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# Asthma

Patient "CC 6112", a 4 year old boy, presented to our office on 12/15/97

## Doctor's Observations:

- The patient presented with the worse case of asthma that his medical doctor and pulmonologist had ever seen.

## After two months on our treatment:

- He has weathered three colds
- Has not taken antibiotics
- Has not taken any extra breathing treatments
- Has not taken any steroids.

Previously, any minor head cold would progress into him needing antibiotics and taking steroids as well as doubling the number of breathing treatments.

The pulmonologist stated that his lungs and breathing are very good. The patient has cut back on breathing treatments and inhalers. His grandmother noted that the allergists were concerned about him going to school because they were afraid of him catching so many colds, but this has not been the case. Overall, he has had good results over a short period of time.

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## FIRST REPORT

PATIENT: CC

DATE OF BLOOD TEST: 9/16/97

DATE OF ANALYSIS: 9/29/97

SEX: Male

WEIGHT: 40

AGE: 4

BLOOD TYPE: O

**Presenting symptoms:** Premature at 37 weeks; has severe asthma and it is the worse case the doctors have ever seen; was not breast fed; started cereal at six weeks; asthma started at one year of age and was hospitalized 13 times within the next six months; is off all dairy products; in September of 1996, had a severe attack and was in the intensive care unit; has allergies to eggs; has been off and on steroids; has breathing treatments three times a day; was on antibiotics at three months of age and is on antibiotics frequently; had a lot of congestion the first year of life; has a lot of cavities; gets fluoride treatments every four months; takes Shaklee multivitamin and Vitamin C; any colds will bring on asthma; the allergist wants to start allergy shots; patient is up to date with vaccinations; patient is not underweight and is on several drugs; Albuterol, Intol, Azmacort, Vacanese.

**Tests Performed:** Comprehensive 52-point Blood Test; Hair Analysis

**Test Findings:** High Toxic Metals, Low Glucose, Low Thyroid, Allergies.

This analysis and the recommendations are not for the purpose of treating or curing disease, i.e.: cancer, hepatitis, arthritis, diabetes, M.S., heart disease, etc. The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and cure itself by eliminating foods and toxins which adversely affect the body and to provide nutrients that the body may lack.

Concerning the actual blood test results: There is a clinical and a homeostatic range. The clinical range is a wide range and test values outside of this range indicate a disease process. The homeostatic range is a more normal or healthy range and test values need to be within this range for one to have optimum health.

Blood group considerations: People exhibiting blood type O often enjoy better health if they avoid dairy products. You have a natural sensitivity to cow's milk, cheese, etc.

The T3 and T7 are low which indicates a hypothyroid dysfunction. Your thyroid is low. This means your metabolism is going to be slow. The thyroid gland controls your basal metabolic rate. This is the rate at which your body heals and repairs itself. It also, determines how fast chemical reactions occur in the body. With a low-functioning thyroid, your immune system is going to be low, your digestion is going to be slow and your energy level will be low. It is difficult to have a good cholesterol level with a low thyroid. Basically, it is impossible to be healthy and have good energy with a low-functioning thyroid. Large amounts of cauliflower, sauer kraut and asparagus do lower thyroid function. So, do not eat these foods everyday. Interestingly, most cancers are seen in people with a low-functioning thyroid.

The low thyroid may be associated with a low glucose which will give hypoglycemic type symptoms. I recommend Chromium at 400mcg/day.

A low total protein and a low globulin indicates a depressed protein metabolism, poor protein intake, or poor protein digestion. I recommend B-Complex at 50mg/day. He may need to be on a digestive aid to help the digestion of protein as well as other foods. I recommend one HCL Pepsin tablet a meal.

There is a low serum magnesium. For this, utilize Magnesium at 100mg/day. B-Complex also helps in the utilization of magnesium. This will also help the low uric acid and low blood urea nitrogen.

There are several values that are either high or low and this is normal for his age. There is a high eosinophil count which is indicative of allergies.

### ***HAIR ANALYSIS***

The measurement of hair element levels is a screening test for physiological excess, deficiency, or maldistribution. Hair element analysis is not a diagnostic test of element function, and hair element levels (either high or low) are not always indicative of pathology. This is because **hair levels of some elements can be influenced by many factors such as shampoo, swimming pool and spa water, and hair treatments.**

### ***HIGH ALUMINUM***

At the top of the page, you'll see your toxic metal levels. You'll see that you have an aluminum value that is too high. Any aluminum is too much. Aluminum toxicity is associated with Alzheimer's and Parkinson's disease. Aluminum is, also, a heavy metal that displaces your other good minerals. One of the things that you should do to help your overall long-term health is to reduce your aluminum intake. The most common sources of aluminum are: **antiperspirants, aluminum cookware, antacids, some baking sodas, baking powder, some breath mints, some skin lotion, some cosmetics, aluminum foil, canned goods, emulsifiers in some processed cheese, table salt - anti-caking compound, bleaching agent used in white flour, buffered aspirin, some toothpaste, dental amalgams, cigarette filters, and drinking water (tap water).** Do not eat or drink anything that comes in a can. Read your labels before you purchase. I've even seen aluminum in a granola bar.

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	09/16/97								
Glucose	71.00	lo	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.20	Opt	0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	3.10	lo	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	9.00	LO	0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	0.50	lo	0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	18.00	hi	0.00		13.00	- 17.00	7.50	- 18.50	ratio
Sodium	140.00	Opt	0.00		140.00	- 144.00	138.00	- 146.00	meq/dl
Potassium	4.30	Opt	0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	103.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	2.10	lo	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	9.70	Opt	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	4.30	hi	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.37	Opt	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	9.70	Opt	0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	46.23	HI	0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	6.70	lo	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.10	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	2.40	lo	0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.71	hi	0.00		1.20	- 1.60	1.10	- 2.30	ratio
Total Bilirubin	0.40	lo	0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	208.00	HI	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	233.00	HI	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	31.00	hi	0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	14.00	lo	0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	14.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	88.07	Opt	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	67.00	Opt	0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	196.00	hi	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	44.00	lo	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	58.00	HI	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	129.00	hi	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	8.00	Opt	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	3.30	Opt	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	7.00	Opt	0.00		7.00	- 9.00	5.50	- 13.00	mcg/dl
T3	31.00	LO	0.00		36.00	- 40.00	32.00	- 43.00	%
T7	2.17	lo	0.00		2.60	- 3.60	2.10	- 4.70	
White Blood Count	6.40	Opt	0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.91	Opt	0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	14.70	Opt	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	42.60	Opt	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	87.00	Opt	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	30.00	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	34.60	hi	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	308.00	hi	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	47.00	LO	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	37.00	Opt	0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	8.00	hi	0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	7.00	HI	0.00		0.00	- 4.00	1.00	- 5.00	%
Basophils	1.00	hi	0.00		0.00	- 0.00	0.00	- 1.00	%
Erythrocytes Sed Rate ESR	1.00	Opt	0.00		0.00	- 8.00	0.00	- 9.00	mm/HR
CRP C-Reactive Protein	0.00		0.00		0.00	- 0.00	0.49	- 0.51	mg /L
Creatine Kinase	62.00	lo	0.00		67.50	- 103.50	54.00	- 186.00	u/l

# HAIR MULTIELEMENT ANALYSIS REPORT

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P.O. Box 111  
170 W. Roosevelt Rd.  
West Chicago, IL 60185 U.S.A.  
630/231-3649

LAB. NO.: 97256-0033

ACCT.: 22044

PATIENT:

AGE: 4 SEX: M

DOCTOR: Van D. Merkle, DC

OFFICE:

## Elements Regarded As Toxic

TOXIC ELEMENTS	PATIENT LEVEL (parts per million)		▶ HIGH		
			ONE STANDARD DEVIATION ABOVE MEAN	TWO STANDARD DEVIATIONS ABOVE MEAN	MORE THAN TWO STANDARD DEVIATIONS ABOVE MEAN
Aluminum	6	*****	.3		
Antimony	0.103	*****	.15		
Arsenic	0.039	****	.15		
Beryllium	<dl .002		.03		
Bismuth	0.806	*****	.3	*****	
Calcium	0.455	*****	.25	*****	
Lead	0.6	****	2.0		
Mercury	0.57	****	1.5		
Nickel	0.05	**	0.7		
Platinum	0.002	*	.02		
Silver	0.06	***	0.4		
Thallium	<dl .001		.05		
Thorium	<dl .001		.01		
Tin	0.1	**	0.3		
Uranium	0.034	***	.2		

SAMPLE SIZE: 0.21 g  
SAMPLE TYPE: head hair  
DATE SAMPLED: 09/09/1997  
DATE IN: 09/13/97  
DATE OUT: 09/17/97

OFFICE CODE: 2-2  
ICP-MS analyzed  
RACE: caucasian  
HAIR COLOR:  
HAIR PREPS:

SHAMPOO: JOHNSONS BABY

### Ratios

PATIENT RATIO	EXPECTED RANGE	
CA/MG	10.6	4- 15
CA/P	0.5	2.6- 6.1
MG/K	1.8	2.0- 4.5
NA/K	0.9	1.3- 4.5
ZN/CU	17.9	4- 12
ZN/CD	372	>800

TOTAL TOXIC REPRESENTATION \*\*\*\*\*

## Elements Regarded As Nutrients

NUTRIENT ELEMENT	PATIENT LEVEL (parts per million)	REFERENCE RANGE					NUMERICAL VALUE OF REFERENCE RANGE
		BELOW 2 STD. DEV.	TWO STANDARD DEVIATIONS BELOW	ONE STANDARD DEVIATION (STD) BELOW	MEAN	ONE STANDARD DEVIATION (STD) ABOVE	
Calcium	106		*****				125- 350
Magnesium	10		*****				12- 20
Sodium	5		*****				10- 25
Potassium	5		*****				12- 40
Copper	9			*****			8- 15
Zinc	169				*****		95- 135
Iron	7		*****				10- 20
Manganese	0.10		*****				0.30- 0.52
Chromium	0.42			*****			0.35- 0.80
Cobalt	0.007		*****				0.020- 0.045
Vanadium	0.041			****			0.009- 0.080
Molybdenum	0.071				*****		0.030- 0.080
Selenium	1.77				**		0.80- 2.80
Iodine	0.5			*****			0.3- 1.2
Lithium	<dl .007		*****				0.010- 0.040
Phosphorus	200				*****		132- 192
Selenium	1.350				***		0.950- 1.700
Strontium	0.35			*****			0.13- 0.25
Sulfur	51355				*****		44000- 54500

## Other Elements

ELEMENT	PATIENT LEVEL	EXPECTED RANGE	ONE STANDARD DEVIATION HIGH	TWO STANDARD DEVIATIONS HIGH
Barium	0.20	0.40- 2.50		
Bermanium	0.003	0.003- 0.026		
Rubidium	0.014	0.020- 0.150		
Titanium	1.204	0.100- 0.700	*****	
Zirconium	1.157	0.020- 0.500	*****	

COMMENTS:

Laboratory Work Performed By Doctor's Data Laboratories, Inc. CLIA ID #14D0646470 COPYRIGHT 1995 Doctor's Data Inc.  
James T. Hicks, MD, PhD, FCAP - Laboratory Director

dl=detection limit, n/a=currently not available, qns=quantity not sufficient

**Personal Vitamin and Supplement Program  
for CC 6112**

<b>Vitamin or Supplement</b>	<b>Dosage Per Unit</b>	<b>AM</b>	<b>Noon</b>	<b>PM</b>	<b>Bed</b>
HCL Pepsin (Betaine Plus)	650 mg.	1	1	1	
Chlorella	335 mg.	1			
Chromium Picolinate w/ boron	200 mcg.	1		1	
B-Complex (Extress Super)	50 mg.	1			
Magnesium Glycinate	100 mg.	1			

\*NOTE: TO SEE A COMPLETE LIST OF NUTRIENTS IN EACH SUPPLEMENT GO TO THE *VITAMIN LIST*

**END OF FIRST REPORT**

## SECOND REPORT

PATIENT: CC

DATE OF BLOOD TEST: 11/25/97

DATE OF ANALYSIS: 12/10/97

DATE OF PREVIOUS TEST(S): 9/16/97.

SEX: Male

WEIGHT: 40

AGE: 5 BLOOD

TYPE: O

**Previous Test Findings:** High Toxic Metals, Low Glucose, Low Thyroid, Allergies.

**Current Test Findings:** It is difficult to see exactly what is happening in a young child because the growth process changes a lot of the metabolism. The most significant values are the high lymphocytes and high eosinophils and this indicates an allergy process still in effect. There is a low sodium and a high potassium which indicates adrenal involvement.

This analysis and the recommendations are not for the purpose of treating or curing disease, i.e.: cancer, hepatitis, arthritis, diabetes, M.S., heart disease, etc. The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and repair itself by eliminating foods and toxins which adversely affect the body and to provide nutrients that the body may lack.

The glucose, uric acid, and magnesium are all better. I believe I will be able to evaluate CC's situation better when I talk with his mother, AC.

Due to the fact that the lymphocytes and eosinophils are still high, I recommend a homeopathic "Asthma Formula" and "Hay Fever Formula". Continue with the Cordephrine Pro.

The thyroid is low which is indicated by the low T3 and low T7. To help the thyroid and adrenal glands, utilize Energenics at two tablets a day.

Continue with the Chromium, B-Complex, Magnesium at 250mg/day, Chlorella at one tablet a day, Vitamin C at 500mg/day, and the Children's Multiple Vitamin.

AC, I look forward to sitting down with you and see how CC is doing.

Please keep this report for future reference.

If we can be of any further assistance to you or your family please do not hesitate to ask. You can contact our office or online at [www.Bk2Health.com](http://www.Bk2Health.com).

Yours in good health,

Van D. Merkle, D.C., D.A.C.B.N., C.C.N.  
VDM/lm

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	11/25/97								
Glucose	80.00	lo	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Uric Acid	3.20	lo	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	8.00	LO	0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	0.30	LO	0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	26.67	HI	0.00		13.00	- 17.00	7.50	- 18.50	ratio
Sodium	137.00	LO	0.00		140.00	- 144.00	138.00	- 146.00	meq/dl
Potassium	5.30	hi	0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	103.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	2.20	Opt	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	10.40	hi	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	5.10	HI	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.49	Opt	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	10.40	HI	0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	65.03	HI	0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	7.50	Opt	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.17	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.10	Opt	0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.35	Opt	0.00		1.20	- 1.60	1.10	- 2.30	ratio
Total Bilirubin	0.40	lo	0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	221.00	HI	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	259.00	HI	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	35.00	hi	0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	14.00	lo	0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	9.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	111.28	Opt	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	82.00	Opt	0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	172.00	Opt	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	45.00	lo	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	64.00	HI	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	99.00	Opt	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	9.00	Opt	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	2.60	Opt	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	7.20	Opt	0.00		7.00	- 9.00	5.50	- 13.00	mcg/dl
T3	30.00	LO	0.00		36.00	- 40.00	32.00	- 43.00	%
T7	2.16	lo	0.00		2.60	- 3.60	2.10	- 4.70	
White Blood Count	7.90	Opt	0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.76	Opt	0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	14.20	Opt	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	40.30	Opt	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	84.50	lo	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	29.70	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	35.20	hi	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	357.00	hi	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	42.00	LO	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	44.00	HI	0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	2.00	lo	0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	8.00	HI	0.00		0.00	- 4.00	1.00	- 5.00	%
CRP C-Reactive Protein	16.00	HI	0.00		0.00	- 0.00	0.49	- 0.51	mg /L
Creatine Kinase	72.00	Opt	0.00		67.50	- 103.50	54.00	- 186.00	u/l

<b>Personal Vitamin and Supplement Program for CC 6112</b>					
<b>Vitamin or Supplement</b>	<b>Dosage Per Unit</b>	<b>AM</b>	<b>Noon</b>	<b>PM</b>	<b>Bed</b>
Vitamin C (Chew-C)	500 mg.	1			
Chlorella	335 mg.	1			
Chromium Picolinate w/ boron	200 mcg.	1		1	
Cordephrine Pro	450 mg.	1			
Energenics	1	1		1	
B-Complex (Exstress Super)	50 mg.	1			
Magnesium Glycinate	100 mg.	1		1	
Vita Kids (Multiple)	1		1		

\*NOTE: TO SEE A COMPLETE LIST OF NUTRIENTS IN EACH SUPPLEMENT GO TO THE *VITAMIN LIST*

**Doctor's Observations:**

The patient improved remarkably while following his program and the parents were cooperative. A few weeks after the last test, the parents basically stopped our program they thought it was too difficult and restrictive and put him back on medication. We've had no further contact.

Our job is to provide a way to be healthy and drug free. Many people choose the "easy way" at the expense of their health.

**END OF REPORT**