

Dr. Cameron

1945 South 1100 East, Suite 202
Salt Lake City, UT 84106

801-486-4226

Patient : Demo Report

New Optimal Wellness (N.O.W.)™ PROFILE

Report Date: 06/26/07

Powered By:



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YOUR PERSONALIZED

New Optimal Wellness (N.O.W.)™ PROFILE

Includes:

1. Your Lab Test Results

This is your copy of your blood test results from the blood laboratory. This is the basis upon which your *N.O.W.* Profile™ is analyzed and created.

2. Graphical Indicator for Blood Chemistry Results

This graph is a visual representation of your test results in comparison to healthy optimal ranges. The colors indicate the deviations between optimal health and your current health, *N.O.W.*

3. Top Three Out of Range Blood Chemistries and Description

This provides you with the top three out of range blood chemistries. The top three are selected since they are the most out of range. Each will have a brief description of the test and what may be the cause on an individual basis.

4. Complete Blood Count (CBC) Results and Overview

This graph is a visual representation of the comparison between your results and optimal health ranges. The CBC is a very common blood test and an overview is provided.

5. Doctor Treatment Plan

This is the doctor's treatment plan, which includes any current or new medications, nutrition, diet, exercise and lifestyle based on your, in-take form, physical exam and the results of your body chemistry.

LabCorp LabCorp Salt Lake City
5199 South Green Street
Salt Lake City, UT 84123 Phone: 801-288-9000

Specimen Number 171-276-0154-0	Patient ID 196288	Control Number 63000433763	Account Number 43201955	Account Phone Number 801-949-9355	Route 00
Patient Last Name		Account Address			
Patient First Name		Acumen Biologics Inc			
Patient Middle Name		5036 South Jazz Lane			
Patient SSN	Patient Phone	Salt Lake City UT 84107			
Age (Y/M/D) 45/00/12	Date of Birth 06/08/62	Sex F	Fasting Yes	Additional Information	
Patient Address		UPIN: 4R3009			
Date and Time Collected 06/20/07 08:11	Date Tested 06/20/07	Date and Time Reported 06/21/07 10:16ET	Physician Name CAMERON, T	NPI	Physician ID
Test Ordered CMP14+LP+TP+TSH+3AC+CBC/D/P... Venipuncture; Salt Lake City, UT 801-264-9675					

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
CMP14+LP+TP+TSH+3AC+CBC/D/P...					
Chemistries					
Glucose, Serum	113	High	mg/dL	65 - 99	01
BUN	13		mg/dL	5 - 26	01
Creatinine, Serum	1.0		mg/dL	0.5 - 1.5	01
BUN/Creatinine Ratio	13			8 - 27	
Sodium, Serum	139		mmol/L	135 - 148	01
Potassium, Serum	4.4		mmol/L	3.5 - 5.5	01
Chloride, Serum	103		mmol/L	96 - 109	01
Carbon Dioxide, Total	21		mmol/L	20 - 32	01
Calcium, Serum	9.2		mg/dL	8.5 - 10.6	01
Phosphorus, Serum	3.5		mg/dL	2.5 - 4.5	01
Magnesium, Serum	2.1		mg/dL	1.6 - 2.6	01
Protein, Total, Serum	7.0		g/dL	6.0 - 8.5	01
Albumin, Serum	4.6		g/dL	3.5 - 5.5	01
Globulin, Total	2.4			1.5 - 4.5	
A/G Ratio	1.9			1.1 - 2.5	
Bilirubin, Total	0.6		mg/dL	0.1 - 1.2	01
Alkaline Phosphatase, S	56		IU/L	25 - 150	01
LDE	206		IU/L	100 - 250	01
AST (SGOT)	32		IU/L	0 - 40	01
ALT (SGPT)	47	High	IU/L	0 - 40	01
GGT	16		IU/L	0 - 60	01
Lipids					
Cholesterol, Total	294	High	mg/dL	100 - 199	01
Triglycerides	171	High	mg/dL	0 - 149	01
HDL Cholesterol	49		mg/dL	40 - 59	01
VLDL Cholesterol Calc	34		mg/dL	5 - 40	
LDL Cholesterol Calc	211	High	mg/dL	0 - 99	01
Comment					
If initial LDL-cholesterol result is >100 mg/dL, assess for risk factors.					
T. Chol/BDL Ratio	6.0	High	ratio units	0.0 - 4.4	01

FINAL REPORT

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Salt Lake City, UT 84123

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Specimen Number 171-276-0154-1		Patient ID 196288		Control Number 63000433763	Account Number 43201955	Account Phone Number 801-949-9355	Route 00
Patient Last Name				Account Address			
Patient First Name				Acumen Biologics Inc			
Patient Middle Name				5036 South Jazz Lane			
Patient SSN				Salt Lake City UT 84107			
Patient Phone		Total Volume		Additional Information			
Age (Y/M/D)	Date of Birth	Sex	Fasting	UPIN: 4R3009			
45/00/12	06/08/62	F	Yes				
Patient Address				Physician Name			
				CAMERON, T			
Date and Time Collected		Date Received		Date and Time Reported		Physician ID	
06/20/07 08:11		06/25/07		06/26/07 08:17ET			

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Uric Acid, Serum	6.2		mg/dL	2.4 - 8.2	01
Iron, Serum	98		ug/dL	35 - 155	01
Written Authorization					01

Written Authorization
 Written Authorization Received.
 Authorization received from DESIREE RODRIGUEZ 06-25-2007
 Logged by Michelle Simmons

01 SV LabCorp Salt Lake City Dir: David Mehr, MD
 5199 South Green Street, Salt Lake City, UT 84123
 For inquiries, the physician may contact Branch: 801-288-9000 Lab: 801-288-9000

196288	171-276-0154-1	Seq # 0024
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FROM: LABCORP LCLS BLK TO: 18013036518 LABCORP

LabCorp **LabCorp Salt Lake City**
 5199 South Green Street
 Salt Lake City, UT 84123
 Phone: 801-288-9000

Patient Name				Specimen Number 171-276-0154-0			
Account Number 43201955	Patient ID 196288	Control Number 63000433763	Date and Time Collected 06/20/07 08:11	Date Reported 06/21/07	Sex F	Age(Y/M/D) 45/00/12	Date of Birth 06/08/62




























TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Thyroid	2.235		uIU/mL	0.350 - 5.500	01
TSH	9.1		ug/dL	4.5 - 12.0	01
Thyroxine (T4)	28		%	24 - 39	01
T3 Uptake	2.5			1.2 - 4.9	01
Free Thyroxine Index					01
CBC, Platelet Ct, and Diff					
WBC	5.9		x10E3/uL	4.0 - 10.5	01
RBC	4.76		x10E6/uL	3.90 - 5.40	01
Hemoglobin	14.3		g/dL	12.3 - 16.4	01
Hematocrit	41.6		%	36.0 - 49.0	01
MCV	87		fL	80 - 98	01
MCH	30.0		pg	27.0 - 34.0	01
MCHC	34.3		g/dL	32.0 - 36.0	01
MCHC	13.6		%	11.7 - 15.0	01
RDW	244		x10E3/uL	140 - 415	01
Platelets	57		%	40 - 74	01
Neutrophils	35		%	14 - 46	01
Lymphs	6		%	4 - 13	01
Monocytes	2		%	0 - 7	01
Eos	0		%	0 - 3	01
Basos	0		%	0 - 3	01
Neutrophils (Absolute)	3.4		x10E3/uL	1.8 - 7.8	01
Lymphs (Absolute)	2.1		x10E3/uL	0.7 - 4.5	01
Monocytes (Absolute)	0.4		x10E3/uL	0.1 - 1.0	01
Eos (Absolute)	0.1		x10E3/uL	0.0 - 0.4	01
Baso (Absolute)	0.0		x10E3/uL	0.0 - 0.2	01
Urinalysis Gross Exam					
Specific Gravity	1.019			1.005 - 1.030	01
pH	5.5			5.0 - 7.5	01
Urine-Color	Yellow			Yellow	01
Appearance	Cloudy	Abnormal		Clear	01
WBC Esterase	Negative			Negative	01
Protein	Negative			Negative/Trace	01
Glucose	Negative			Negative	01
Ketones	Negative			Negative	01
Occult Blood	Negative			Negative	01
Bilirubin	0.0		ng/dL	0.0 - 1.9	01
Urobilinogen, Semi-Qn	Negative			Negative	01
Nitrite, Urine	Negative				01
Microscopic Examination					01

01 SW LabCorp Salt Lake City Dir: David Mehr, MD
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196288	171-276-0154-0	Seq# 0020
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Physiological Blood Test Values

				
Name	Test Result	Value	Value % Low	Value % High
Glucose, Serum	113.00	473.33%		
Uric Acid, Serum	4.00	-44.83%		
Creatinine, Serum	1.00	0.00%		
Sodium, Serum	139.00	-38.46%		
Potassium, Serum	4.40	-10.00%		
Chloride, Serum	103.00	7.69%		
Carbon Dioxide, Total	21.00	-83.33%		
Calcium, Serum	9.20	-33.33%		
Phosphorus, Serum	3.50	0.00%		
Magnesium, Serum	2.10	0.00%		
Protein, Total	7.00	-20.00%		
Albumin, Serum	4.60	10.00%		
Globulin, Serum	2.40	-40.00%		
A/G Ratio	1.90	14.29%		
Bilirubin, Total	0.60	-9.09%		
Alkaline Phosphatase	56.00	-50.40%		
LDH	206.00	41.33%		
AST (SGOT)	32.00	60.00%		
ALT (SGPT)	47.00	135.00%		
Iron, Total	49.00	-76.67%		
Cholesterol, Total	294.00	291.92%		
Triglycerides	171.00	129.53%		
TSH	2.24	-26.80%		
Thyroxine (T4)	9.10	22.67%		
T3 Uptake	28.00	-46.67%		
BUN/Creatinine Ratio	13.00	-47.37%		
Specific Gravity	1.02	12.00%		
pH	5.50	-60.00%		
BUN	13.00	-23.81%		

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Top Three Elements

Substance/Compound Name :

Glucose, Serum

Test Results : 113.00

What is this test?

Glucose, formed by the digestion of carbohydrates and the conversion of glycogen by the liver is the primary source of energy for most cells. It is regulated by insulin, glucagon, thyroid hormone, liver enzymes and adrenal hormones.

Possible cause:

It is elevated in diabetes, liver disease, obesity, pancreatitis, steroids, stress, or diet. Low levels may be indicative of liver disease, overproduction of insulin, hypothyroidism, or alcoholism.

Substance/Compound Name :

Cholesterol, Total

Test Results : 294.00

What is this test?

Cholesterol is a critical fat that is a structural component of cell membrane and plasma lipoproteins, and is important in the synthesis of steroid hormones, glucocorticoids, and bile acids. Mostly synthesized in the liver, some is absorbed through the diet, especially one high in saturated fats. High density lipoproteins (HDL) is desired as opposed to the low density lipoproteins (LDL), two types of cholesterol. Studies have established that total blood cholesterol levels may be independently and positively correlated with risk for coronary heart disease.

Possible cause:

Elevated cholesterol has been seen in arteriosclerosis, diabetes, hypothyroidism and pregnancy. Low levels are seen in depression, malnutrition, liver insufficiency, malignancies, anemia and infection.

Substance/Compound Name :

ALT (SGPT)

Test Results : 47.00

What is this test?

Serum Glutamic Pyruvic Transaminase (SGPT) is an enzyme found primarily in the liver but also to a lesser degree, the heart and other tissues. It is useful in diagnosing liver function more so than SGOT levels.

Possible cause:

Decreased SGPT in combination with increased cholesterol levels is seen in cases of a congested liver. We also see increased levels in mononucleosis, alcoholism, liver damage, kidney infection, chemical pollutants or myocardial infarction.

Complete Blood Count Analysis

Element	Low	High	Client Result	Evaluation
White Blood Cell Count (WBC)	6.167	8.333	5.900	Low
Red Blood Cell Count (RBC)	4.400	4.900	4.760	OK
Hemoglobin	13.667	15.033	14.300	OK
Hematocrit	40.333	44.667	41.600	OK
MCV	86.000	92.000	87.000	OK
MCH	29.333	31.667	30.000	OK
Platelets	231.667	323.333	244.000	OK
Polys (Neutrophils)	51.333	62.667	57.000	OK
Lymphs	24.667	35.333	35.000	OK
Monocytes	7.000	10.000	6.000	Low
Eos	2.333	4.667	2.000	Low
Basos	1.000	2.000	0.000	Low

What does my CBC tell me?

White Blood Cell Count (WBC):

White blood cells main function is to fight infection, defend the body against invasion by foreign organisms, and to produce, or at least transport and distribute, antibodies in the immune response. There are a number of types of white blood cells including granulocytes, band neutrophils, neutrophils, eosinophils, basophils, nongranulocytes, lymphocytes, and monocytes. Each white blood cell, or leukocyte, has a different job in the body.

An increased number of white blood cells is called leukocytosis and may occur with infections, appendicitis, pregnancy, leukemia, hemorrhage and hemolysis. Strenuous exercise, emotional distress and anxiety can also cause leukocytosis. A decreased number of white blood cells is called leucopenia and may occur in certain viral diseases such as mumps, lupus erythematosus and cirrhosis of the liver. In addition, radiation therapy and certain types of drug therapy tend to lower the white blood cell count.

Red Blood Cell Count (RBC):

Red blood cells are the most common type of cell in the blood and are produced by the bone marrow continuously in healthy adults. The main function of red blood cells is to carry oxygen to the tissues and to transfer carbon dioxide to the lungs. This process is possible through the red blood cells which contain hemoglobin. Hemoglobin combines easily with oxygen and carbon dioxide. The Red Blood Cell Count (RBC) determines if the number of red blood cells in your body. Low test results may indicate anemia. High test results may indicate polycythemia.

Hemoglobin:

Red blood cells contain hemoglobin, the molecules that carry oxygen and carbon dioxide in the blood. Hemoglobin is composed of globin (a group of amino acids that form a protein) and heme, which contains iron atoms and a red pigment called porphyrin.

As with Hematocrit, Hemoglobin is an important determinant of anaemia (decreased), dehydration (increased), polycythemia (increased), poor diet/nutrition, or possibly a malabsorption problem (Defective or inadequate absorption of nutrients from the intestinal tract).

Hematocrit:

The word hematocrit means "to separate blood". This test measures the percentage of red blood cells in plasma (the clear liquid part of blood). This helps determine how many red cells your blood contains.

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MCV:

The Mean Corpuscular Volume measures the average size of red blood cells by expressing the volume occupied by a single red blood cell. Increased readings may indicate macrocytic anemia or B6 or Folic Acid deficiency. Decreased readings may indicate microcytic anaemia, possibly caused by iron deficiency.

MCH:

Mean Corpuscular Hemoglobin (MCH) gives the average weight of hemoglobin in the red blood cell. Due to its use of red blood cells in its calculation, MCH is not as accurate as MCHC in its diagnosis of severe anaemias.

Decreased MCH is associated with microcytic anemia and increased MCH is associated with macrocytic anaemia.

Platelets:

Platelets are the smallest type of cell found in the blood. Platelets are also called thrombocytes. Platelets help stop bleeding after an injury by gathering around the injury site, plugging the hole in the bleeding vessel and helping the blood to clot more quickly.

Elevated levels suggest dehydration or stimulation of the bone marrow where the cells are produced and decreased levels may indicate an immune system failure, drug reactions, B12 or folic acid deficiency.

Polys (Neutrophils):

Also known as Granulocytes or segmented neutrophils, this is the main defender of the body against infection and antigens. High levels may indicate an active infection, a low count may indicate a compromised immune system or depressed bone marrow (low neutrophil production).

Lymphs:

Lymphocytes are involved in protection of the body from viral infections such as measles, rubella, chickenpox, or infectious mononucleosis. Elevated levels may indicate an active viral infection and a depressed level may indicate an exhausted immune system or if the neutrophils are elevated an active infection.

Monocytes:

These cells are helpful in fighting severe infections and are considered the bodies second line of defense against infection and are the largest cells in the blood stream. Elevated levels are seen in tissue breakdown or chronic infections, carcinomas, leukemia (monocytic) or lymphomas. Low levels are indicative of a state of health.

Eos:

Eosinophils (Eos) are used by the body to protect against allergic reactions and parasites.

Elevated levels may indicate an allergic response. A low count is normal.

Basos:

Basophilic (Basos) activity is not fully understood but it is known to carry histamine, heparin and serotonin.

High levels are found in allergic reactions, low levels are normal.

Treatment Plan

Based on patient intake form, physical exam and blood chemistry analysis:

General Considerations

The top areas we are going to focus on are **lowering cholesterol levels, lowering glucose levels, supporting the liver/gallbladder and weight reduction**. There are signs and symptoms of hormonal imbalance however, these will tend to improve over the next 12 weeks. We will reassess at that time and a 'before' and 'after' comparison will be made.

Please take time to explore drtoddcameron.com for supportive information on making positive changes in key areas such as:

- Mental and emotional wellbeing
- Hormone balancing and stress management
- Nutritional education and links
- Activity and exercise basics
- Planning techniques for success

Nutritional Plan

-Eat 6 small meals daily. Meals should consist of favored combinations of proteins, carbohydrates and fats. Explore options and chew very well before swallowing.

-Include:

-Proteins such as non-processed, antibiotic and preservative free meats, fish, eggs, nuts and nut butters, whole (cow or goat) milk and cheeses. Beans, legumes and rice combinations can be consumed, but be wary: **the effective carbohydrate content (carbs causing an increase in blood sugar) tends to be MUCH HIGHER in these foods.**

-Carbohydrates such as fresh fruits and vegetables with a moderate amount of whole grains such as sprouted breads (ex: Ezekial, Jack Spratt). Xylitol sugar or stevia may be used as sweeteners.

-Fats such as organic butter, coconut oil, olive oil can be cooked with and consumed raw. Cod liver oil from Nordic Naturals or 4RadiantLife.com is a good source of omega fatty acids and fat soluble vitamins. Consume 1 teaspoon daily with a meal.

-Avoid or moderate:

-Proteins that have been processed, contain antibiotics, preservatives or other additives, farm raised fish, lower quality (mass production) eggs and dairy products, soy products.

-Carbohydrates such as sugars, processed flour products (breads, bagels, crackers, cookies, cakes, pasta...etc), cooked tubers such as potatoes and carrots, pop, candy, sweets and junk food in general. Avoid all artificial sweeteners.

-Fats such as margarines, non-organic butter, butter substitutes, cream and dairy substitutes, deep fried foods, all plant-based bulk cooking oils found on the oil aisle in grocery stores. Plant and seed oils are to be used raw and sparingly, never heated, on salads and fresh vegetables.

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Supplements to support nutritional plan:

-CoQ10 – take 200 mg daily. Along with L-carnitine this will assist metabolism and fat burning.

-*Milk Thistle with lipotropic factors* – these will protect and support the liver during detoxification as fats are broken down releasing small amounts of stored toxins.

-L-Carnitine – take 2000 mg a day – this is an amino acid and will assist with fat burning.

-Drink 1 quart of ginger tea a day or use ginger capsules 2 – 3 times daily – this will support the gallbladder by thinning the bile and assist the liver to remove toxins from your body.

Exercise Plan

Begin working up to 45 minutes to one hour of cardio exercise a day. As you have not been exercising at all, begin walking for 20 minutes a day, riding a bike or golf (work up to walking 18 holes) as those are the activities you indicated you like to do. Keep your heart rate between 115-120 beats per minute. An easy way to calculate this is take your pulse for 15 seconds and multiply by 4. Do this a couple of times while you are walking to ensure you keep your heart rate at this level. DO NOT jump into rigorous exercise, gradual is better.

Begin circuit training program, per our discussion, two times a week to improve strength and flexibility.

Tone down autonomic nervous system – high levels of stress cause your autonomic nervous system to be hyper stimulated. Lay down on the floor with your knees bent, calves and feet on a chair for 5 minutes a day (0-10). Use yoga, tai chi, qi gong, meditation, guided meditation “PowerDream” CDs to reduce stress and balance the autonomic nervous system.

Suggested Reading and Resources

Younger Next Year by Chris Crowley & Henry S. Lodge, M.D.

drtoddcameron.com

deniselynch.com

acumenbiologics.com