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Date of Birth : 18-Aug-1980
Sex : F
Collected : 2/Oct/2018
Received: 05-Oct-2018
3/10 EVANS AVENUE
EASTLAKES (ROSEBERY) NSW 2018
Lab id : **3563317** UR#: 6534934

12/50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

BIOCHEMISTRY

BLOOD - SERUM

25 OH VITAMIN D

Vitamin D Comment

Result	Range	Units
83	50 - 250	nmol/L

The Working Group of the Australian and New Zealand Bone and Mineral Society, Endocrine Society of Australia and Osteoporosis Australia have recommended that the Vitamin D level should be greater than 50 nmol/L.

BLOOD - PLASMA

HOMOCYSTEINE

Result	Range	Units
<3.0 *L	5.0 - 12.0	umol/L

INTEGRATIVE MEDICINE

BLOOD - SERUM

Free Copper Index

COPPER

CAERULOPLASMIN

% Free Copper

Result	Range	Units
13.0	11.0 - 22.0	umol/L
0.18	0.18 - 0.40	g/L
34 *H	5 - 25	%

Integrative Medicine Comments

Plasma Copper Reference Ranges (Additional):

Female on Contraceptives: 20.8 - 34.8 umol/L

ELEVATED Cu/Zn RATIO:

The ratio of copper to zinc is clinically more important than the individual levels of each analyte.

Elevated copper/Zinc ratios can be particularly serious for persons with low blood histamine (over methylation). This combination of imbalances has been associated with anxiety, panic disorders, paranoia and hallucinations.

ELEVATED FREE COPPER:

Consider chelation therapy, Vit C, Zinc, Molybdenum, Glutamine, Histidine and threonine.

Optimal free Copper of 5-25% is recommended by Dr B Walsh.

Retesting Zinc and Copper levels after 3 months of treatment is recommended.

Signs of Cu overload include hyperactivity, skin sensitivity to metals. Skin tags, estrogen dominance, emotional meltdowns, tinnitus, abnormal periods.

BLOOD - LI HEPA

HISTAMINE

Result	Range	Units
5.0 *L	28.0 - 51.0	ug/L

(*) Result outside normal reference range

(H) Result is above upper limit of reference range (L) Result is below lower limit of reference range





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Histamine Comment

LOW HISTAMINE LEVELS:

Low histamine is otherwise known as Histapenia. Serum/plasma copper levels in histapenic patients are often abnormally high. As copper is a brain stimulant (and also destroys histamine), the elevated serum/plasma (and presumably brain) copper level probably accounts for many visible symptoms, including the low blood histamine level.

Behavioral symptoms in high-copper histapenia include paranoia and hallucinations in younger patients. In older patients, depression may predominate. Some studies of schizophrenics have revealed high blood copper, as seen in histadelia, with low urinary copper (showing that copper is being retained) as well as low blood zinc.

Treatment considerations:

Treatment protocol consists of the administration of Amino Acid Histidine, (converts to histamine), a diet high in protein, supplement with B6, Folic Acid & B12 injections as they increase histamine levels while lowering the degree of symptoms. Zinc and manganese with vitamin C remove copper from the tissues. Copper destroys histamine and therefore as copper levels decrease, histamine levels should return towards normal. With this treatment the high blood copper is slowly reduced and symptoms are slowly relieved in several months' time.

ZINC	12.4	9.0 - 19.0	umol/L	
Copper/Zinc Ratio	1.04 *H	0.80 - 1.00	RATIO	

Tests ordered: HIAM,ZN,HOMO,IMPEI,VITD,CFee,Cu/Zn,FCuInd

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range