



Kerri Knox  
Easy Immune Health

Blood Chemistry Analysis

# Functional Health Report

**Patient Copy**

PATIENT

Sample Report

LAB TEST DATE

Feb 01, 2017



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## Knox's Notes



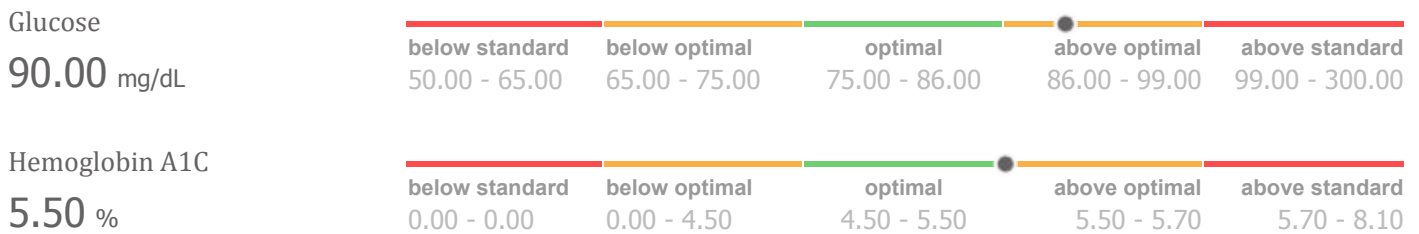
# Blood Test Results Report



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

<b>Above Optimal Range</b> 3 Current ↑	<b>Above Standard Range</b> 3 Current ↑↑	<b>Alarm High</b> 0 Current ⚠
<b>Below Optimal Range</b> 0 Current ↓	<b>Below Standard Range</b> 0 Current ↓↓	<b>Alarm Low</b> 0 Current ⚠

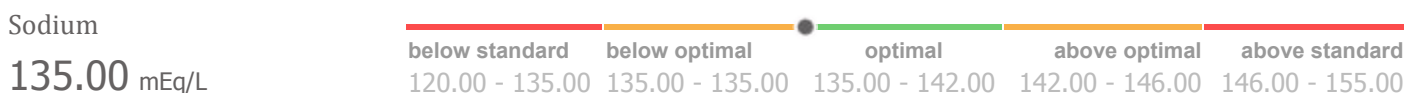
## Blood Glucose Regulation



## Renal

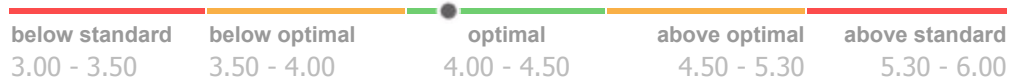


## Electrolytes



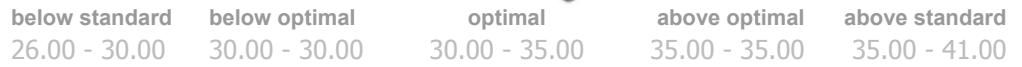
Potassium

4.10 mEq/L



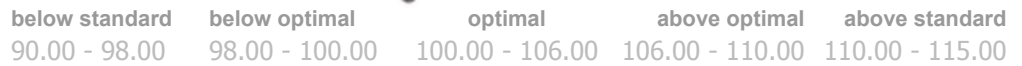
Sodium/Potassium Ratio

34.00 ratio



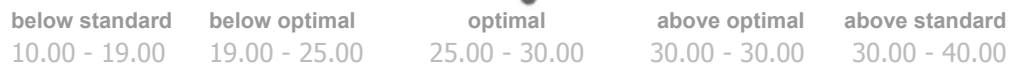
Chloride

100.00 mEq/L



CO2

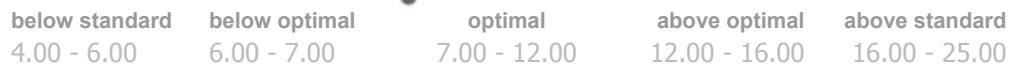
28.00 mEq/L



Metabolic

Anion gap

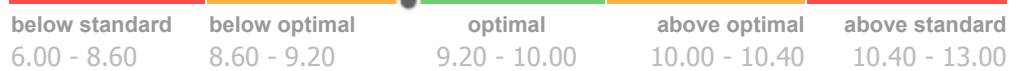
7.00 mEq/L



Minerals

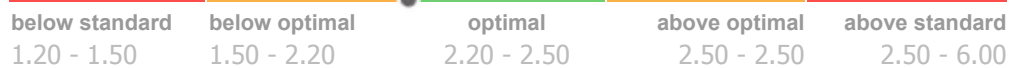
Calcium

9.20 mg/dL



Magnesium

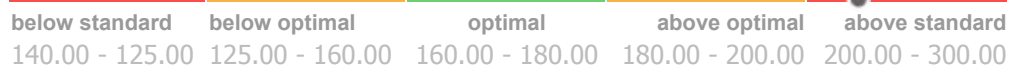
2.20 mg/dl



Lipids

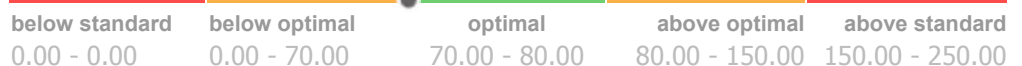
Cholesterol - Total

225.00 mg/dL



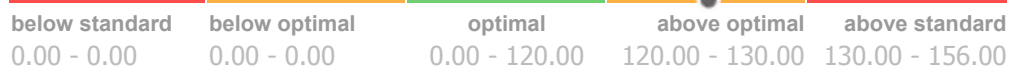
Triglycerides

70.00 mg/dL



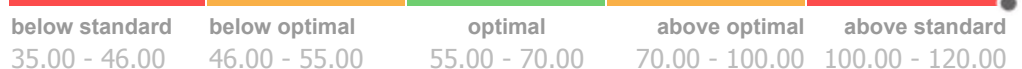
LDL Cholesterol

125.00 mg/dL



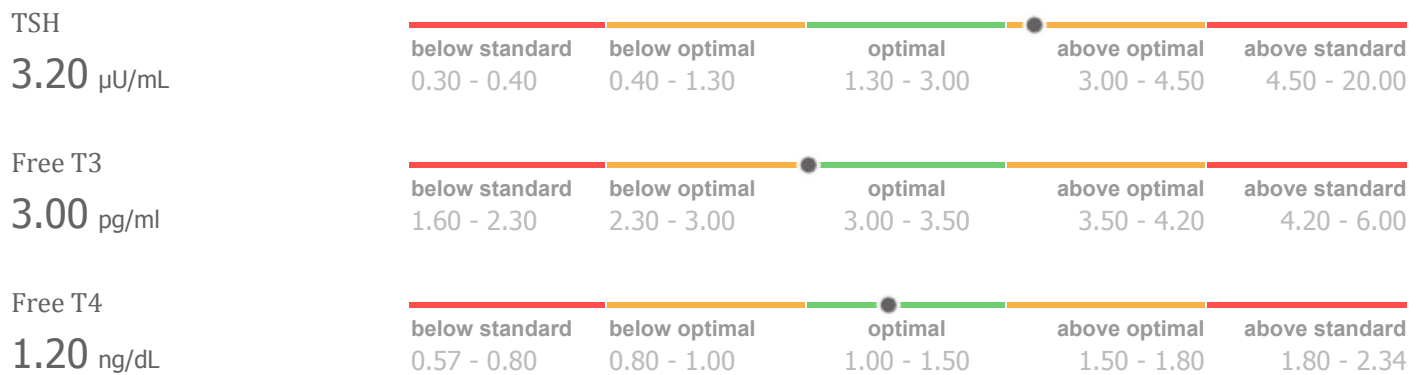
HDL Cholesterol

120.00 mg/dL

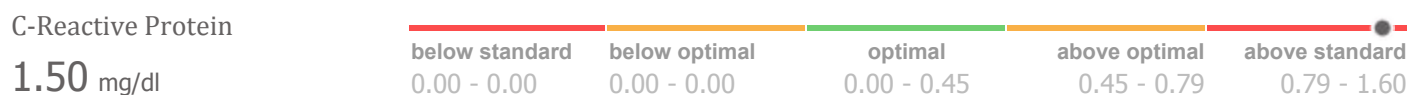




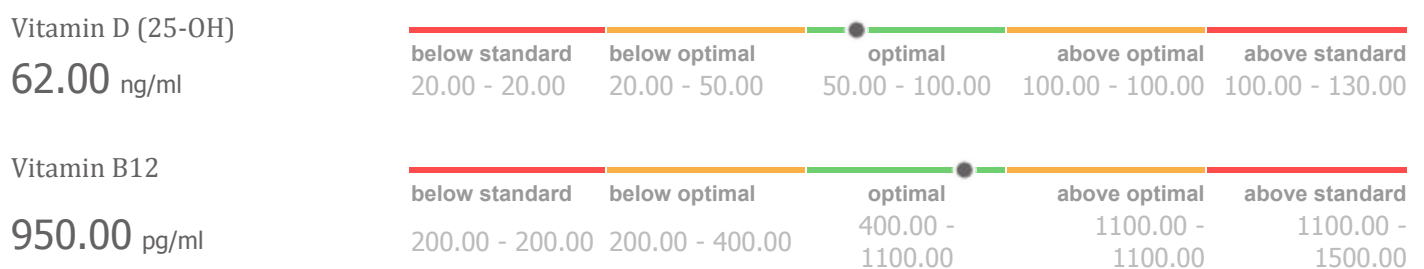
## Thyroid



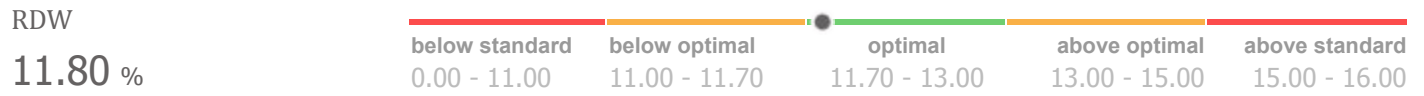
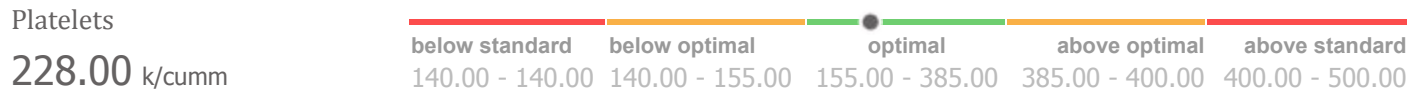
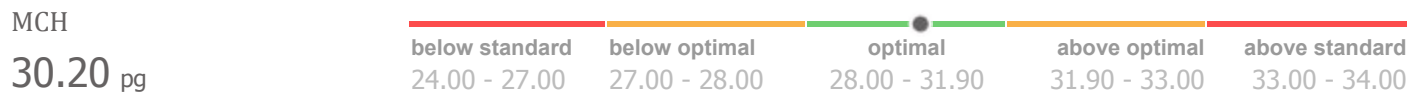
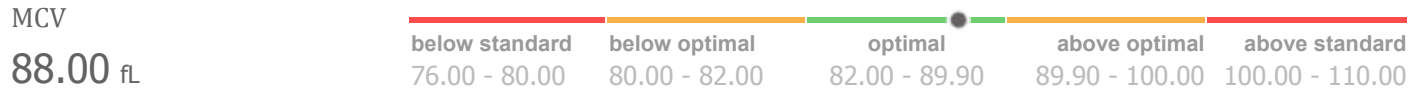
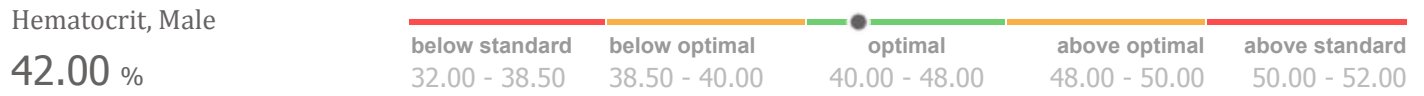
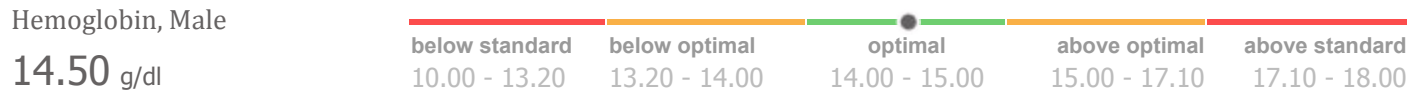
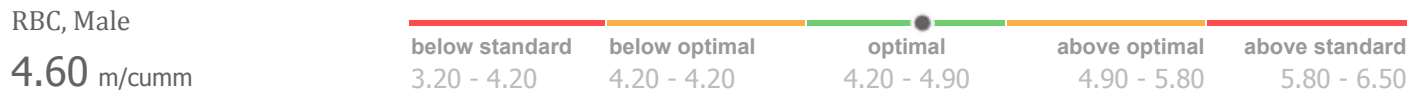
## Inflammation/Oxidation



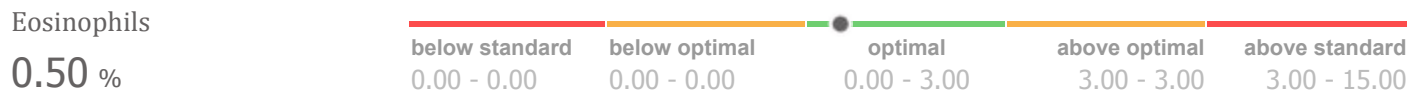
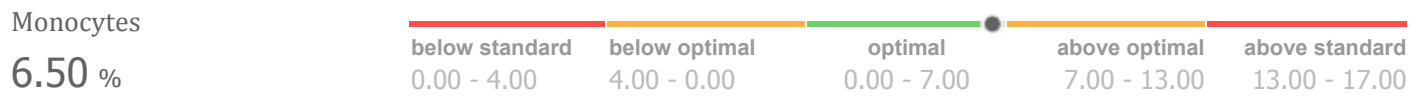
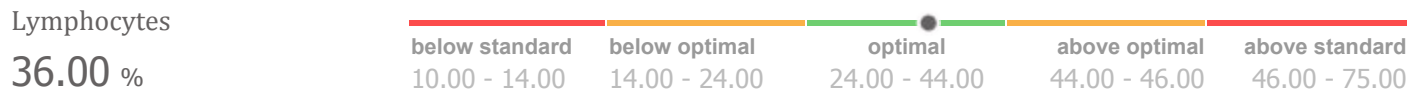
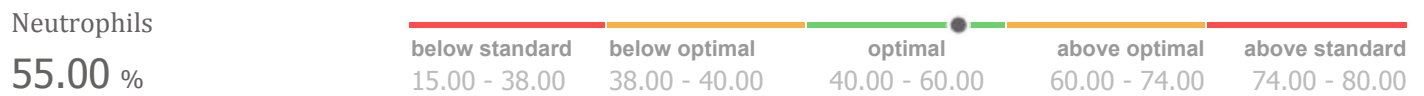
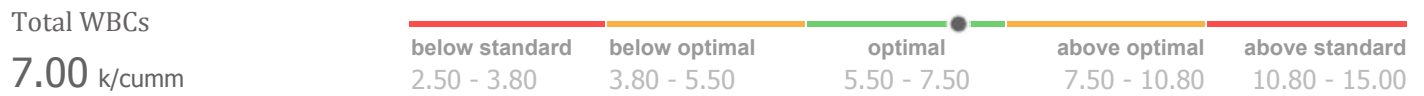
## Vitamins



## CBC/Hematology

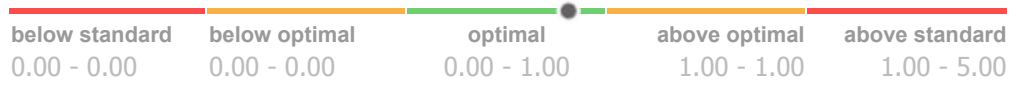


## White Blood Cells



Basophils

**0.80** %





# Blood Test Results Comparative Report



The Blood Test Results Comparative Report lists the results of your latest and previous Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

<b>Above Optimal Range</b> 3 Current 7 Previous <span style="float: right;">↑</span>	<b>Above Standard Range</b> 3 Current 6 Previous <span style="float: right;">↑↑</span>	<b>Alarm High</b> <span style="float: right;">⚠</span> 0 Current 2 Previous
<b>Below Optimal Range</b> 0 Current 7 Previous <span style="float: right;">↓</span>	<b>Below Standard Range</b> 0 Current 2 Previous <span style="float: right;">↓↓</span>	<b>Alarm Low</b> <span style="float: right;">⚠</span> 0 Current 0 Previous

Biomarker	Impr	Previous Jan 01 2016	Current Feb 01 2017	Optimal Range	Standard Range	Units
Glucose		110.00 ↑↑	90.00 ↑	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C		5.80 ↑↑	5.50	4.50 - 5.50	0.00 - 5.70	%
BUN		18.00 ↑	10.00	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine		0.92	0.96	0.80 - 1.10	0.40 - 1.50	mg/dL
BUN/Creatinine Ratio		20.00 ↑	10.00	10.00 - 16.00	6.00 - 22.00	Ratio
Sodium		138.00	135.00	135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium		4.00	4.10	4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio		34.50	34.00	30.00 - 35.00	30.00 - 35.00	ratio
Chloride		102.00	100.00	100.00 - 106.00	98.00 - 110.00	mEq/L
CO2		22.00 ↓	28.00	25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap		18.00 ↑↑	7.00	7.00 - 12.00	6.00 - 16.00	mEq/L
Calcium		10.30 ↑	9.20	9.20 - 10.00	8.60 - 10.40	mg/dL
Magnesium			2.20	2.20 - 2.50	1.50 - 2.50	mg/dl
Cholesterol - Total		297.00 ↑↑	225.00 ↑↑	160.00 - 180.00	125.00 - 200.00	mg/dL
Triglycerides		52.00 ↓	70.00	70.00 - 80.00	0.00 - 150.00	mg/dL
LDL Cholesterol		137.00 ↑↑	125.00 ↑	0.00 - 120.00	0.00 - 130.00	mg/dL
HDL Cholesterol		150.00 ⚠	120.00 ↑↑	55.00 - 70.00	46.00 - 100.00	mg/dL
VLDL Cholesterol		10.40 ↑	10.00	0.00 - 10.00	0.00 - 29.00	mg/dl
Cholesterol/HDL Ratio		2.00	1.87	0.00 - 4.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio		0.34	0.58	0.00 - 2.00	0.00 - 2.00	ratio
TSH		8.20 ↑↑	3.20 ↑	1.30 - 3.00	0.40 - 4.50	μU/mL
Free T3		2.60 ↓	3.00	3.00 - 3.50	2.30 - 4.20	pg/ml
Free T4		0.88 ↓	1.20	1.00 - 1.50	0.80 - 1.80	ng/dL
C-Reactive Protein		3.00 ⚠	1.50 ↑↑	0.00 - 0.45	0.00 - 0.79	mg/dl
Vitamin D (25-OH)		28.00 ↓	62.00	50.00 - 100.00	20.00 - 100.00	ng/ml
Vitamin B12		335.00 ↓	950.00	400.00 - 1100.00	200.00 - 1100.00	pg/ml




Biomarker	Impr	Previous Jan 01 2016	Current Feb 01 2017	Optimal Range	Standard Range	Units
Total WBCs		5.00 ↓	7.00	5.50 - 7.50	3.80 - 10.80	k/cumm
RBC, Male		4.84	4.60	4.20 - 4.90	4.20 - 5.80	m/cumm
Hemoglobin, Male		13.00 ↓↓	14.50	14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit, Male		38.00 ↓↓	42.00	40.00 - 48.00	38.50 - 50.00	%
MCV		95.00 ↑	88.00	82.00 - 89.90	80.00 - 100.00	fL
MCH		31.50	30.20	28.00 - 31.90	27.00 - 33.00	pg
Platelets		228.00	228.00	155.00 - 385.00	140.00 - 400.00	k/cumm
RDW		13.00	11.80	11.70 - 13.00	11.00 - 15.00	%
Neutrophils		64.00 ↑	55.00	40.00 - 60.00	38.00 - 74.00	%
Lymphocytes		25.00	36.00	24.00 - 44.00	14.00 - 46.00	%
Monocytes		7.20 ↑	6.50	0.00 - 7.00	4.00 - 13.00	%
Eosinophils		2.40	0.50	0.00 - 3.00	0.00 - 3.00	%
Basophils		0.60	0.80	0.00 - 1.00	0.00 - 1.00	%



## % Deviation from Optimal Report

This report shows the biomarkers on the blood test that are farthest from optimal expressed as a %. The biomarkers that appear closest to the top and the bottom are those biomarkers that are farthest from optimal.

Biomarker	% from Median	Lab Result	Low	High	Optimal Reference Ranges	
					Low	High
HDL Cholesterol	383	<b>120.00</b>	55.00	70.00		
C-Reactive Protein	283	<b>1.50</b>	0.00	0.45		
Cholesterol - Total	275	<b>225.00</b>	160.00	180.00		
Glucose	86	<b>90.00</b>	75.00	86.00		
TSH	62	<b>3.20</b>	1.30	3.00		
LDL Cholesterol	54	<b>125.00</b>	0.00	120.00		
Hemoglobin A1C	50	<b>5.50</b>	4.50	5.50		
VLDL Cholesterol	50	<b>10.00</b>	0.00	10.00		
Monocytes	43	<b>6.50</b>	0.00	7.00		
Basophils	30	<b>0.80</b>	0.00	1.00		
Sodium/Potassium Ratio	30	<b>34.00</b>	30.00	35.00		
Vitamin B12	29	<b>950.00</b>	400.00	1100.00		
MCV	26	<b>88.00</b>	82.00	89.90		
Total WBCs	25	<b>7.00</b>	5.50	7.50		
Neutrophils	25	<b>55.00</b>	40.00	60.00		
Lymphocytes	10	<b>36.00</b>	24.00	44.00		
CO2	10	<b>28.00</b>	25.00	30.00		
RBC, Male	7	<b>4.60</b>	4.20	4.90		
MCH	6	<b>30.20</b>	28.00	31.90		
Creatinine	3	<b>0.96</b>	0.80	1.10		
Hemoglobin, Male	0	<b>14.50</b>	14.00	15.00		
Cholesterol/HDL Ratio	-3	<b>1.87</b>	0.00	4.00		
Free T4	-10	<b>1.20</b>	1.00	1.50		
Platelets	-18	<b>228.00</b>	155.00	385.00		
Triglyceride/HDL Ratio	-21	<b>0.58</b>	0.00	2.00		
Hematocrit, Male	-25	<b>42.00</b>	40.00	48.00		
Vitamin D (25-OH)	-26	<b>62.00</b>	50.00	100.00		
Potassium	-30	<b>4.10</b>	4.00	4.50		
Eosinophils	-33	<b>0.50</b>	0.00	3.00		
RDW	-42	<b>11.80</b>	11.70	13.00		
Magnesium	-50	<b>2.20</b>	2.20	2.50		
Chloride	-50	<b>100.00</b>	100.00	106.00		
Anion gap	-50	<b>7.00</b>	7.00	12.00		
Calcium	-50	<b>9.20</b>	9.20	10.00		
BUN/Creatinine Ratio	-50	<b>10.00</b>	10.00	16.00		
Sodium	-50	<b>135.00</b>	135.00	142.00		

BUN	-50	<b>10.00</b>	10.00	16.00	
Free T3	-50	<b>3.00</b>	3.00	3.50	
Triglycerides	-50	<b>70.00</b>	70.00	80.00	

## Out of Optimal Range Report



The following results show all of the biomarkers that are out of the optimal reference range. The biomarkers that appear closest to the top of each section are those biomarkers that are farthest from optimal.

<b>Above Optimal Range</b> 3 Current 	<b>Above Standard Range</b> 3 Current 	<b>Alarm High</b> 0 Current 
<b>Below Optimal Range</b> 0 Current 	<b>Below Standard Range</b> 0 Current 	<b>Alarm Low</b> 0 Current 

### Above Optimal

#### HDL Cholesterol 120.00 mg/dL (+ 383 %)

HDL functions to transport cholesterol from the peripheral tissues and vessel walls to the liver for processing and metabolism into bile salts. It is known as “good cholesterol” because it is thought that this process of bringing cholesterol from the peripheral tissue to the liver is protective against atherosclerosis. Increased HDL is considered protective for the formation of fatty plaques in the artery.

#### C-Reactive Protein 1.50 mg/dl (+ 283 %)

C-Reactive Protein is a blood marker that can help indicate the level of inflammation in the body.

#### Cholesterol - Total 225.00 mg/dL (+ 275 %)

Cholesterol is a steroid found in every cell of the body and in the plasma. It is an essential component in the structure of the cell membrane where it controls membrane fluidity. It provides the structural backbone for every steroid hormone in the body, which includes adrenal and sex hormones and vitamin D. The myelin sheaths of nerve fibers are derived from cholesterol and the bile salts that emulsify fats are composed of cholesterol. Cholesterol is made in the body by the liver and other organs, and from dietary sources. The liver, the intestines, and the skin produce between 60-80% of the body’s cholesterol. The remainder comes from the diet. An increased cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, hypothyroidism, biliary stasis, and fatty liver.

#### Glucose 90.00 mg/dL (+ 86 %)

Blood glucose levels are regulated by several important hormones including insulin and glucagon. Glucose is also directly formed in the body from carbohydrate digestion and from the conversion in the liver of other sugars, such as fructose, into glucose. Increased blood glucose is associated with type 1 & 2 diabetes, metabolic syndrome, and insulin resistance.

**TSH ↑ 3.20 μU/mL (+ 62 %)**

TSH or thyroid stimulating hormone is a hormone produced by the anterior pituitary to control the thyroid gland's production of T4, to store T4 and to release it into the bloodstream. TSH synthesis and secretion is regulated by the release of TRH (Thyroid Releasing Hormone) from the hypothalamus. TSH levels describe the body's desire for more thyroid hormone (T4 or T3), which is done in relation to the body's need for energy. A high TSH is the body's way of saying "we need more thyroid hormone". Optimal TSH levels, in a normally functioning pituitary, can tell us that the amount of T4 in the blood match the body's current need and/or ability to utilize the energy necessary for optimal cell function. When the pituitary is not functioning in an optimal manner, the TSH test can be quite misleading.

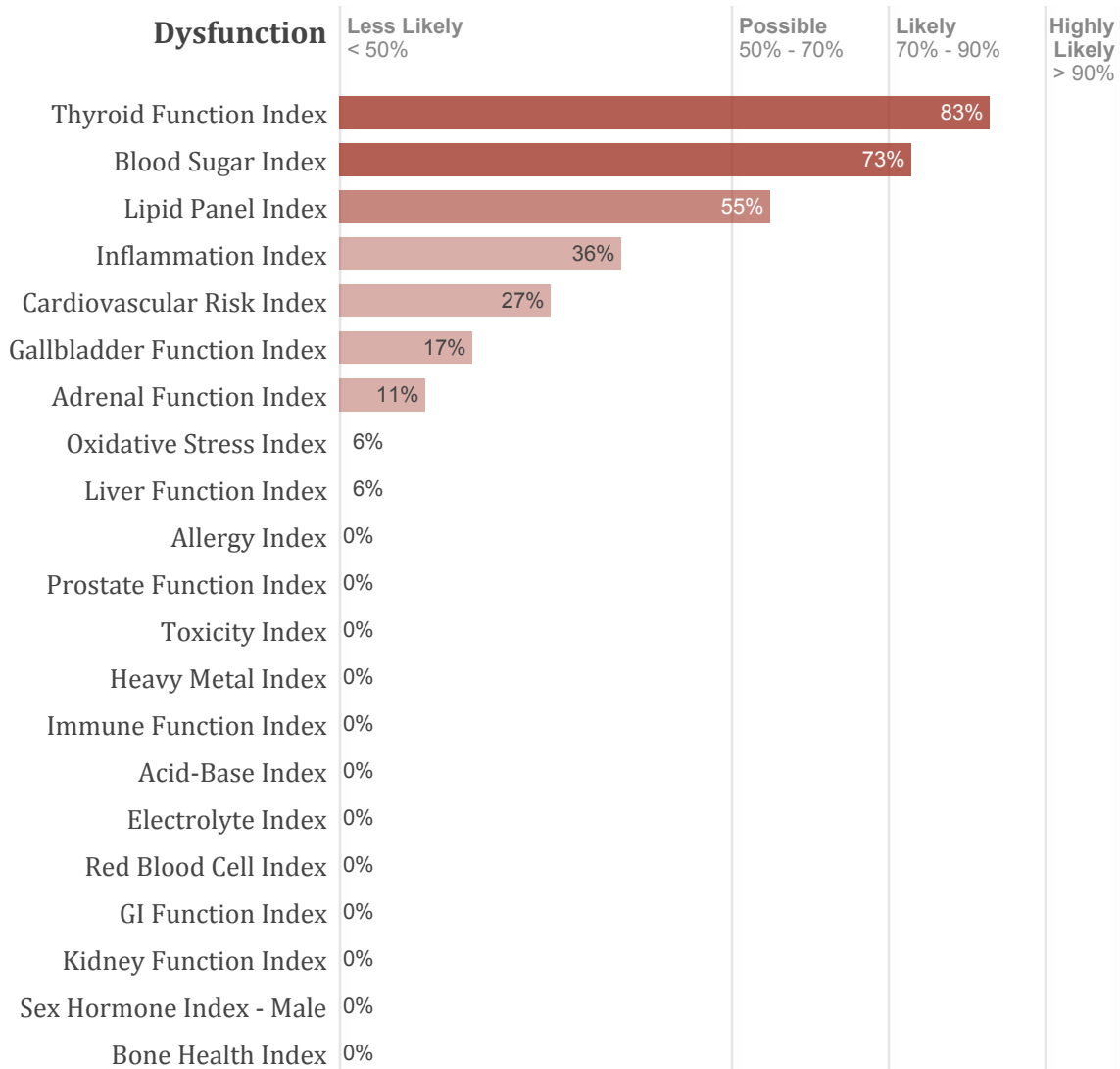
**LDL Cholesterol ↑ 125.00 mg/dL (+ 54 %)**

LDL functions to transport cholesterol and other fatty acids from the liver to the peripheral tissues for uptake and metabolism by the cells. It is known as "bad cholesterol" because it is thought that this process of bringing cholesterol from the liver to the peripheral tissue increases the risk for atherosclerosis. An increased LDL cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, oxidative stress and fatty liver.

# Functional Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



### Thyroid Function Index

The Thyroid Function Index allows us to assess the functional health of your thyroid. The thyroid produces hormones that control how the body uses energy. They are responsible for controlling metabolism in the body, for maintaining body temperature, regulating cholesterol and controlling mood. By examining specific elements on the blood test we can see if your thyroid is in a state of increased function (a condition called hyperthyroidism), in a state of decreased function (hypothyroidism) or hopefully optimal function! For your blood test, your Thyroid Function Index is:

**[ 83% ] - Dysfunction Likely. Improvement required.**

#### Rationale:

TSH ↑

### Blood Sugar Index

The Blood Sugar index tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes. For your blood test, your Blood Sugar Index is:

**[ 73% ] - Dysfunction Likely. Improvement required.**

#### Rationale:

Glucose ↑, Cholesterol - Total ↑, LDL Cholesterol ↑

### Lipid Panel Index

The Lipid Panel index gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel Index indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances. For your blood test, your Lipid Panel Index is:

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

#### Rationale:

Cholesterol - Total ↑, LDL Cholesterol ↑



# Nutrient Index Report



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

Nutrient Index Status	Optimum < 50%	Moderate 50% - 70%	Low 70% - 90%	Poor > 90%
Carbohydrate Index		50%		
Protein Index	11%			
Hydration Index	0%			
Fat Index	0%			
Vitamin Index	0%			
Mineral Index	0%			

## Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

**[ 50% ] - Moderate Nutrient Status. There may be improvement needed in certain areas.**

### Rationale:

Glucose ↑, Cholesterol - Total ↑, LDL Cholesterol ↑

## Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your 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 you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Deficiency	Less Likely < 50%	Possible 50% - 70%	Likely 70% - 90%	Highly Likely > 90%
Thiamine Need	10%			
Iodine Need	9%			
Vitamin B6 Need	0%			
Iron Deficiency	0%			




<b>Deficiency</b>	<b>Less Likely</b> < 50%	<b>Possible</b> 50% - 70%	<b>Likely</b> 70% - 90%	<b>Highly Likely</b> > 90%
Zinc Need	0%			
Magnesium Need	0%			
Vitamin B12/Folate Need	0%			
Calcium Need	0%			
DHEA Need	0%			
Vitamin C Need	0%			
Molybdenum Need	0%			
Selenium Need	0%			
Glutathione Need	0%			

# Blood Test History Report







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

Biomarker		Latest 2 Test Results	
		Jan 01 2016	Feb 01 2017
Glucose		110.00 ↑↑	90.00 ↑
Hemoglobin A1C		5.80 ↑↑	5.50
Insulin - Fasting			
Fructosamine			
C-Peptide			
BUN		18.00 ↑	10.00
Creatinine		0.92	0.96
BUN/Creatinine Ratio		20.00 ↑	10.00
eGFR Non-Afr. American			
eGFR African American			
Sodium		138.00	135.00
Potassium		4.00	4.10
Sodium/Potassium Ratio		34.50	34.00
Chloride		102.00	100.00
CO2		22.00 ↓	28.00
Anion gap		18.00 ↑↑	7.00
Uric Acid, Male			
Protein, total			

Biomarker	Latest 2 Test Results	
	Jan 01 2016	Feb 01 2017
Albumin		
Globulin, total		
Albumin/Globulin Ratio		
Calcium		10.30 ↑
Calcium/Albumin Ratio		
Phosphorus		
Calcium/Phosphorus Ratio		
Magnesium		2.20
Alk Phos		
LDH		
AST (SGOT)		
ALT (SGPT)		
GGT		
Bilirubin - Total		
Bilirubin - Direct		
Bilirubin - Indirect		
Iron - Serum		
Ferritin		
TIBC		
% Transferrin saturation		
Cholesterol - Total		297.00 ↑ ↑
Triglycerides		52.00 ↓

Biomarker		Latest 2 Test Results	
		Jan 01 2016	Feb 01 2017
HDL Cholesterol		150.00 ⚠️	120.00 ↑↑
LDL Cholesterol		137.00 ↑↑	125.00 ↑
VLDL Cholesterol		10.40 ↑	10.00
Cholesterol/HDL Ratio		2.00	1.87
Triglyceride/HDL Ratio		0.34	0.58
Leptin, Male			
TSH		8.20 ↑↑	3.20 ↑
Total T4			
Total T3			
Free T4		0.88 ↓	1.20
Free T3		2.60 ↓	3.00
T3 Uptake			
Free Thyroxine Index (T7)			
Thyroid Peroxidase (TPO) Abs			
Thyroid Peroxidase (TPO) Abs LABCORP			
Thyroglobulin Abs LABCORP			
Thyroglobulin Abs			
Reverse T3			
Hs CRP, Male			
C-Reactive Protein		3.00 ⚠️	1.50 ↑↑
ESR, Male			
Homocysteine			

Biomarker	Latest 2 Test Results	
	Jan 01 2016	Feb 01 2017
Fibrinogen		
Creatine Kinase		
Vitamin D (25-OH)	 28.00 ↓	62.00
Vitamin B12	 335.00 ↓	950.00
Folate		
DHEA-S, Male		
Testosterone, Free Male		
Testosterone - Bioavailable Male		
Testosterone, Total Male		
Sex Hormone Binding Globulin, Male		
Testosterone, Free Male LABCORP		
Estradiol, Male		
Progesterone, Male		
PSA		
Collagen Cross-Linked NTx		
Creatinine Clearance		
Cortisol - AM		
Cortisol - PM		
Gastrin		
Total WBCs	 5.00 ↓	7.00
RBC, Male	 4.84	4.60
Reticulocyte count		

Biomarker		Latest 2 Test Results	
		Jan 01 2016	Feb 01 2017
Hemoglobin, Male		13.00 ↓↓	14.50
Hematocrit, Male		38.00 ↓↓	42.00
MCV		95.00 ↑	88.00
MCH		31.50	30.20
MCHC		24.00 ⚠	
Platelets		228.00	228.00
RDW		13.00	11.80
Neutrophils		64.00 ↑	55.00
Bands			
Lymphocytes		25.00	36.00
Monocytes		7.20 ↑	6.50
Basophils		0.60	0.80
Eosinophils		2.40	0.50

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