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| Practitioner | Nicole Chester |
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Notes

Notes/Q for further lx/assessment

cardiologist is happy with improvements but wants ratios of LDL and HDL better.
Said Lipo A high and familial, and not much can do to improve this marker?

bloods .24, fasted, rested

Sod 141

Potass 4.7

Bi-carb 28

An Gap 12

Glucose 5.0

Urea 5.4

Creatinine 77

GFR >90

UA 0.36

Bilirubin 20

Alk Phos 90

GGT 126

ALT 44

AST 34

ca+ 2.42

Adjusted 2.38

Phos 1.1

cholest 3.8

TG 1.3

HDL 0.89

LDL 2.32

non HDL 4.84

total coolest/HDL ratio 4.3

Lipoprotein A 412
(suggested below 72)

add barrier repair, more detox support, lipid ratio support (Nigella, green tea, berberine, turmeric, arjuna)

Herbal 540mls

Nigella 100

Ginkgo biloba 70

Korean ginseng 80 i ncrsae SOD/GSH, reduce organic chemicals, protect cells

Globe Artichoke 100

Rosemary 90

Arjuna 100- reduce lipoprotein, reduces oxidative stress to liver and kidneys , reduces inflammation,

9mls bd before meals

\$133 less 20%

P2 Detox - 1 tsp bd

Mito xcell - 1 scoop od- bd(alternate with MagTaur Xcell)

Lysine 150gm \$18 - 1/2 tsp + Proline 150gm \$30 1/2 +

Ultra liposomal C \$32 1/2 tsp let out and bring in cardios

Clinical lipids \$60 1 bd

NAC \$21 - 1 scoop bd

Resist X Advanced \$56 1 bd

GI Repair - 1 tsp

Freight \$23

All supps less 20%

TOTAL \$412

Lifestyle -

avoid hydrigehtaed seed oils, AGE's, fructose

next bloods homocysteine, zinc, copper, hormones

full iron studies (B12, folate, iron, ferritin etc) blood count

add Gymnema, clivers inflavonoid intensive care?

Add back CoQ10 , heart herbs, gut bacteria