

-ALEXANDRA MIDDLETON
6 EDWARDS BAY ROAD
MOSMAN NSW 2088

LAB ID : 3817141
UR NO. : 6607450
Collection Date : 17-May-2022
Received Date:20-May-2022



3817141

BIOCHEMISTRY

BLOOD - SERUM

25 OH VITAMIN D

Result	Range	Units
59	50 - 250	nmol/L



Vitamin D Comment

VITAMIN D Comment:

Vitamin D levels should ideally be above 50 nmol/l in winter and 70 nmol/L in summer. Levels above 75 nmol/L may be desirable in people with osteoporosis or falls.

25-hydroxy Vitamin represents the body's stores/reserves level. Where levels are deemed sub-optimal, consider assessing 1-25-dihydroxy Vitamin D3 (the active form of the molecule). This may be tested off the existing specimen at the laboratory within 7 days. If you wish to proceed with this test, please forward a new request form for this patient or contact 1300 688 522 to add on the request.

Recommended Target Range: 125 - 200 nmol/l

Deficient Level:	< 50	nmol/l
Insufficient Level:	50 - 74	nmol/l
Sufficient Level:	75 - 250	nmol/l
Excessive Level:	> 250	nmol/l

BLOOD - PLASMA

HOMOCYSTEINE

Result	Range	Units
7.4	3.0 - 12.0	umol/L



INTEGRATIVE MEDICINE

BLOOD - SERUM

Free Copper Index

COPPER

Result	Range	Units
12.0	11.0 - 22.0	umol/L



CAERULOPLASMIN

Result	Range	Units
0.18	0.18 - 0.36	g/L



% Free Copper

Result	Range	Units
29 *H	5 - 25	%



Integrative Medicine Comments

Plasma Copper Reference Ranges (Additional):

Female on Contraceptives: 20.8 - 34.8 umol/L

LOW Cu/Zn RATIO:

Aim for a copper: zinc ratio of 0.8-1.0

Consider following treatment recommendations for low copper and/or high zinc.

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 - PLASMA

S-Adenosyl Methionine

Result	Range	Units
102.0	86.0 - 145.0	nmol/L



(*) Result outside normal reference range

(H) Result is above upper limit of reference range



INTEGRATIVE MEDICINE

BLOOD - PLASMA

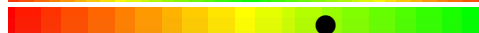
S-Adenosyl Homocysteine

Result **10.1** Range **10.0 - 22.0** Units **nmol/L**



SAM/SAH Ratio

Result **10.1** Range **> 4.0** Units **RATIO**



BLOOD - Li HEP

HISTAMINE

Result **18.0 *L** Range **28.0 - 51.0** Units **ug/L**



Histamine Comment

LOW WB HISTAMINE LEVELS:

Low Whole Blood Histamine is otherwise known as Histapenia.

In assessing Histamine levels, Diamine Oxidase (DAO) should also be tested concurrently.

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.

Treating histadelia is not a quick process. Early noticeable results/improvements may not be seen until close to 6-10 weeks. Treatment can take more than 12 months to complete.

To find out more about this see Mental Illness: The Nutrition Connection, a book by Carl Pfeiffer. The prognosis is seen to be good if the histadelic patient cooperates with treatment and works to give up detrimental addictions.

BLOOD - NA HEP

ZINC

Result **15.7** Range **9.0 - 19.0** Units **umol/L**



Copper/Zinc Ratio

Result **0.76 *L** Range **0.80 - 1.00** Units **RATIO**



P: 1300 688 522
E: info@nutripath.com.au

**-.ALEXANDRA MIDDLETON
6 EDWARDS BAY ROAD
MOSMAN NSW 2088**

MADI GILLESPIE

24-Feb-1996

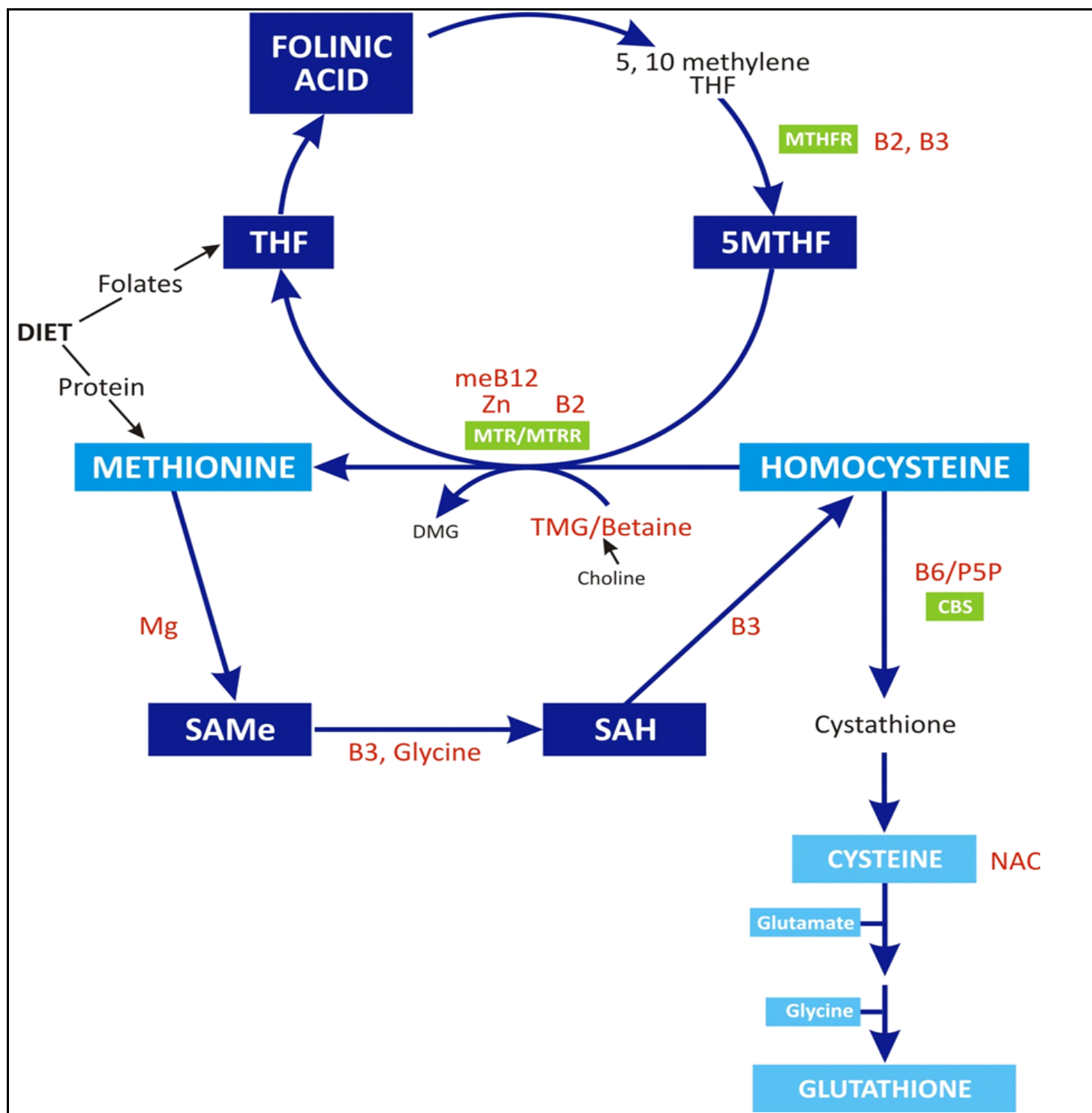
Female

**3/8 TOWER STREET
MANLY NSW 2095**

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