



NATUROPATHIC PATHOLOGY ANALYSIS SUMMARY

Patient name: Kate Lavender

Practitioner: Amy Phillips

Date: 13/07/22

DISCLAIMER:

Please find attached your Naturopathic pathology report. This report is based off optimal blood test parameters to identify & address minor imbalances before they progress to disease states. This is different to conventional medicine parameters which are in place to identify disease states. Many of your results may fall within these 'normal' parameters but be highlighted here as sub-optimal due to the narrower ranges used in functional medicine. If you have any concerns regarding the information herewith, these should be raised/discussed with your practitioner. A naturopath cannot diagnose any diseases/conditions, however they can read & interpret pathology results, trends & related symptoms to provide a comprehensive & targeted treatment plan to address the concerns you are presenting with.

The information within this report is confidential & designed to educate & enhance your understanding of your body & it's symptoms, it is not to be shared or used in a diagnostic manner with any third parties, friends or family.

TO BE ADDRESSED

- Reduce inflammation, optimise LDL/HDL ratio, lower TSH (stress)
- Increase ferritin (iron storage), B12 levels & vitamin D. Support progesterone levels.

DEFINITIONS

- **Ferritin** - Iron storage. Low results can be from low protein intake, low zinc, low stomach acid, poor protein metabolism, low thyroid function, or blood loss.
- **B12** - A deficiency in vitamin B12 can result in neuropathy - nerve damage that can cause tingling & numbness in the patient's hands & feet. B12 is needed for cell formation & cellular replication, DNA synthesis, nerve function, and metabolism of fats and proteins. If low, you may experience symptoms of a sore tongue, diarrhoea, depression, lethargy, shortness of breath, poor concentration & memory. B12 is found in animal products such as red meat, fish, poultry, milk and eggs.
- **Vitamin D** - Vitamin D is an anti-inflammatory hormone. Hence it reduces inflammation of chronic disease conditions. Low levels may lead to poor immunity, respiratory & gut health.
- **Phosphorus** - Phosphate is combined with oxygen to form ATP or energy production, muscle & nerve function & bone growth. It also acts as a buffer, helping to maintain pH. About 70% to 80% of the phosphates are combined with calcium to help form bones & teeth, about 10% are found in muscle, & about 1% is in nerve tissue. The rest is found within cells where it is mainly used to store energy ATP; about 1% of total body phosphate is found within plasma. The body maintains phosphate levels in the blood by regulating how much it absorbs from the intestines & how much it excretes or conserves in the kidneys. Low levels from nutrient deficiencies or diet too high in fructose, which increases phosphate excretion.
- **Haemoglobin** - Haemoglobin (a protein in red blood cells) in your blood reflects true available iron. If your haemoglobin levels are low, you have anaemia, a condition in which your body is not getting enough oxygen to the cells, causing muscle pain, fatigue & weakness.
- **Bilirubin** - Bilirubin is a metabolic byproduct of haemoglobin breakdown from damaged or old red blood cells. Low levels may be found in anaemia, high caffeine, or salicylates.
- **Urea** - Urea is produced when protein is broken down by the body.
- **Creatinine** - Creatinine is produced in your muscles when muscle breaks down. Creatinine is used in body cells to produce the energy needed to contract muscles & produces creatinine at a fairly constant rate. Almost all creatinine is excreted by the kidneys, so blood levels are a good measure of health of your kidneys.

- **Anion Gap** (high – 17) - is an indicator of overall inflammation, and is actually a calculated value: sodium + potassium - chloride + bicarbonate and other minerals. An abnormal anion gap can suggest metabolic abnormalities, such as starvation or diabetes, or the presence of a toxic substance such as alcohol. High number indicates acidity, while low number means alkalinity. To be accurate, test must have been done after a 8-10 hour fast. A high anion gap can affect insulin, cortisol and TSH by raising them, while lowering free cholesterol.
- **TSH** - Thyroid-stimulating hormone is made by the pituitary gland (in the brain) & is the stimulating hormone to the thyroid to make thyroid hormones T4 and T3. The thyroid gland is your major metabolic controller, managing the metabolic rate, or how fast you produce energy, or how fast or well all body systems and cells work. Higher TSH results result from and suggest a low functioning thyroid (ie hypothyroidism), and low functioning cells and body systems. This also contributes to weight gain, low moods and other low states.
- **Neutrophils** - type of white blood cell that fight bacteria, viruses & fungi. High levels can be a short-term response to an infection (most likely bacterial) or trauma, or in chronic cases due to infections, obesity or inflammatory conditions.
- **CRP** - is evidence of short-term inflammation or infection. The levels of CRP may increase hundred-fold in reponse to inflammation then drop quickly after the inflammatory process if over.
- **Progesterone (low)**: A female hormone, responsible for maintaining balance with oestrogen, and the growth of an embryo. An imbalance with oestrogen (E2) can cause all PMS, menstrual cycle symptoms, infertility and other symptoms. Low in times of stress, low thyroid function, low fat diets, nutrient deficiencies, peri- and menopause and more.