

Dr. Brian Davies | Westcoast Integrative Health

Functional Health Report Practitioner Copy

Brian Davies

Lab Test on Jan 29, 2015 Conventional US Units

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Blood Test Results Report



The Blood Test Results Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range. The elements appear in the order in which they appear on the lab test form.



Element	Current	Previous				
Liement	Jan 29 2015	Jun 30 2014	Impr	Optimal Range	Standard Range	Units
<u>Glucose</u>	84.67	75.66		75.00 - 86.00	65.00 - 99.00	mg/dL
<u>Insulin - Fasting</u>	4.67			0.00 - 5.00	0.00 - 23.00	μIU/ml
BUN	<u>25.77</u> ↑↑	¹ <u>19.61</u> ↑	71	10.00 - 16.00	7.00 - 25.00	mg/dL
<u>Creatinine</u>	0.98	0.88		0.80 - 1.10	0.50 - 1.05	mg/dL
BUN/Creatinine Ratio	<u>24.76</u> ↑1	¹ <u>19.81</u> ↑	7"	10.00 - 16.00	6.00 - 22.00	Ratio
eGFR Non-Afr. American	93.00	97.00		60.00 - 128.00	60.00 - 128.00	/min/1.73r
Sodium	142.00	139.00		135.00 - 142.00	135.00 - 146.00	mEq/L
<u>Potassium</u>	<u>4.70</u> 1	4.50	71	4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	30.21	30.88		30.00 - 35.00	30.00 - 35.00	ratio
<u>Chloride</u>	107.00 1	103.00	71	100.00 - 106.00	98.00 - 110.00	mEq/L
<u>CO2</u>	28.00	27.00		25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	<u>13.00</u> 1	` <u>13.50</u> ↑	4	7.00 - 12.00	6.00 - 16.00	mEq/L
<u>Uric Acid, male</u>	<u>3.36</u> ↓↓	5.87	71	3.50 - 5.90	4.00 - 8.00	mg/dL
Protein, total	6.90	7.20		6.90 - 7.40	6.10 - 8.10	g/dL
<u>Albumin</u>	4.40	4.50		4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.50	2.70		2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	1.76	1.66		1.40 - 2.10	1.00 - 2.50	ratio
<u>Calcium</u>	9.60	<u>9.12</u>	4	9.20 - 10.00	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	2.00	2.00		0.00 - 2.60	0.00 - 2.60	ratio
<u>Phosphorus</u>	3.72	3.53		3.00 - 4.00	2.50 - 4.50	mg/dL
Calcium/Phosphorous Ratio	2.58	2.58		2.30 - 2.70	2.30 - 2.70	ratio
<u>Magnesium</u>	2.34	<u>2.07</u> ↓	4	2.20 - 2.50	1.50 - 2.50	mg/dl
Alk Phos	72.00	<u>44.00</u> ↓	4	70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	20.00	18.00		10.00 - 30.00	10.00 - 35.00	IU/L
ALT (SGPT)	23.00	18.00		10.00 - 30.00	6.00 - 29.00	IU/L
<u>LDH</u>	152.00			140.00 - 200.00	120.00 - 250.00	IU/L

Bilirubin - Total	0.41	0.47		0.10 - 0.90	0.20 - 1.20	mg/dL
Bilirubin - Direct	0.12			0.00 - 0.20	0.00 - 0.19	mg/dL
Bilirubin - Indirect	0.29			0.10 - 0.70	0.20 - 1.20	mg/dL
GGT	13.00	12.00		10.00 - 30.00	3.00 - 70.00	IU/L
<u>Ferritin</u>	<u>102.00</u>	1 70.00	71	30.00 - 70.00	10.00 - 232.00	ng/mL
<u>Cholesterol - Total</u>	<u>196.06</u>	↑ <u>204.56</u> ↑	†	160.00 - 180.00	125.00 - 200.00	mg/dL
<u>Triglycerides</u>	<u>88.57</u>	↑ 79.72	71	70.00 - 80.00	0.00 - 150.00	mg/dL
LDL Cholesterol	<u>123.55</u>	↑ <u>131.27</u> ↑	↑	0.00 - 120.00	0.00 - 130.00	mg/dL
HDL Cholesterol	<u>54.44</u>	4 <u>54.05</u>	↓	55.00 - 70.00	46.00 - 100.00	mg/dL
Cholesterol/HDL Ratio	3.59	3.70		0.00 - 4.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	1.61	1.47		0.00 - 2.00	0.00 - 2.00	ratio
<u>TSH</u>	1.30	0.62	↓	1.30 - 2.00	0.40 - 4.50	μU/mL
Free T3	3.26	3.26		3.00 - 3.50	2.30 - 4.20	pg/ml
Free T4	1.17	1.17		1.00 - 1.50	0.80 - 1.80	ng/dL
Hs CRP, Male	0.28	0.55		0.00 - 0.55	0.00 - 2.90	mg/L
ESR, Male	1.00			0.00 - 5.00	0.00 - 15.00	mm/hr
<u>Homocysteine</u>	<u>8.30</u>	↑ <u>11.90</u> ↑	1	0.00 - 7.20	0.00 - 10.30	μmol/L
<u>Fibrinogen</u>	210.88			200.00 - 300.00	175.00 - 425.00	mg/dl
Vitamin B12	<u>379.51</u>	4		400.00 - 1100.00	200.00 - 1100.00	pg/ml
<u>Folate</u>	<u>14.12</u>	4		15.00 - 25.00	5.50 - 10.00	ng/ml
DHEA-S, Male	214.81	→ <u>185.19</u>	↓	350.00 - 490.00	65.00 - 510.00	mcg/dl
<u>Testosterone</u> , <u>Total Male</u>	726.22			700.00 - 900.00	241.00 - 900.00	ng/dl
Estradiol, Male	27.24			20.00 - 30.00	0.00 - 39.00	pg/ml
<u>Total WBCs</u>	6.20	5.80		5.50 - 7.50	3.80 - 10.80	k/cumm
RBC, Male	<u>5.10</u>	1 4.90	71	4.20 - 4.90	4.20 - 5.80	m/cumm
Hemoglobin, Male	15.00	15.00		14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit, Male	46.00	47.00		40.00 - 48.00	38.50 - 50.00	%
MCV	89.00	90.00	1	82.00 - 89.90	80.00 - 100.00	fL
<u>MCH</u>	30.60	30.40		28.00 - 31.90	27.00 - 33.00	pg
<u>MCHC</u>	34.10	33.90		32.00 - 35.00	32.00 - 36.00	g/dL
<u>Platelets</u>	271.00	231.00		155.00 - 385.00	140.00 - 400.00	k/cumm
RDW	12.90	12.90		11.70 - 13.00	11.00 - 15.00	%
<u>Neutrophils</u>	58.00	58.00		40.00 - 60.00	40.00 - 74.00	%
<u>Lymphocytes</u>	31.00	33.00		24.00 - 44.00	14.00 - 46.00	%
<u>Monocytes</u>	6.00	6.00		0.00 - 7.00	4.00 - 13.00	%
<u>Eosinophils</u>	4.00	↑↑ 3.00	71	0.00 - 3.00	0.00 - 3.00	%
<u>Basophils</u>	1.00	0.00		0.00 - 1.00	0.00 - 1.00	%

Functional Index Report



The indices shown below represent an analysis of this blood test. These results have been converted into your patient's individual Functional Index Report based on our latest research. This report gives you an indication of the level of dysfunction that exists in the various physiological systems in the body. Please use this report in conjunction with the "Practitioner's Only Clinical Dysfunctions Report" to identify which dysfunctions and conditions are causing changes in the Functional Index and to put together a unique treatment plan designed to bring their body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Dysfunction Highly Likely, 70% - 90% - Dysfunction Likely, 50% - 70% - Dysfunction Possible, < 50% - Dysfunction Less Likely.

Functional Index	0% 100%
Acid-Base Index	70%
Adrenal Function Index	68%
Allergy Index	60%
Kidney Function Index	59%
<u>Lipid Panel Index</u>	55%
<u>Cardiovascular Risk Index</u>	39%
GI Function Index	33%
Sex Hormone Index - Male	33%
Blood Sugar Index	31%
<u>Toxicity Index</u>	29%
<u>Heavy Metal Index</u>	15%
<u>Liver Function Index</u>	12%
<u>Inflammation Index</u>	8%
Gallbladder Function Index	8%
Bone Health Index	8%
Oxidative Stress Index	5%
Prostate Function Index	0%
Immune Function Index	0%
Electrolyte Index	0%
Red Blood Cell Index	0%
Thyroid Function Index	0%

Acid-Base Index

A high Acid-Base Index indicates a functional imbalance in the body's pH system. Consider metabolic acidosis or metabolic alkalosis as a cause for this imbalance. Based on this blood test, your patient's Acid-Base Index is:

[70%] - Dysfunction Likely. Improvement required.

Rationale:

Anion gap ↑, Potassium ↑, Chloride ↑

Elements Considered:

Anion gap, Potassium, Chloride, CO2, Calcium

Adrenal Function Index

A high Adrenal Function Index indicates that that there is dysfunction within your patient's adrenal system and further assessment is needed to find out what the dysfunction is. Consider factors that contribute to adrenal hyperactivity, stress, or adrenal insufficiency. Based on this blood test, your patient's Adrenal Function Index is:

[68%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Potassium ↑, BUN ↑, Chloride ↑, Cholesterol - Total ↑, Triglycerides ↑, DHEA-S, Male ↓

Elements Considered:

Sodium, Potassium, Sodium/Potassium Ratio, Glucose, BUN, Chloride, CO2, Cholesterol - Total, Triglycerides, DHEA-S, Male

Allergy Index

The Allergy Index reflects the degree of food or environmental sensitivities/allergies your patient may be dealing with. A number of elements on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy Index may indicate the need for further assessment or evaluation through allergy elimination/challenge, more sophisticated allergy testing and/or GI function assessment. Based on this blood test, your patient's Allergy Index is:

[60%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Eosinophils ↑

Elements Considered:

Eosinophils, Basophils

Kidney Function Index

A high Kidney Function Index reflects a decrease in renal function in this patient, which can be due to renal insufficiency or if the BUN and Creatinine are grossly elevated the beginning stages of conditions that can greatly impair renal function. Factors such as dehydration, heavy metal toxicity, over the counter or prescription drugs, impaired liver function or renal infections should be considered. Based on this blood test, your patient's Kidney Function Index is:

[59%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

BUN ↑, BUN/Creatinine Ratio ↑

Elements Considered:

BUN, Creatinine, BUN/Creatinine Ratio, Phosphorus, eGFR Non-Afr. American, Uric Acid, male, AST (SGOT), LDH, Magnesium

Lipid Panel Index

A high Lipid Panel Index indicates that there is a strong clinical indication of hyperlipidemia, which has been shown to indicate a potential risk of developing atherosclerotic coronary artery disease. Although hyperlipidemia is a cause, it's important to look at many other risks for this disease including smoking, blood sugar dysregulation, hypertension, elevated homocysteine and other diet and lifestyle considerations. Based on this blood test, your patient's Lipid Panel is:

[55%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

Elements Considered:

Cholesterol - Total, Triglycerides, LDL Cholesterol, Cholesterol/HDL Ratio, HDL Cholesterol

Nutrient Index Report



The indices shown below represent an analysis of your patient's blood test results. These results have been converted into their individual Nutrient Assessment Report based on our latest research. This report gives you an indication of their general nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. You can use this information, along with information about individual nutrient deficiencies, to put together a unique treatment plan designed to bring their body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Nutrient Status is Poor, 75% - 90% - Nutrient Status is Low, 50% - 75% - Moderate Nutrient Status, < 50% - Optimum Nutrient Status

Nutrient Index	0%	100%
<u>Hydration Index</u>		60%
Carbohydrate Index	25%	
<u>Vitamin Index</u>	25%	
Mineral Index	7%	
<u>Fat Index</u>	0%	
Protein Index	0%	

Hydration Index

The Hydration index gives us a good indication of how well hydrated your patient was at the time their blood was drawn. Dehydration is a very common problem and often shows up on a standard blood chemistry and CBC test. Insufficient water intake and/or excessive use of diuretics such as over the counter and prescription drugs, botanical medicines, caffeine etc. are the most common cause of dehydration and may be a cause of an increased Hydration Index. An increased albumin is a sign of dehydration along with increased and BUN, Sodium, Potassium, RBC count, Hemoglobin and Hematocrit. Based on this blood test, your patient's Hydration Index is:

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

BUN ↑, Potassium ↑, RBC, Male ↑

Elements Considered:

Albumin, BUN, Sodium, Potassium, Protein, total, RBC, Male, Hemoglobin, Male, Hematocrit, Male

Individual Nutrient Deficiencies

The values below represent the degree of deficiency for individual nutrients based on your patient's blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not your patient/client actually needs an individual nutrient. Use the information in this section to put together an individualized treatment plan to bring your patient back into a state of optimal nutritional function.

Score Guide: 90% - 100% - Deficiency Highly Likely, 70% - 90% - Deficiency Likely, 50% - 70% - Deficiency Possible, < 50% - Deficiency Less Likely.

Nutrient Deficiencies	0%	100%
DHEA Need		100%
Molybdenum Need		100%
Vitamin B12/Folate Need	53%	
Thiamine Need	40%	
<u>Vitamin B6 Need</u>	10%	
Iron Deficiency	0%	
<u>Iodine Need</u>	0%	
Magnesium Need	0%	
<u>Calcium Need</u>	0%	
<u>Vitamin C Need</u>	0%	
<u>Vitamin D Need</u>	0%	
Selenium Need	0%	
Glutathione Need	0%	

DHEA Need

The results of this blood test indicate that this patient's DHEA levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

DHEA-S, Male ↓

Elements Considered:

DHEA-S, Male

Molybdenum Need

Suspect molybdenum deficiency if there is a decreased uric acid level and a normal MCV and MCH

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Uric Acid, male ↓

Elements Considered:

Uric Acid, male

Vitamin B12/Folate Need

Consider a Vitamin B12 and folate need if the MCV is increased along with an increased MCH. If there is also an increased RDW, MCHC, and LDH (especially the LDH-1 isoenzyme fraction), and a decreased uric acid level the

probability of vitamin B-12 or folic acid anemia is very high. Serum Vitamin B12 and serum folate may also decreased.

[53%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Homocysteine \uparrow , Uric Acid, male \downarrow , Folate \downarrow , Vitamin B12 \downarrow

Elements Considered:

MCV, LDH, Homocysteine, Uric Acid, male, Albumin, Total WBCs, RBC, Male, Hemoglobin, Male, Hematocrit, Male, MCH, MCHC, RDW, Neutrophils, Folate, Vitamin B12

Blood Test History Report



The Blood Test History Report lists the results of your patient's Chemistry Screen and CBC tests side by side with the latest test listed on the left hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track progress.

	Latest 4 Test Results				
Element		Jan 29 2015	Jun 30 2014	Jun 30 2013	Dec 31 2012
Glucose	V-	84.67	75.66	85.75	84.67
Hemoglobin A1C					5.00
Insulin - Fasting		4.67			5.00
<u>Fructosamine</u>					
<u>C-Peptide</u>					
BUN	~	25.77 ↑↑	<u>19.61</u> ↑	15.13	<u>20.73</u> ↑
Creatinine		0.98	0.88	0.90	0.83
BUN/Creatinine Ratio	_/	<u>24.76</u> ↑↑	<u>19.81</u> ↑	14.86	<u>2476.47</u> A
eGFR Non-Afr. American		93.00	97.00	111.00	105.00
eGFR African American					
Sodium	~	142.00	139.00	137.00	140.00
<u>Potassium</u>	-	<u>4.70</u> ↑	4.50	4.50	4.50
Sodium/Potassium Ratio		30.21	30.88	30.44	31.11
Chloride	~	<u>107.00</u> ↑	103.00	103.00	106.00
<u>CO2</u>	-	28.00	27.00	27.00	28.00
Anion gap	-	<u>13.00</u> ↑	<u>13.50</u> ↑	11.50	10.50
Uric Acid, male		3.36 ↓ ↓	5.87	5.45	5.72
Protein, total	<u> </u>	6.90	7.20	7.00	7.00

	Latest 4 Test Results				
Element		Jan 29 2015	Jun 30 2014	Jun 30 2013	Dec 31 2012
Albumin		4.40	4.50	4.60	4.60
Globulin, total	<u> </u>	2.50	2.70	2.40	2.40
Albumin/Globulin Ratio	~	1.76	1.66	1.91	1.90
Calcium		9.60	9.12 ↓	9.20	9.20
Calcium/Albumin Ratio		2.00	2.00	2.00	2.00
<u>Phosphorus</u>		3.72	3.53	3.56	3.10
Calcium/Phosphorous Ratio		2.58	2.58	2.52	2.97 ↑↑
<u>Magnesium</u>	<u></u>	2.34	2.07 ↓	2.17↓	2.07 ↓
Alk Phos	_	72.00	<u>44.00</u> ↓	<u>65.00</u> ↓	75.00
LDH		152.00		198.00	200.00
AST (SGOT)		20.00	18.00	20.00	20.00
ALT (SGPT)		23.00	18.00	19.00	26.00
<u>GGT</u>		13.00	12.00	15.00	23.00
Bilirubin - Total		0.41	0.47	0.58	0.47
Bilirubin - Direct		0.12		0.18	0.12
Bilirubin - Indirect		0.29		0.41	0.35
<u>Iron - Serum</u>			<u>83.80</u> ↓	86.59	111.73
<u>Ferritin</u>	~	<u>102.00</u> ↑	70.00	67.00	<u>91.00</u> ↑
TIBC			318.26	323.84	318.26
% Transferrin saturation			26.00	26.00	35.00
Cholesterol - Total	~	<u>196.06</u> ↑	204.56 ↑↑	166.67	215.39 ↑↑
Triglycerides	>	<u>88.57</u> ↑	79.72	78.83	70.86

		Latest 4 Test Results			
Element		Jan 29 2015	Jun 30 2014	Jun 30 2013	Dec 31 2012
HDL Cholesterol		<u>54.44</u> ↓	<u>54.05</u> ↓	58.69	62.55
LDL Cholesterol		<u>123.55</u> ↑	<u>131.27</u> ↑↑	91.89	119.69
VLDL Cholesterol					
Cholesterol/HDL Ratio		3.59	3.70	2.83	3.43
Triglyceride/HDL Ratio		1.61	1.47	<u>4.06</u> A	1.12
Leptin, Male					
<u>TSH</u>	<u> </u>	1.30	0.62 ↓		1.70
Total T4					
Total T3					
Free T4		1.17	1.17		1.24
Free T3	-	3.26	3.26		3.12
T3 Uptake					
Free Thyroxine Index (T7)					
Thyroid Peroxidase (TPO) Abs					
Thyroglobulin Abs LABCORP					
Thyroglobulin Abs QUEST					
Reverse T3					
Hs CRP, Male		0.28	0.55		0.52
C-Reactive Protein					
ESR, Male		1.00			1.00
<u>Homocysteine</u>		<u>8.30</u> ↑	<u>11.90</u> ተተ		6.00
<u>Fibrinogen</u>		210.88			244.90

		Latest 4 Test Results				
Element		Jan 29 2015	Jun 30 2014	Jun 30 2013	Dec 31 2012	
Creatine Kinase			134.73		71.86	
Vitamin D (25-OH)					50.08	
Vitamin B12		379.51 ↓				
<u>Folate</u>		<u>14.12</u> ↓				
DHEA-S, Male		<u>214.81</u> ↓	<u>185.19</u> ↓	<u>155.56</u> ↓	<u>155.56</u> ↓	
Testosterone, Free Male LABCORP						
Testosterone, Free Male QUEST						
<u>Testosterone, Total Male</u>		726.22				
Sex Hormone Binding Globulin, male						
Estradiol, Male		27.24		27.24	29.96	
Progesterone, Male						
<u>PSA</u>					0.67	
Total WBCs	_/	6.20	5.80	5.60	7.20	
RBC, Male	•	<u>5.10</u> ↑	4.90	4.90	<u>5.16</u> ↑	
Reticulocyte count						
Hemoglobin, Male		15.00	15.00	14.90	14.90	
Hematocrit, Male		46.00	47.00	46.00	46.00	
MCV	•	89.00	<u>90.00</u> ↑	89.00	89.00	
MCH		30.60	30.40	31.40	30.80	
MCHC		34.10	33.90	34.90	34.30	
<u>Platelets</u>	-	271.00	231.00	214.00	233.00	
RDW		12.90	12.90	12.80	13.00	

	Latest 4 Test Results				
Element		Jan 29 2015	Jun 30 2014	Jun 30 2013	Dec 31 2012
<u>Neutrophils</u>		58.00	58.00	57.00	59.00
<u>Bands</u>					
<u>Lymphocytes</u>	-	31.00	33.00	30.00	27.00
Monocytes		6.00	6.00	7.00	4.00
<u>Basophils</u>	\	1.00	0.00	<u>1.50</u> ↑↑	<u>1.40</u> ↑↑
<u>Eosinophils</u>	_	<u>4.00</u> ↑↑	3.00	<u>5.00</u> ↑↑	<u>8.00</u> ↑↑

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You are encouraged to confirm any information obtained from this Report with other sources, and review all information regarding any medical condition or the treatment of such condition with your physician.

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, DELAY SEEKING MEDICAL ADVICE OR TREATMENT, OR STOP CURRENT MEDICAL TREATMENT, BECAUSE OF SOMETHING YOU HAVE READ IN THIS REPORT.

Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 911 or your doctor immediately.