blood protein that helps transport cholesterol from the liver out into the body for use wherever it is needed. It is not "bad" cholesterol as is commonly reported. LDL is how your body is able to obtain and use cholesterol in order to manufacture hormones, help manage stress, keep your brain healthy, metabolize vitamin D and a variety of other functions.

>> Lymphs

A lymphocyte is a type of white blood cell present in the blood. As a part of the body's primary defense system, lymphocytes are able to recognize hundreds of millions of different molecules and can send the signal very quickly that an invader has arrived. They are formed in lymphatic tissues such as the tonsils, spleen, thymus and lymph nodes and can help protect your body from viral infections.

< Protein, Total, Serum

Your body is made of protein so ensuring protein levels in the blood are at their optimal levels is very important. Total protein in the blood is composed of albumin and globulin. Lack of dietary intake or inadequate hydrochloric acid in the stomach can lead to decreased protein levels. Normal protein values also help maintain fluid balance in the tissues, preventing edema.

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< T3 Uptake

Contrary to it's name, T3 Uptake has nothing to do with T3 levels but is an indicator of the number of available binding sites for T3 transportation in the blood. This marker can be used to determine why thyroid hormones may not be reaching your cells and what other hormones or chemicals might be interfering. This marker should always be used in conjunction with T4, T3 and evaluation of the other steroid hormones such as cortisol, estrogen and testosterone.

>> Thyroglobulin, Antibody (TGB Ab)

A thyroglobulin antibodies (TgAb) test is used to check blood levels of antibodies the body has made against the compound thyroglobulin. Thyroglobulin is a protein produced and used by the thyroid gland to make thyroid hormones. The thyroglobulin antibodies test is used primarily to help diagnose autoimmune conditions involving the thyroid gland.

< Thyroxine (T4)

Thyroxine is the primary hormone released by the thyroid gland. Once it is released, it is bound to certain proteins in the blood. This blood test shows how much T4 has been produced and released by your thyroid. Altered levels can indicate thyroid insufficiency, iodine deficiency or even hyperthyroid conditions.

< Triglycerides

Serum (blood) triglycerides are an indicator of the amount of stored fat in the body. Levels of triglycerides can vary with age, sex, glucose metabolism and health of the liver. Excess calories from food that your body doesn't immediately use are converted into triglycerides and stored as fat for later use.

> Triiodothyronine (T3)

Triiodothyronine (also known as T3), is the active thyroid hormone. This test shows how much T3 has been bound to special binding proteins in the blood stream after it has been converted from T4. Triiodothyronine (T3) affects almost every biological process in the human body, so ensuring T3 levels are at their optimal level will help improve overall health.

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> Triiodothyronine (T3), Free, Serum

Free T3 shows how much of this important hormone is free or "unbound" and ready to enter the cells. Only the unbound hormone is able to exert its effect on the cell, influencing rate of growth, metabolism, temperature regulation, and much more.

<< Vitamin D, 25-Hydroxy

The most accurate way to measure how much vitamin D is in your body is the 25-hydroxy vitamin D blood test. In the kidney, 25-hydroxy vitamin D changes into an active form of the vitamin. The active form of vitamin D helps control calcium and phosphate levels in the body as well as a large number of other very important functions.

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Supplement	Upon Arising	Breakfast	10 am	Lunch	3 pm	Dinner	7 pm	Before Sleep
A-F Betafood®		2		2		2		
Adrenal Tonic Phytosynergi:		3 ml				3 ml		
Catalyn®		2		2		2		
Cataplex® D		1		1		1		
Immuplex®		2		1		2		
Zinc Liver Chelate (TM)		2		2		2		

Supplement Descriptions:

A-F Betafood®

Supports Gall Bladder and Liver function and supports Thyroid function. Relieves fat digestion problems and helps fight sweet cravings.

Adrenal Tonic Phytosynergist®

Supports and maintains the body as it ages, supports healthy sleep, supports healthy immune system response, maintains feelings of well-being when experiencing temporary stress, helps improve mental and/or physical performance after periods of mental and/or physical exertion, helps to increase energy and improve overall health

Catalyn®

High concentration of multiple vitamin factors used to support repair and healing for long-term conditions. Used for supplementing highly refined diets, lowered resistance, and to speed action of other nutritional supplements.

Cataplex® D

Source of Vitamin D complex acts as a agent to increase Calcium in the blood and support Parathyroid function. Can be beneficial for some Bone disorders, Endometriosis, and Fibroids.

Immuplex®

Supports Immune system function. Excellent source of Immune related minerals and companion foods.

Zinc Liver Chelate (TM)

Supports Immune function, Liver function and reproductive/prostate issues. Caution: For short-term restoration of zinc levels. Doses exceeding 100mgs daily can depress immune system if zinc levels are not deficient in the body. Recommend a weekly oral zinc test.

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Supplements - Costs and Quantities

(for a 30 day supply)

Supplement	Product Code	Daily Dosage	-----Costs Per-----			# of Bottles	Bottle Size	Unit Price	Total Price
			Day	Week	Month				
A-F Betafood®	0800	6	\$0.85	\$5.95	\$25.50	1	180	\$25.50	\$25.50
Adrenal Tonic Phytosynergist®	M4405	6 ml	\$2.11	\$14.80	\$63.45	1	200	\$70.50	\$70.50
Catalyn®	2140	6	\$0.97	\$6.77	\$29.00	2	90	\$14.50	\$29.00
Cataplex® D	3405	3	\$0.35	\$2.45	\$10.50	1	180	\$21.00	\$21.00
Immuplex®	4960	5	\$1.63	\$11.43	\$49.00	1	150	\$49.00	\$49.00
Zinc Liver Chelate (TM)	8355	6	\$0.82	\$5.72	\$24.50	1	180	\$24.50	\$24.50
		32	\$6.73	\$47.12	\$201.95	7			\$219.50

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Source of Vitamin D complex acts as a agent to increase Calcium in the blood and support Parathyroid function. Can be beneficial for some Bone disorders, Endometriosis, and Fibroids.

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Authorizing Signature

Mary Cetan, Doctor Oriental Medicine

Not Valid Unless Signed By a Qualified Doctor

Date

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Supplement	Product Code	Daily Dosage	-----Costs Per-----			# of Bottles	Bottle Size	Unit Price	Total Price
			Day	Week	Month				
A-F Betafood®	0800	6	\$0.85	\$5.95	\$25.50	1	180	\$25.50	\$25.50
Catalyn®	2140	6	\$0.97	\$6.77	\$29.00	2	90	\$14.50	\$29.00
Cataplex® D	3405	3	\$0.35	\$2.45	\$10.50	1	180	\$21.00	\$21.00
Immuplex®	4960	5	\$1.63	\$11.43	\$49.00	1	150	\$49.00	\$49.00
Zinc Liver Chelate (TM)	8355	6	\$0.82	\$5.72	\$24.50	1	180	\$24.50	\$24.50
		26	\$4.62	\$32.32	\$138.50	6			\$149.00

These statements have not been evaluated by the Food & Drug Administration. Be advised that the suggested nutritional program is not intended as a treatment for any disease. This adjunctive schedule of nutrients is provided with the intent of supporting the physiological and biochemical processes of the human body, and not to diagnose, treat, cure, or prevent any disease or condition. The Blood Panel Optimal Ranges have not been approved by the Food & Drug Administration and are noted for professional use only.