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HOLISTIC HEALTH NUTRITION

Tests included in NwJ Wellness Panel

Tests Included in this Panel

Apolipoprotein B
Bilirubin, Direct
C-Reactive Protein (CRP), High Sensitivity
Complete Blood Count (CBC) With Differential
Comprehensive Metabolic Panel (CMP-14)
Cortisol
Dehydroepiandrosterone (DHEA) Sulfate
Ferritin + Iron + Total Iron-binding Capacity (TIBC)
Fibrinogen Activity (Factor I Activity)
Gamma-Glutamyl Transferase (GGT)
Hemoglobin (Hb) A1c With eAG
Homocyst(e)ine
Insulin
Lactic Acid Dehydrogenase (LD / LDH)
Lipid Panel + VLDL + TC/HDL Ratio + LDL/HDL Ratio + CHD Risk
Lipoprotein(a)
Magnesium
Phosphorus
Thyroid Profile II, Comprehensive; Tri-iodothyronine
Uric Acid
Urinalysis, Complete With Microscopic Examination
Vitamin D, 25-Hydroxy

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Sample pages in comprehensive report

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Blood Test Results Report

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

Above Optimal Range ↑ 6 Current 0 Previous	Above Standard Range ↑ 6 Current 0 Previous	Alarm High 0 Current 0 Previous
Below Optimal Range ↓ 10 Current 0 Previous	Below Standard Range ↓ 1 Current 0 Previous	Alarm Low 0 Current 0 Previous

Element	Current Jan 23 2021	Previous Not Available	Impr	Optimal Range	Standard Range	Units
Glucose	83.00			72.00 - 90.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.10			5.00 - 5.50	0.00 - 5.60	%
Insulin - Fasting	5.10 ↑			2.00 - 5.00	2.00 - 19.00	µIU/ml
BUN	13.00			10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.84			0.80 - 1.10	0.40 - 1.35	mg/dL
BUN/Creatinine Ratio	15.00			10.00 - 16.00	6.00 - 22.00	Ratio
eGFR Non-Afr. American	100.00			90.00 - 120.00	60.00 - 90.00	mL/min/1.73m2
eGFR African American	115.00			90.00 - 120.00	60.00 - 90.00	mL/min/1.73m2
Sodium	140.00			135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.40			4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	31.81			30.00 - 35.00	30.00 - 35.00	ratio
Chloride	101.00			100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	23.00 ↓			25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	20.40 ↑			7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, female	4.30			3.00 - 5.50	2.50 - 7.00	mg/dL
Protein, total	7.40			6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.80			4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.60			2.40 - 2.80	2.00 - 3.50	g/dL
Albumin/Globulin Ratio	1.80			1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.90			9.40 - 10.10	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	2.06			0.00 - 2.60	0.00 - 2.70	ratio
Phosphorus	4.40 ↑			3.50 - 4.00	2.50 - 4.50	mg/dL
Calcium/Phosphorous Ratio	2.25 ↓			2.30 - 2.80	1.90 - 4.20	ratio

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Out of Optimal Range Report

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

Above Optimal Range	Below Optimal Range
12 Total ↑	11 Total ↓

Above Optimal

Anion gap ↑ 20.40 mEq/L (+ 218 %)

The anion gap is the measurement of the difference between the sum of the sodium and potassium levels and the sum of the serum CO_2/bicarbonate and chloride levels. Increased levels are associated with thiamine deficiency and metabolic acidosis.

Homocysteine ↑ 13.20 µmol/L (+ 170 %)

Homocysteine is a molecule formed from the incomplete metabolism of the amino acid methionine. Deficiencies in Vitamins B6, B12 and folate cause methionine to be converted into homocysteine. Homocysteine increases the risk of cardiovascular disease by causing damage to the endothelial lining of the arteries, especially in the heart. Increased levels of homocysteine are associated with an increased risk of cardiovascular disease and stroke, as well as cancer, depression and inflammatory bowel disease.

Phosphorus ↑ 4.40 mg/dL (+ 130 %)

Phosphorous levels, like calcium, are regulated by parathyroid hormone (PTH). Phosphate levels are closely tied with calcium, but they are not as strictly controlled as calcium. Plasma levels may be decreased after a high carbohydrate meal or in people with a diet high in refined carbohydrates. Serum phosphorous is a general marker for digestion. Decreased phosphorous levels are associated with hypochlorhydria. Serum levels of phosphorous may be increased with a high phosphate consumption in the diet, with parathyroid hypofunction and renal insufficiency.

Lymphocytes ↑ 48.00 % (+ 103 %)

Lymphocytes are a type of white blood cell. An increase in lymphocyte concentration is usually a sign of a viral infection but can also be a sign of increased toxicity in the body or inflammation. Decreased levels are often seen in a chronic viral infection and oxidative stress.

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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.

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

Functional Index	0% 100%
Immune Function Index	100%
Acid-Base Index	80%
Inflammation Index	36%
Cardiovascular Risk Index	27%
GI Function Index	19%
Thyroid Function Index	19%
Electrolyte Index	17%
Kidney Function Index	17%
Red Blood Cell Index	13%
Blood Sugar Index	12%
Bone Health Index	12%
Toxicity Index	11%
Oxidative Stress Index	8%
Liver Function Index	5%
Allergy Index	0%
Heavy Metal Index	0%
Lipid Panel Index	0%
Gallbladder Function Index	0%
Adrenal Function Index	0%

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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.

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%
Vitamin Index	100%	
Mineral Index	62%	
Hydration Index	20%	
Carbohydrate Index	12%	
Protein Index	12%	
Fat Index	0%	

Vitamin Index

The Vitamin Index gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and breakdown individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves. For your blood test, your Vitamin Index is:

[100%] - Nutrient Status is Poor. Much improvement required.

Rationale:
Anion gap ↑, GGT ↓, Homocysteine ↑, MCV ↑

Mineral Index

The Mineral Index gives us a general indication of the balance of certain minerals in your body based on the results of this blood test. Mineral levels in the body are closely regulated and deficiency in one or more minerals may be due to a number of factors such as the amount in your diet, the ability to digest and breakdown individual minerals from the food or supplements you consume, and the ability of those minerals to be absorbed, transported and ultimately taken up by the cells themselves. For your blood test, the Mineral Index is:

[62%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

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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.

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

Individual Nutrients	0% 100%
Zinc Need	80%
Magnesium Need	75%
Vitamin B12/Folate Need	72%
Thiamine Need	70%
Calcium Need	43%
Vitamin B6 Need	40%
Selenium Need	33%
Iron Deficiency	31%
Vitamin C Need	10%
Iodine Need	0%
DHEA Need	0%
Molybdenum Need	0%
Glutathione Need	0%

Zinc Need

The results of your blood test indicate that your Zinc levels might be lower than optimal.

[80%] - Dysfunction Likely. Improvement required.

Rationale:
Alk Phos↓