



NICOLE PUSIC

13-Dec-1981

Female

4 CENTENNIAL AVENUE
LANE COVE NORTH NSW 2066

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LAB ID : 3891350
UR NO. : 6191516
Collection Date : 15-May-2023
Received Date: 17-May-2023



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BIOCHEMISTRY

BLOOD - SERUM	Result	Range	Units
25 OH VITAMIN D	56	50 - 200	nmol/L



Vitamins Comment

VITAMIN D COMMENT:

Levels above 75 nmol/L may be desirable in people with osteoporosis or falls.
25-hydroxy Vitamin D represents the body's stores/reserves level.

Vitamin D Deficiency Interpretation:

Mild: 30-49 nmol/L
Moderate: 12.5-29 nmol/L
Severe: <12.5 nmol/L

BLOOD - PLASMA

HOMOCYSTEINE	Result	Range	Units
	6.2	5.0 - 15.0	umol/L



INTEGRATIVE MEDICINE

BLOOD - SERUM	Result	Range	Units
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Free Copper Index

COPPER	14.4	11.0 - 22.0	umol/L
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CAERULOPLASMIN	0.23	0.16 - 0.45	g/L
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% Free Copper	23	5 - 25	%
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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.

BLOOD - LI HEPA

HISTAMINE	Result	Range	Units
	85.0 *H	28.0 - 51.0	ug/L



(*) Result outside normal reference range

(H) Result is above upper limit of reference range



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Histamine Comment

ELEVATED WB HISTAMINE:

Otherwise known as Histadelia, it is more prevalent in males and is seen in schizophrenics (15 - 20%).

In assessing Histamine levels, Diamine Oxidase (DAO) should also be tested concurrently as patients with histadelia appear to have low to normal levels of copper. Important to this is that copper is required for the enzyme Diamine Oxidase (DAO), which is involved in the metabolism of histamine.

Additional Assessments:

In evaluating copper status, serum/plasma (or Red Cell) copper, Zinc and caeruloplasmin are preferred.

Aluminium and cadmium appear to be copper antagonists, and as such it would be beneficial to also determine their levels.

Treatment recommendations:

Supplementation with the amino acid Methionine lowers blood levels of histamine by increasing histamine breakdown.

A low protein diet with high complex carbohydrates is also recommended.

Histidine, which is more common in animal proteins, should be avoided as it converts to histamine.

Supplement with Calcium, Copper, Magnesium, Manganese, Vitamin B6 and Vitamin C.

CAUTIONARY NOTE:

Histadelic patients should avoid folic acid supplementation, as it can produce excess histamine. Folic acid increases depression in histadelic patients.

ZINC	9.8	9.0 - 19.0	umol/L	
Copper/Zinc Ratio	1.48 *H	0.80 - 1.00	RATIO	

Tests ordered: HIAM,ZN,HOMO,IMPEI,VITD,CFee,Cu/Zn,FCuInd,PfeifeeB,GOG58

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang