

13/09/24	Data	Notes	Recommendations	
Ca (Corr)	2.25	- lack of Ca	Consider Ca supplement	
PO ₄	0.89	- lack of P - protein deficiency - mitochondrial dysfunction (ATP)	Increase protein	
Glomerular Filtration Rate (GFR)	76L	Older age		
GGT	19	- lack of B6, protein	Increase protein	
Haemoglobin	152	- Too high, = intravascular slugging= stroke & infarction	Med Diet	
RCC (red cell/blood count)	5.4	- "Erythrocytosis" - Dehydration - Respiratory distress eg tobacco use, COPD, asthma, CF - Polycythemia vera - Haemoglobinopathies	Plenty of water	
Platelets	234	- poor EFA balance - infections, haemorrhagic disease (thrombocytopenia), heavy metal toxicity	Increase omega 3 + olive oil	
Cholesterol	5.67H	- need vit C, e, B3, S-amino acid, fibre, mono/omega EFA, ubiquinol - Adult Borderline high: 5.18 - 6.19 mmol/L - Adult High: >6.20 mmol/L - Child/Teen (<18yr) Borderline High: 4.40 – 5.16 mmol/L - Child/Teen (<18yr) High: >5.18 mmol/L - Hypercholesterolaemia, Hyperlipidaemia, Hypothyroidism, Uncontrolled DM, Nephrotic syndrome, Pregnancy, High cholesterol diet	Supps: vit c, vit E, vit bs fibre mono/omega 3. + olive oil	
HDL	1.44	Protect against atherosclerosis		
LDL	3.9H	Atherosclerosis & CHD		
TSH	3.8H	- >2: sluggish, labouring thyroid - lack of vit C, B6, Fe, Zn, Se - check thyroid antibodies and adrenals - Alarm >10.0mLU/L Hypothyroidism Subclinical hypo (if T3 & T4 at lower end of ref range)	Vit C, Bs, Zn, Se	
T3	4.6	- Alarm: >3.53 nmol/L Graves		
T4	10.9	Alarm: <065 nmol/L hypothyroidism		
Vitamin B12	403	- <250mM/L, MCV > 95: lack of intake, lack of HCl		
Vitamin D	69	- consider thyroid/estrogen dominance - Vit D, Ca, EFA	Vit D, Ca, EFA	
			Overall: 1. Supplement with omega 3s, vit c, Mg & Bs, Ca. vit e, bioflavs 2. Foods: protein, fibre, fruit + leafy greens, med diet,	