



LAB ID 667982601 DOB 11/09/1960 (62Y Male)

Referring Doctor Dr Glen S Atwal

Your ref.

Address C/-4/9 Hinley Av
MAROOCHYDORE QLD 4558

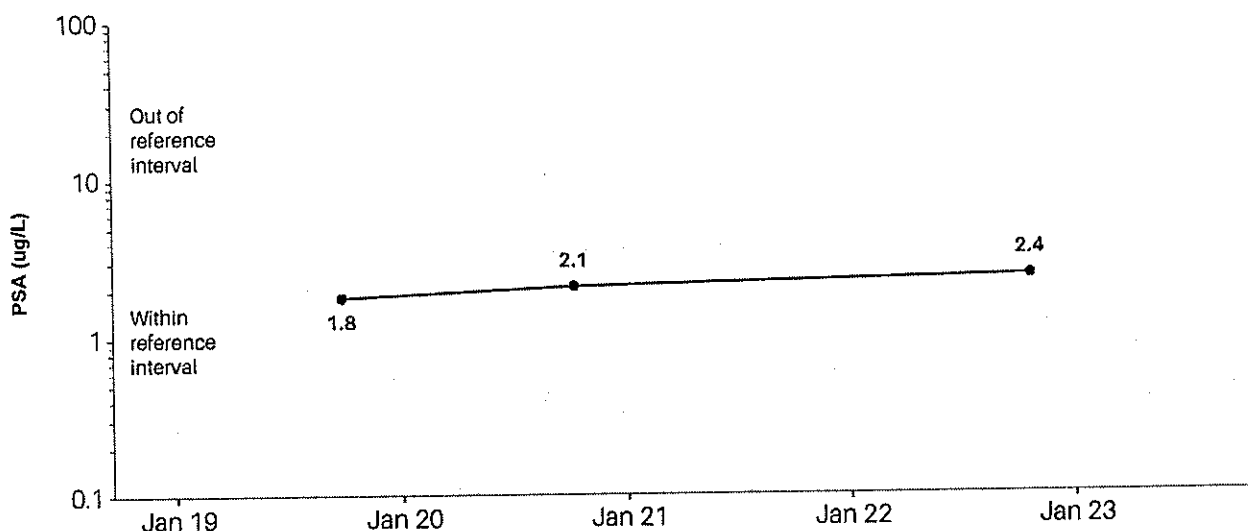
Phone 0438 011 203

Dr Glen S Atwal
Medicine On Second
50 Second Ave
MAROOCHYDORE QLD 4558

A2888
37659

Requested 13 Oct 2022
Collected 21 Oct 2022 08:58 am
Received 21 Oct 2022 09:02 am
Reported 21 Oct 2022 20:38 pm

Prostate Specific Antigen (PSA)



LEGEND

Age related reference interval (95th Percentile for healthy men)

- Within reference Interval
- Out of reference Interval

For men under 70 years of age being screened for prostate cancer, a cut-off of 3.0 ug/L is recommended under the current guidelines. This cut-off changes to 2.0 ug/L if an increased risk based on family history.

Prostate Cancer Foundation and Cancer Council of Australia PSA testing guidelines 20 Jan 2016 www.prostate.org.au (NHMRC approved).

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0438011203
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 667982601-I-K500
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S-Allergy Testing
Requested: 13/10/2022 Collected: 21/10/2022 Reported: 25/10/2022
07:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Allergy Serology	kU/L	Class
Aspergillus fumigatus	<0.01	0 Negative
Immunoglobulin E (Total IgE)	32	(<100) kIU/L
Comments on Lab Id: 667982601		

Elevated total IgE is present in many patients with atopic diseases (asthma, eczema, allergic rhinitis) and some parasitic infections.

IA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
Gliadin Abs, IgE, Aspergillus fumigatus, Aspergillus Abs

Tests Pending :
Sample Pending :

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0438011203
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 667982601-I-S310
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S-ASPERGILLUS SEROL
Requested: 13/10/2022 Collected: 21/10/2022 Reported: 25/10/2022
07:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Aspergillus Serology

Aspergillus fumigatus IgG	33	mg/L
Aspergillus Fumigatus IgE	<0.01	kU/L
IgE RAST Class	0	
IgE RAST Interpretation	Negative	

Comments on Lab Id: 667982601

Interpretive Guidelines

Aspergillus fumigatus IgG (Note: From 19/10/2009 method changed to FEIA)
< 40 mg/L No significant Aspergillus IgG antibodies detected.
≥40 mg/L Consistent with Aspergillus colonisation, aspergilloma, chronic necrotising aspergillosis.
> 90 mg/L Supportive for the diagnosis of allergic bronchopulmonary aspergillosis and/or aspergilloma.

This test is not useful for the diagnosis of invasive aspergillosis. In this situation Aspergillus antigen and or tissue biopsy and or culture is required.

Aspergillus fumigatus IgE

This is a semiquantitative test that detects specific IgE to Aspergillus allergens. A positive test result to Aspergillus allergen supports a diagnosis of allergic bronchopulmonary aspergillosis but is also a common finding in healthy atopic individuals.

IA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCEA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
Gliadin Abs, IgE, Aspergillus fumigatus, Aspergillus Abs

Tests Pending :
Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-C-C847
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S- LIPID PROFILE
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 21/10/2022
 19:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Lipid Profile

Date	Latest Results			Reference	Units
	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601		
Cholesterol	5.3	5.5	4.8	(<5.6)	mmol/L
Triglyceride	1.5	0.7	0.6	(<2.1)	mmol/L
HDL	1.68 H	2.09	1.61	(>0.89)	mmol/L
LDL	2.9	3.1	2.9	(<4.1)	mmol/L
Chol/HDL Ratio	3.2	2.6	3.0	(<4.6)	
Non HDLC		3.41	3.19	(<3.81)	mmol/L

Comments on Collection 21-Oct-22 0858 F:

HDL-Cholesterol

The National Vascular Disease Prevention Alliance (NVDPA) guidelines recommend a target level of less than 2.5 mmol/L for non-HDLC.

TARGET LEVELS:

The National Vascular Disease Prevention Alliance (NVDPA) treatment target levels for high risk people (known coronary heart and other arterial disease, diabetes, chronic renal failure, Aboriginal and Torres Strait Islander peoples and familial hyperlipidaemic conditions) are:

Total Cholesterol <4.0 mmol/L
 HDL-Cholesterol >=1.00 mmol/L
 Fasting Triglycerides <2.0 mmol/L
 Non-HDL Cholesterol <2.5 mmol/L

Increased non-HDL Cholesterol is the most significant marker for subclinical atherosclerosis (ref: Cardiology Today 2013; 3(2) : pp25-27).

CA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, E/LFT, FBE

Tests Pending : Iron Studies, TSH, PSA, Vitamin B12, Folate (Serum), ESR, TTG Abs, Gliadin Abs, IgE, Aspergillus fumigatus, Aspergillus Abs

Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-E-E030
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S- THYROID FUNCTION
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 22/10/2022
 04:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Thyroid Function Tests

	Latest Results				
Date	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601	Reference	Units
TSH	1.4	2.0	1.5	(0.3-4.0)	mIU/L

Comments on Collection 21-Oct-22 0858 F:
 Euthyroid

EA

Sullivan Nicolaidides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
 Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
 Gliadin Abs, IgE

Tests Pending : Aspergillus fumigatus, Aspergillus Abs

Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-C-H245
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: .ANAEMIA
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 22/10/2022
 04:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Haematinics

Date	Latest Results		Reference	Units
	07-Oct-20	21-Oct-22		
Time F-Fast	0855 F	0858 F		
Lab Id.	654465166	667982601		
Iron		28	(5-30)	umol/L
Transferrin		2.3	(1.9-3.1)	g/L
TIBC		58	(47-77)	umol/L
Trans Sat		48 H	(20-45)	%
Ferritin	382 H	293	(30-300)	ug/L
Vitamin B12	480	397	(>150)	pmol/L
Folate serum	39	29	(>7.0)	nmol/L

Comments on Collection 21-Oct-22 0858 F:

Iron Studies

High transferrin saturation in the presence of normal ferritin raises the possibility of early or treated haemochromatosis or recent iron ingestion.

Recommend genetic testing for haemochromatosis on this patient, if not already performed. Under Medicare rules, genetic testing is rebatable for this patient. Medicare allows the patient to have HFE testing where saturation is >45% OR where ferritin has been elevated on two occasions OR they have a first degree relative with haemochromatosis.

All patients with low or equivocal vitamin B12 results (380 pmol/L or less) will be routinely tested for holo-transcobalamin (active B12) to clarify the B12 status.

Both tests are now Medicare rebateable. Vitamin B12 concentrations over 380 pmol/L are generally considered replete.

EA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
 Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
 Gliadin Abs, IgE

Tests Pending : Aspergillus fumigatus, Aspergillus Abs

Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-H-H900
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: .BLOOD COUNT
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 21/10/2022
 19:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Haematology

Date	Latest Results			Reference	Units
	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601		
Haemoglobin	162	154	149	(125-175)	g/L
Haematocrit	0.47	0.45	0.45	(0.38-0.54)	
RCC	5.5	5.2	5.1	(4.2-6.5)	10*12/L
MCV	87	87	88	(80-100)	fL
WCC	6.0	4.5	4.5	(3.5-10.0)	10*9/L
Neutrophils	3.77	2.38	2.47	(1.5-6.5)	10*9/L
Lymphocytes	1.55	1.65	1.54	(0.8-4.0)	10*9/L
Monocytes	0.45	0.38	0.35	(0-0.9)	10*9/L
Eosinophils	0.20	0.06	0.06	(0-0.6)	10*9/L
Basophils	0.06	0.05	0.05	(0-0.15)	10*9/L
Platelets	238	214	205	(150-400)	10*9/L

HA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, E/LFT, FBE
 Tests Pending : Iron Studies, TSH, PSA, Vitamin B12, Folate (Serum), ESR,
 TTG Abs, Gliadin Abs, IgE, Aspergillus fumigatus, Aspergillus Abs
 Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-C-C140
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S-ROUTINE CHEMISTRY
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 21/10/2022
 19:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Chemistry (serum)

Date	Latest Results			Reference	Units
	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601		
Sodium	138	139	138	(135-145)	mmol/L
Potassium	4.2	4.2	4.1	(3.5-5.5)	mmol/L
Chloride	104	106	104	(95-110)	mmol/L
Bicarbonate	26	26	27	(20-32)	mmol/L
Anion Gap	8	7	7	(<16)	mmol/L
Calcium (Corr.)	2.45	2.32	2.30	(2.10-2.60)	mmol/L
Phosphate	1.20	1.04	0.81	(0.80-1.50)	mmol/L
Urea	6.3	6.4	5.7	(3.5-9.0)	mmol/L
Urate	0.261	0.311	0.317	(0.200-0.500)	mmol/L
Creatinine	80	86	83	(60-110)	umol/L
eGFR	>90	84	87	(>59)	
Fast. Glucose		5.1	5.1	(3.6-6.0)	mmol/L
Random Glucose	4.1			(3.6-7.7)	mmol/L
Total Protein	69	67	65	(63-80)	g/L
Albumin	40	40	38	(32-44)	g/L
Globulin	29	27	27	(23-43)	g/L
T Bilirubin	20	27 H	21 H	(<21)	umol/L
ALP	41	37	36	(35-110)	U/L
AST	17	17	16	(10-40)	U/L
ALT	19	18	15	(5-40)	U/L
GGT	16	13	19	(5-50)	U/L
LDH	183	147	161	(120-250)	U/L
Cholesterol	5.3	5.5	4.8	(<5.6)	mmol/L
Triglyceride	1.5	0.7	0.6	(<2.1)	mmol/L
Haemolysis Index	7	5	7	(<40)	

CA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, E/LFT, FBE

Tests Pending : Iron Studies, TSH, PSA, Vitamin B12, Folate (Serum), ESR, TTG Abs, Gliadin Abs, IgE, Aspergillus fumigatus, Aspergillus Abs

Sample Pending :

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0438011203
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 667982601-E-E047
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S- PSA
Requested: 13/10/2022 Collected: 21/10/2022 Reported: 22/10/2022
04:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Prostate Specific Antigen (PSA)

	Latest Results				
Date	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601	Reference	Units
Total PSA	1.8	2.1	2.4	(<3.0)	ug/L

Comments on Collection 21-Oct-22 0858 F:
In men aged 60 - 64 years, the median total PSA is 1.2 ug/L and 95th percentile 4.5 ug/L.
For men under 70 years of age being screened for prostate cancer, a cut-off of 3 ug/L has been used in keeping with the current guidelines.
This cut-off changes to 2.0 ug/L if increased risk based on family.
Prostate Cancer Foundation and Cancer Council Australia PSA testing guidelines 20 Jan 2016 www.prostate.org.au (NHMRC approved).

EA

PDF Image Enhanced Report

A PDF version of this report with images is available until 22-10-2023. Copy and paste the URL below into your web browser and use PIN 0479 to access the report.

<https://sdrviewer.apps.sonichealthcare.com/?GUID=287CBADD-DBFA-4F03-BB90-228A5EB8BFF9&hostCode=SNP&shareType=1>

Sullivan Nicolaidis Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
Gliadin Abs, IgE

Tests Pending : Aspergillus fumigatus, Aspergillus Abs
Sample Pending :

PATERSON, ALLAN B
 C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
 Phone: 0438011203
 Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
 Your Reference: Lab Reference: 667982601-H-H050
 Laboratory: SNP
 Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: ESR
 Requested: 13/10/2022 Collected: 21/10/2022 Reported: 22/10/2022
 04:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

	Latest Results				
Date	26-Sep-19	07-Oct-20	21-Oct-22		
Time F-Fast	1459	0855 F	0858 F		
Lab Id.	649179420	654465166	667982601	Reference	Units
ESR	1	2	7	(1-15)	mm/h
HA					

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
 Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
 Gliadin Abs, IgE

Tests Pending : Aspergillus fumigatus, Aspergillus Abs
 Sample Pending :

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0438011203
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 667982601-I-I907
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: S-Coeliac Autoabs
Requested: 13/10/2022 Collected: 21/10/2022 Reported: 22/10/2022
04:34

Clinical notes: nausea and loose motions fatigue

Clinical Notes : nausea and loose motions fatigue

Coeliac Disease Autoantibodies

Tissue Transglutaminase IgA Abs	<1	(<7)	U/mL
Gliadin (deamidated) IgG Abs	<1	(<7)	U/mL

Comments on Lab Id: 667982601

The presence of coeliac disease is very unlikely (<5%).
If suggestive symptoms, signs or family history, coeliac tissue typing or
endoscopy may help exclude the disease further.

IA

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No
1964

Tests Completed: HDL-Cholesterol, Iron Studies, E/LFT, TSH, PSA,
Vitamin B12, Folate (Serum), FBE, ESR, TTG Abs,
Gliadin Abs, IgE
Tests Pending : Aspergillus fumigatus, Aspergillus Abs
Sample Pending :

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0412047004
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 669837153-D-D183
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: FAECES PCR
Requested: 13/10/2022 Collected: 31/10/2022 Reported: 01/11/2022
13:34

Clinical notes: soft motion nausea

Clinical Notes : soft motion nausea

Faeces PCR

Parasites:

Giardia intestinalis	Not Detected
Cryptosporidium	Not Detected
Dientamoeba fragilis	Not Detected
Entamoeba histolytica	Not Detected
Blastocystis hominis	Not Detected

Bacteria:

Campylobacter spp.	* Detected
Salmonella spp.	Not Detected
Shigella spp./EIEC	Not Detected
Yersinia enterocolitica	Not Detected
Aeromonas	Not Detected

Comments on Collection 669837153

DNA consistent with the presence of Campylobacter has been detected using PCR with specific primers and probe. Campylobacter spp. are a common cause of acute self-limiting diarrhoea. Antibiotic therapy is recommended in severe or prolonged cases. Therapy may also be indicated in late pregnancy, food handlers and child care assistants, since it may shorten duration of faecal carriage following resolution of symptoms. A reactive arthritis may follow infection with this organism.

Treatment options include
azithromycin 500 mg (child: 10 mg/kg up to 500 mg) orally, daily for 3 days
OR
ciprofloxacin 500 mg (child: 12.5 mg/kg up to 500 mg) orally, 12-hourly for 3 days
OR,
norfloxacin 400 mg (child: 10 mg/kg up to 400 mg) orally, 12-hourly for 5 days.
Resistance to macrolides and quinolones appears to be increasing.
For such cases, contact the local microbiologist to discuss.
Only the reported enteropathogens have been tested.

All bacterial causes of gastroenteritis reported by PCR are cultured for recovery of isolates subject to organism viability and a further report issued. Some clinical indications e.g overseas travel, eosinophilia, seafood or antibiotic ingestion will require additional parasite concentration examination, culture setup or molecular testing to detect alternative pathogens e.g. hookworm, strongyloides, Vibrios, Clostridium difficile infection (CDI), Enterohaemorrhagic E. coli (STEC). These indications should be highlighted on the request.

Roche LightMix Gastroenteritis multiplex PCR assays were utilised for testing.

Notifiable result reported to the State Health Department.

For further enquiries regarding these results please contact Dr Jenny Robson or Dr Sarah Cherian (07 3377 8534).

HT

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No 1964

Tests Completed: Faeces PCR

Tests Pending : Faeces 1 MCS/OCP

Sample Pending :

PATERSON, ALLAN B
C/-4/9 HINLEY AV, MAROOCHYDORE. 4558
Phone: 0412047004
Birthdate: 11/09/1960 Sex: M Medicare Number: 4337410775
Your Reference: Lab Reference: 669837153-M-M550
Laboratory: SNP
Addressee: DR GLEN S ATWAL Referred by: DR GLEN S ATWAL

Name of Test: FAECES 1
Requested: 13/10/2022 Collected: 31/10/2022 Reported: 04/11/2022
11:34

Clinical notes: soft motion nausea

Clinical Notes : soft motion nausea

Faeces 1

Specimen Faeces

Culture No pathogens isolated
Comments: 669837153

Negative for Salmonella, Shigella, Campylobacter, Aeromonas spp.
and Yersinia enterocolitica.

LP

Sullivan Nicolaides Pty Ltd. ABN 38 078 202 196. NATA/RCPA Accreditation No
1964

Tests Completed: Faeces PCR ,Faeces 1 MCS/OCP
Tests Pending :
Sample Pending :



Vitae Mosaic Prescription

Name Allan Paterson

Date 30/11/23

Practitioner Lisa Hayne

Diet and Nutrition Plan

You're doing amazing things with your food - please keep it up!

If you can create an account with Instant Scripts and request the "Why am I tired" pathology bundle. Blood test is \$20, they'll email you the referral paperwork straight away so you can take to SydPath in Moree for collection. Have done fasted, rested, hydrated. They'll email you the results within 48hrs.

Lifestyle Plan

HTMA - I'll send your sample off today and should have your results back within the fortnight. This will give us a great insight into your nutritional profile and potential levels of heavy metals.

Lymphatics - after you start on your detox regime for at least 2-3 weeks, start bringing in some gentle lymphatic self-massage or body brushing to help stimulate lymphatic drainage. Infrared sauna is also a great tool to use to support lymphatics if there's one available in Moree.

Prescribed Supplements

Tonic - 5ml morning and night

Slippery Elm Powder - 1 tsp mixed in water, once daily for one week, then increase to morning and night if well tolerated

63.85kg

Body fat 15%

Physique 9 (lean)

Visceral fat 3.5kg

Muscle mass 48

Bone mass 2.6

Metabolic age 34

Body water 48%

Testing and Pathology

Additional Comments and Follow-up

If you've got a copy of your last blood test, you're welcome to send it through

Practitioner contact details

Name: Lisa Hayne

Phone: 0439 447 556

Email: admin@herbandspice.net.au