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Optimum Nutritional Support

REPORT OF FINDINGS PREPARED FOR:

Just Sample

By

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Provider of Health Care & Information

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Blood Chemistry Findings

Blood is a highly complex fluid that circulates through the heart, arteries, capillaries and veins, carrying nutrients and oxygen to the body cells. Every thing on its way to every cell in the body is carried by the blood. Every thing on its way out of every cell in the body is carried by the blood to the point of expulsion from the body. No part of the body can remain alive without receiving the circulation of this fluid. Though blood is a fluid it must be classed as a tissue and as an organ. By testing the blood, the function of almost every tissue and organ can be studied.

Reference ranges (sometimes called normal or usual ranges) are obtained by testing healthy volunteers. The reference ranges are usually computed as the middle 95% of these results. Healthy usually means that the volunteer is free of symptoms of illness. It is generally considered that when a test level is found within the reference ranges, pathology is not present.

Optimum ranges, sometimes called physiological ranges, consider the ideal functioning of the body part or system in question. When functioning at optimum, the body is much closer to a state of wellness than just being disease free. When all laboratory testing is within the optimum ranges the functions of the body are considered to be in metabolic balance. Please note that a value outside the optimum range does not mean that a disease is currently present. It does mean that some part of the body is not functioning at optimum efficiency.

ALBUMIN: is a protein molecule made in the liver. Albumin controls cellular fluid retention, nutrient transport and waste removal.

➤ Your test result is: 4.6 OPTIMUM RANGE: 4.59 - 5.11

TOTAL BILIRUBIN: Reflects hepatic (liver) and biliary (gallbladder) elimination functions.

➤ Your test result is: 0.7 OPTIMUM RANGE: 0.5 - 0.9

CALCIUM: This mineral has a multitude of roles in the body and is present in greater concentration than any other constituent of the body except water. It is needed for enzyme activity, blood clotting, and is a component of many digestive juices.

➤ Your test result is: 8.7 OPTIMUM RANGE: 8.87 - 9.63

LOW levels can indicate malnutrition, muscle or bone deficiencies, kidney dysfunction, hormone imbalances, improper enzyme breakdown of fat and protein. Allergies often act up when calcium level is low.

CARBON DIOXIDE: reflects respiratory exchange through the lungs and indicates proper acid-alkaline balance in the body. Test results are useful in assessing respiratory efficiency and electrolyte balance.

➤ Your test result is: OPTIMUM RANGE: 24 - 28

- Your test result is: 28 OPTIMUM RANGE: 24 - 28

CHLORIDE: Reflects proper fluid exchange across cell membranes. Chloride is needed for formation of hydrochloric acid by the stomach for the metabolism of protein.

- Your test result is: 104 OPTIMUM RANGE: 102 - 106

CREATININE: Waste material from muscle activity.

- Your test result is: 1.1 OPTIMUM RANGE: 0.88 - 1.12

GLUCOSE: is the end product of carbohydrate metabolism. It is the chief source of energy for all cells. The utilization of glucose is regulated by insulin which is produced by the pancreas. The liver converts other sugars to glucose. The liver can also convert lactic acid (the end result of energy expended by muscle tissue) to glycogen and subsequently convert this to glucose. The liver can also convert fat and protein to glucose.

- Your test result is: 83 OPTIMUM RANGE: 80.5 - 94.5

ALKALINE PHOSPHATASE: An enzyme produced by cellular activity of bones or liver. This level is an indication of degeneration or repair processes that may be in progress in either bones or liver.

- Your test result is: 78 OPTIMUM RANGE: 74.9 - 104.1

POTASSIUM: Helps maintain cellular osmotic balance and is necessary for proper electrical conduction in nerve and muscle tissue.

- Your test result is: 4.7 OPTIMUM RANGE: 4.22 - 4.78

TOTAL PROTEIN: Proteins make up a greater part of blood serum than any other constituent. Albumin and globulin are the major proteins found in the blood.

- Your test result is: 6.8 OPTIMUM RANGE: 6.69 - 7.61

SODIUM: Reflects some kidney and body fluid control and distribution of fluid within the body.

- Your test result is: 138 OPTIMUM RANGE: 134.8 - 141.2

SGOT: Enzyme of the bowel, liver or gallbladder.

- Your test result is: 26 OPTIMUM RANGE: 22.5 - 32.5

BUN: is used to evaluate kidney function and to diagnose kidney disease. It can also reflect protein intake as it is the end product of protein metabolism.

- Your test result is: 15 OPTIMUM RANGE: 12.4 - 19.6

CHOLESTEROL: is the starting material for many hormones. It is found in the fats and oils of the body, in bile, blood, brain tissue, myelin sheaths of nerve fibers, skin, liver, kidneys and adrenal glands. Most of the body's cholesterol is synthesized in the liver, but some is absorbed from the diet. The National Heart, Lung and Blood Institute recommends that upper limits of total cholesterol not exceed 200.

➤ Your test result is: 208 OPTIMUM RANGE: 150 - 200

ELEVATED cholesterol can mean excessive rancid fats in the body and/or poor hormone regulation. Cholesterol will also elevate during periods of general stress. High levels are associated with an increased risk of cardiovascular disease.

HDL: is considered the good cholesterol that offers some protection from coronary heart disease by helping keep the artery walls free from excess LDL cholesterol deposits.

➤ Your test result is: 41 OPTIMUM RANGE: 63 - 87

LOW HDL levels pose a great health risk and necessitate a complete study of dietary and metabolic handling of sugars and fats. Low HDL levels are often associated with an increased cancer risk.

LDL levels are not tested as a part of this lipid profile, it can be calculated by subtracting the HDL level from the total cholesterol level. Levels above 130 are associated with an increased risk of cardiovascular disease.

TRIGLYCERIDES: are a form of fat and form the major supplier of stored energy.

➤ Your test result is: 198 OPTIMUM RANGE: 82 - 134

ELEVATED triglycerides indicate slow fat utilization with associated mineral deposits and a depressed nervous system. Excess weight can result from elevated triglycerides. Avoiding sugar, starchy foods and alcohol is important.

RED BLOOD CELL COUNT: oxygen transporters of the body.

➤ Your test result is: 4.83 OPTIMUM RANGE: 5.12 - 5.68

LOW RBC indicates failure to manufacture blood in adequate amounts to provide oxygen to body tissues. Various types of anemias may be involved which are either genetic or nutritional. At least twelve nutrients are involved in RBC production including protein, iron, and vitamin C as well as B vitamins. The diet should be examined for deficiency in these nutrients.

HEMOGLOBIN: Oxygen carrying red pigment in blood.

➤ Your test result is: 14.4 OPTIMUM RANGE: 15.2 - 16.8

LOW HEMOGLOBIN count suggests a state of hypochromic anemia, general malnutrition, and/or malabsorption syndrome. Iron, protein, Vitamin C and specific B vitamins may be needed.

HEMATOCRIT: Percentage of cells in whole blood.

➤ Your test result is: 44.5 OPTIMUM RANGE: 45 - 49

LOW HCT is suggestive of water retention, various types of anemias or an overactive spleen.

WHITE BLOOD CELL COUNT:

➤ Your test result is: 5.5 OPTIMUM RANGE: 6.6 - 9

LOW WBC indicates a weakened immune system which, when due to decreased lymphocytes, is associated with a tendency toward malignant disease and/or infection. Thymus tissue support, B vitamins and Vitamin C are needed when this condition is present.

EOSINOPHILS: Red Granulocytes are needed by the body to protect against allergic infections of the lungs, bowel, throat and skin. During episodes of an allergic response or parasitic infection these cells will be present in large numbers.

➤ Your test result is: 165 OPTIMUM RANGE: 198 - 270

LOW levels are of no nutritional significance unless the total WBC is below four thousand (4.0). In this case, the body is in need of thymus, liver and thyroid support.

BASOS: Blue granulocytes which are responsible for histamine reactions in deep tissues of the body such as the liver, intestines, and skin. Like eosinophils, the number of these cells will increase during intestinal parasitic infections.

➤ Your test result is: 55 OPTIMUM RANGE: 66 - 90

LOW levels are consistent with good health.

LYMPHOCYTES: These are cells that are involved in our resistance to bacteria, allergies, infections and antibody production. These cells are under the influence of the thymus and spleen and are involved in the body's recognition and removal of pollutants and toxins. One type of lymphocyte, called the T-cells, are regulated by the thymus gland and alert the body to the presence of harmful or otherwise unwanted substances. Once alerted, the T-cells antibodies to combat the invasion.

➤ Your test result is: 2200 OPTIMUM RANGE: 2640 - 3600

LOW LYMPH levels suggest an exhaustion of the immune system and the need for Vitamin C, thymus support, and B vitamins.

NEUTROPHILS: These defend the body against bacterial infections and antigens. Produced in the spleen and bone marrow, they are found in saliva, lung fluid, the digestive tract, eye mucous and urine as well as in the blood stream. They are ready to quickly move to an area of acute infection.

- Your test result is: 2585 OPTIMUM RANGE: 3102 - 4230

LOW levels suggest an exhausted immune system, unless the WBC is above ten thousand (10.0), in which case, measures should be taken to increase the number of lymphocytes.

MONOCYTES: These cells are infection fighters that continue the work of Polys. Their presence in blood in high amounts indicates chronic degenerative diseases such as tuberculosis, emphysema, and liver infections.

- Your test result is: 550 OPTIMUM RANGE: 660 - 900

LOW levels of MONOCYTES are consistent with normal health unless the WBC is less than four thousand (4.0) which would then indicate a need for Vitamin C, Vitamin A and thymus support.

PLATELET: Small white sticky blood cells which are stimulated by injury or stress to the body. They cause the blood to clot.

- Your test result is: 284 OPTIMUM RANGE: 211 - 319

C REACTIVE PROTEIN (CRP): is an inflammatory marker—a substance released in the body in response to inflammation.

- Your test result is: 0 OPTIMUM RANGE: 0 - 0

ELEVATED CRP indicates the presence of inflammation somewhere in the body, it is not specific to any one area. It can be a response to many illnesses and chronic diseases, including bronchitis, gastritis, diabetes, high blood pressure, heart disease and cancer. It can also rise in response to physical trauma such as burns, fractures, surgery, etc. There is an association with elevated levels of inflammation markers and future development of disease.

This report does not diagnose any particular disease you may have or recommend treatment for it. Our goal is to restore your overall health and prevent the onset of future disease. The accuracy of this report is quality controlled by the date on the cover page of your report. This report is not valid if date is not current.

Individualized Dietary Modifications

It is highly recommended that you purchase the book *Nourishing Traditions* by Sally Fallon, Revised Second Edition, NewTrends Publishing, 2002, Washington DC, 20007. It can be ordered directly from the publisher (877) 707-1776 or many other book stores.

Your metabolism shows you to have a tendency toward cholinergic (or parasympathetic nervous system) dominance. You will feel best if your daily food intake consists of 4 or more servings of vegetables, 3 servings of grain, 2 to 3 servings of high protein (animal products), 2 servings of fruit and 1 to 2 serving of dairy products.

Your blood type is O, and has been considered into the recommendations. Some foods and nutraceuticals listed may not be recommended according to your blood type. But may include nutrients needed to repair and rebuild damage done by previous dietary and lifestyle indiscretions.

Vegetables (4 servings)

It is recommended that you eat about 50% cooked and 50% raw vegetables.

Generally speaking, root vegetables such as white potatoes, sweet potatoes or yams, turnips, beets and carrots should be cooked. Some root vegetables such as carrots and radishes can be eaten either raw or cooked. A few above-the-ground vegetables such as green beans, green peas, and asparagus, etc., may need to be steamed or lightly boiled before eating. With your type metabolism type you will feel more comfortable if you have 2 servings per day of root vegetables. Baked acorn, butternut and other winter squashes are also recommended. Vegetables that grow above the ground such as celery, tomatoes, yellow summer squash, okra, zucchini, green lettuces and other greens of all types such as spinach, cabbage and chard are also important for your specific metabolism.

Note: Sweet potatoes are an especially nutritionally dense food. Eat them frequently. Green foods are especially important in maintaining blood levels and avoiding anemia. Eat them often, as well.

Legumes, such as mature (dried) green peas, beans of all kinds (pinto, navy, lima, black eyes, etc.), are good foods to have often. Although rice is a grain, if you add a little rice to your beans you will have a complete protein. And, add a few beans to your rice dishes. Rice eaten alone, or beans alone, are processed by the body as a carbohydrate. However, if you eat them at the same meal, all of the essential amino acids are present and they are a source of complete protein.

Fruits (2 servings)

Fruits are important for your health and often neglected by those with your metabolism type. Be sure to get at least 2 servings of fresh fruit per day. Melons, such as watermelon, honeydew, cantaloupe and kiwi are very rich in minerals and should be eaten often. Fruit juices are ok but do not take the place of eating whole fruit.

Grains (3 servings)

Use only whole grains. This means those that have not been polished, refined, bleached, etc. Other grains such as rice, oats, millet, rye, barley, etc., are important and should be included frequently in your intake to help assure adequate amounts of trace minerals to meet your needs. Whole grain breads, cereals, pasta, rice and corn belong to this group. Keep wheat and corn to a minimum.

Animal Proteins (meat)

Three servings of moderate portions (4 to 6 ounces) of beef, lamb, turkey, fish, chicken and eggs should be eaten per day.

Dairy Products (milk and cheese products)

Plain yogurt is the best choice of all. If you want it flavored, stir in some fresh fruit chunks or blend the fruit and yogurt together. Other dairy products should be used sparingly. The lighter color cheeses are best such as cottage, farmer, munster, mozzarella, feta, monterey jack and white cheddar. It is best to grate them and sprinkle on other foods as a flavoring, not as a major serving. Avoid heavily processed, hardened, colored and the so-called cheese foods. Organic butter is preferable to margarine but should be used sparingly.

Fats and oils (used in salad dressings, as seasoning and in cooking)

Fatty acids needed by the body and which cannot be made by the body are called essential fatty acids. Flax oil, grape seed oil, olive, sesame and safflower oils are probably best. Primrose and black current oils are also good. Cold water fish such as salmon, mackerel, herring and sardines are good sources of fish oil. These oils are often suggested to help lower total blood cholesterol levels and help elevate HDL (the good cholesterol).

Specific foods

As a result of your blood testing, symptoms, and metabolic typing, please work the following foods into your daily intake 3 to 4 times per week or as often as possible.

Avocado

Salmon

Garlic

Oils - flax, safflower, walnut, sesame, coconut, olive

Oat

Individualized Nutraceutical Recommendations*

Many scientific studies have shown that synthetically compounded vitamins and minerals (chemical copies) are inferior when it comes to reacting biologically in the

body. The following recommended products are compounded from natural, organic and whole food concentrates. They are recognized by the body as food. If you use inferior products, this program will not benefit you. The following nutritional supplements (nutraceuticals) are recommended in addition to the dietary changes suggested on the previous pages. Your present metabolism indicates a need for this dietary supplementation to support all of your organs and systems. A set of cellular detoxification programs are also suggested. Details on cellular detoxification dosage are outlined in the pages found at www.biotor.com - MAR.

Take as directed on label inside product box:

Primary PAK to destress and support (48 day program)

Do not neglect the above subtle detoxification plan. There will be no need to stay close to the bathroom or interrupt your regular daily schedule. **A toxin is any agent capable of interfering with normal metabolism.** Often ignored is the fact that disease can be caused by a progressive, gradual poisoning of the body from toxins present in our air, water, soil, and foods. Items such as pesticides, herbicides, toxic chemicals and metals are a part of our environment. In the mid 1960s the FDA conducted a study called the "Food Basket Study." It showed that the average food basket in a supermarket contained residues of 60 to 70 different pesticides. There are more than 100,000 different chemicals in daily use and 25 percent of them are considered toxic. Pesticides and herbicides are often described as "hormone imposters" and interfere with ongoing healthy cell reproduction. Toxicity can come from many directions. Example: artificial pineapple flavoring contains 17 different chemicals. Cosmetics: don't rub anything onto your skin you would not eat or drink. It ends up inside you. The skin is a large portal of entrance to the body. Anything in contact with your skin is absorbed. Whatever you sprayed, rubbed, or put on your body this morning (or in the past) is now inside you! Anything in contact with your skin is absorbed. The cosmetic business in the United States is a **15 billion-dollar industry** that issues 20,000 different products a year.

Emphasis: the cleansing phase creates an environment where proper nutrition and healthy lifestyles can cause health.

Take 1 capsule with breakfast:

Formula 801 Wholefood Multiple
Formula 812 Male System
Formula 706 Vitamin E
Formula 701 Vitamin C
Formula 707 Vitamin 12 with folic acid
Formula 720 Chlorophyll
Formula 721 Calcium-Magnesium
Formula 401 Flax Capsules

Take 1 capsule with lunch:

Take 1 capsule with dinner:

Formula 801 Wholefood Multiple
Formula 812 Male System
Formula 706 Vitamin E
Formula 701 Vitamin C
Formula 707 Vitamin 12 with folic acid
Formula 720 Chlorophyll
Formula 721 Calcium-Magnesium
Formula 401 Flax Capsules

Take at bed time:

End of MAR report