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## **High Blood Pressure for 15 years, Anxiety Attacks,**

**Other Presenting Symptoms: Left Knee and Leg Pain,  
Stress, Sinus Headaches, Numbness and Tingling in Fingers  
and Toes, Swollen Ankles, Nausea, Hot Flashes**

**Patient GB 6661, a 66 year old woman, presented on 6/16/98**

### **Within the last two months on the program:**

- Anxiety attacks are much better, has stopped taking panic disorder prescription
- Numbness and tingling are gone
- Swelling has improved
- Improved cholesterol

**No longer needs or takes blood pressure medication after being on the program 2 months.**

**“Many people are told that they will be on blood pressure medication forever. Obviously, this not the case...”**

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## FIRST REPORT

PATIENT: GB

DATE OF BLOOD TEST: 6/16/98

SEX: Female

WEIGHT: 180

DATE OF ANALYSIS: 7/2/98

AGE: 66

BLOODTYPE: O

**Presenting symptoms:** High blood pressure for 15 years; anxiety attacks; left knee and leg pain; has had stress in the last year; on Maxzide for 15 years for high blood pressure; takes Kava Kava and vinegar for anxiety attacks; on Vitamin C, Glucosamine Sulfate, and Monolaurin; on 5/2/97, had an ANA of 320; has sinus headaches; numbness and tingling in fingers and toes; an EKG was negative in 1/98; has been in two serious auto accidents where the right wrist was broken and the spleen was removed; swollen ankles; bruises easily; heals slowly; year around allergies and vitamins have helped; gets gas and nausea with anxiety; nails are soft and splitting; had a complete hysterectomy in 1984; has occasional hot flashes.

**Tests Performed:** Blood Test; Hair Analysis

**Test Findings:** High Heavy Metals, Pre-Diabetic, Low Red Blood Count, High Sed Rate, Poor Utilization of Protein.

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.

People exhibiting blood type "O" do better if they avoid all dairy products. It is very important that you avoid all products made, with cows milk. You have a natural sensitivity to cow's milk, cheese, yogurt, etc.

The coronary risk assessment is average at 3.55. This is concerning the total cholesterol which is good at 174 and the HDL cholesterol which is low at 49. The coronary risk is determined by taking the total cholesterol and dividing it by the HDL. I recommend a coronary risk value below 4 to avoid cardiovascular problems. The total cholesterol is determined by adding the HDL, LDL, and VLDL cholesterol's together. The HDL cholesterol is the good type of cholesterol to have as it tends to keep the arteries clear. It would be good if this value were high. Recent studies have shown a correlation between a high HDL level and longevity. The LDL cholesterol is a bad type of cholesterol to have as it tends to plug the arteries up. It would be good if this value were low. Your LDL cholesterol is good at 103. Your VLDL cholesterol - close to the bottom of the page is good at 35. This is the very worst type of cholesterol to have and I like to see that value below 20. To help raise the HDL cholesterol, take Chromium at 600mcg/day.

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There is a high glucose and a high hemoglobin A1C, which is the diabetic indicator. You are not diabetic yet and may not need insulin at this time, but you are headed in that direction if changes are not made. I recommend following the hypoglycemic diet later in the report.

A low sodium and a high potassium indicates long term stress affecting the adrenal glands. I recommend Vitamin C at 2,000 mg/day and Energenics at six tablets a day.

A high potassium will cause congestion of myocardial cells of the heart. I recommend Vitamin E at 400 IU/day and Co-Enzyme-Q 10 at 60mg/day.

There is a high blood urea nitrogen and a high creatinine. These are early signs of kidney involvement. I recommend Beta Carotene at 50,000 IU/day.

A high serum iron, a low red blood count, low hemoglobin, and a low hematocrit indicates a deficiency in new red blood cells and hypochromic anemia. I recommend B12 at 6mg/day and Folic Acid at 4mg/day. Be sure to chew the B 12 up and hold it under the tongue for better absorption.

There is a low functioning liver indicated by the low SGPT. This could be affecting the glucose, hemoglobin A1C, protein, and the utilization of iron. I recommend B-Complex at 50 mg/day.

A high erythrocyte sed rate indicates a localized or systemic inflammatory pathology. I recommend Inflammoid at three tablets a day.

For a low magnesium level, take Magnesium at 300 mg/day and B6 at 500 mg/day. B6 helps in the utilization of magnesium.

A low T3 indicates a low functioning thyroid. 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, digestion is going to be slow and energy is going to be low. It is difficult to have a good cholesterol level with a low thyroid. Large amounts of cauliflower, sauer kraut (cabbage), and asparagus do lower thyroid function. So, do not eat these foods everyday, A couple of times per week would be sufficient. Interestingly, most cancers are seen in people with a low thyroid. For this, I advise Energenics at 6/day which has already been recommended.

### ***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.**

Because of pollution, industry, and other environmental factors, there is no way you can totally eliminate your exposure to some of these toxic elements. However, there are things we can do daily to limit our exposure to these toxic elements and therefore lessening the total burden on your body. **Below you'll find that we've highlighted the most common sources of each toxic element with which you are being overexposed.**

### **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.

### **HIGH ANTIMONY**

Antimony or stibium has no known function in living organisms and has low toxicity. Foods stored in enamel vessels and cans may contain appreciable antimony concentrations. Variations in concentration are apparently influenced by geography, season and refining of foods. However, due to low toxicity, little research is available regarding the importance of blood and hair levels.

### **HIGH ARSENIC**

Chronic arsenic exposure is known to cause:

Bone marrow depression; Leukopenia; Normochromic anemia; Exfoliation and pigmentation of skin; Neurological symptoms; Polyneuritis; Altered hematopoiesis Liver degeneration; Kidney degeneration; Skin cancer; Cancers of the respiratory tract

Delayed toxicity symptoms include abdominal pain, nausea, vomiting, hematuria, and jaundice.

Acute poisoning:

Ingestion of relatively large amounts of soluble arsenic compounds, especially on an empty stomach, affect the myocardium, causing death within a few hours. Ingesting smaller amounts of arsenic can cause epigastric pain, vomiting and diarrhea, followed by inflammation of the conjunctiva and respiratory mucous membranes, epitaxis, transient jaundice, cardiomyopathy, erythematous or visceral rashes, and sweating. Hematological, renal, or pancreatic dysfunction may be observed. Symptoms of neuropathy are experienced 1-2 weeks later and typically appear as with tingling and paresthesia in the extremities.

Proteinuria and methemoglobinemia are frequently observed, causing renal failure and death.

Alopecia totalis

Arsenic is found in tobacco smoke and is a suspected causative factor in lung cancer. Drinking water may also be a source of arsenic, and the use of arsenic-containing paints is a known source of arsenic poisoning. Elevated hair levels are seen long before acute clinical signs of arsenic toxicity are obvious.

Therapeutic consideration for Chronic overexposure:

Antioxidant therapy, especially ascorbic acid or calcium ascorbate, vitamin E (all tocopherols), increased intake of sulfur-containing amino acids, vitamin B6. Note: Arsenic suppresses iodine and selenium.

Research

The relationship between cognitive functions and hair mineral concentrations of lead, arsenic, cadmium, and aluminum was examined for a random selection of 69 children. The data obtained showed a significant correlation between reading and writing skill and elevated arsenic levels, as well as interaction between arsenic and lead. Children with reduced visual-motor skills, had clearly elevated aluminum and lead levels.

### HIGH CADMIUM

You'll see that you have a cadmium value that is too high. Cadmium (Cd) is a toxic, heavy metal. Hair cadmium levels provide an excellent indication of body burden. Moderately high cadmium levels are consistent with hypertension, while very severe cadmium toxicity can cause hypotension. Cadmium affects the kidneys, lungs, testes, arterial walls, bones, and interferes with many enzymatic systems. Cadmium absorption is reduced by zinc, calcium and selenium. One of the things that you should do to help your overall long-term health is to reduce your cadmium intake. The most common sources of cadmium are: **refined foods (white flour, white sugar, etc.), acid drinks left in galvanized pails or ice trays, superphosphate fertilizers, gluten flour, some cola drinks, tap water, atmospheric pollution in the burning of coal and petroleum products, margarine, canned fruits and beverages, sugar and molasses, alcoholic drinks, cigarette smoke, zinc smelters, cadmium plating used in soft drink dispensing machines.**

Contamination may come from perms, dyes, bleach and some hair sprays, and can cause false highs for Cd.

### HIGH MERCURY

Mercury (Hg) is a toxic element for humans and animals. Hair mercury level is an accurate indicator of mercury body burden. Mercury can cause hyperactivity, mental and emotional changes, neuromuscular disorders [Alzheimer's and Parkinson's], loss of appetite, etc. A considerable variance in the sensitivity of different individuals to mercury has been observed, with some exhibiting symptoms at 3 to 5 ppm. Even very low levels of mercury have been found to suppress biological selenium activity. After dental amalgams are used, elevated hair mercury may be observed for six months to over a year. Hair mercury has been found to correlate with acute myocardial infarction where on average 1 ppm mercury was found to correlate with a 9 percent increase in ANU risk. Other sources of mercury are: **large fish, pesticide residues, mercurial fungicides on seed grains, dental fillings, coal burning, calomel (mercurous chloride), interior paints, pharmaceuticals, and water.**

### HIGH NICKEL

You'll see that you have a nickel value that is too high. The most common sources of nickel are: **atmospheric pollution by burning of coal and petroleum products, cigarette smoking, nickel coins, eyeglass frames, costume jewelry, kitchen appliances, pins, scissors, hair clips, hydrogenated oils and margarine.**

### HIGH SILVER

Silver occurs naturally in very low concentrations in soil, plants, and animal tissues. It can also be found in food that comes from **silver plated vessels, silver solder, silver foil (used in decorating cakes), jewelry, electronic equipment, dental fillings and photographic materials.** Silver is found at hazardous waste sites and in water. Some water treatment systems including water filters use silver compounds to kill bacteria.

### HIGH TIN

You'll see that you have a tin value that is too high. The most common sources of tin are: **tap water, preserved foods in tin cans, asparagus packaged in glass, processing and packaging of gelatin, smoked fish, macaroni, dried legumes, dried milk, milk in large cans, and tea.**

### HIGH TITANIUM

Titanium (Ti) has wide industrial uses, and elevated Ti may be the result of industrial exposure. Titanium is used in metal alloying and is used as titanium dioxide to coat welding rods. Titanium dioxide pigment is present in paints,

inks, dyes, shoe whiteners, plastics, some cosmetics, paper fillers and ceramic glazes. Elevated hair titanium also may be an artifact (false high) of hair treatments such as dyeing or "highlighting".

To help get these heavy metals out of your system, which is very important, I want you to take Chlorella at three tablets per day. Your magnesium and selenium, are both very important in getting these metals through the kidneys. Chlorella and cilantro have the unique ability to actually get these heavy metals out of brain, liver, heart, and lung tissue. I recommend adding fresh cilantro to the diet. Cilantro is an herb that you can find in most supermarkets. You can chop it up and add it to salads, sauces, etc. Since we are constantly being exposed to heavy metals in our society, I do recommend that even after you are feeling better that you continue with the Chlorella.

Most of the other nutrient elements are low. I recommend a multiple vitamin for women, Estro Support, at three tablets a day.

### **Dietary Considerations:**

Below is a list of foods and items that are strongly recommended to avoid. **READ YOUR INGREDIENT LABELS!!** Later in the report, you will find exchanges for these foods and helpful hints on implementing these new lifestyle habits.

1. Artificial Sweeteners (aspartame; saccharin; etc)
2. Processed Meats (nitrate/nitrite foods (pork); bologna; wieners; any luncheon meat w/ additives or preservatives)
3. MSG (monosodium glutamate) (found in many dressings, sauces and Chinese foods)
4. All Canned Foods and Drinks
5. Microwaved foods (because of radiation)
6. Fried Foods
7. Hydrogenated Fats (margarine, most pre-packaged foods and dressings, "Olestra" products, etc)
8. Refined Carbohydrates (processed foods: white sugar, white flour, "unbleached or unbrominated" foods; corn syrup; "enriched" foods, etc)
9. Preservatives, additives, artificial colors, FD&C colors and dyes
10. Commercial Meats (any meat with antibiotics, steroids, hormones, and other preservatives)
11. Shellfish (crab, shrimp, lobster, oyster, etc.) Salmon, tuna, halibut, etc. are O.K. to use.
12. Dairy products (cottage cheese, yogurt, cheese, anything with cow's milk)
13. Coffee (regular & chemically decaffeinated), Liquor (distilled), All sodas, Tea (black decaf & black regular) Herbal teas are O.K. to use.

### **Hypoglycemic Recommendations:**

(these are for your hypoglycemic condition and should be followed closely)

1. Avoid all fruit juices.
2. Eat only one fruit and at least four fresh vegetables.
3. Eat a snack every hour and a half to two hours. (Eat by the clock. This is going to help take stress off your liver and help to maintain your glucose at a good level so it doesn't fluctuate so greatly.)
4. The snack should be 4 to 5 bites of a complex carbohydrate, protein or foods that have good fats in them such as: whole grain bread, sunflower seeds, pumpkin seeds, nuts, carrots or even a piece of chicken would be fine to eat.
5. Do this for at least the next two months or until your re-evaluation.

Exercise at least 40 minutes a day. I realize at first that you may not have the energy to do that. If you can only exercise 10 minutes twice a day or three times a day, start slow and build yourself up. I would also like you to do a muscle building exercise (step exercise) 10 minutes a day. Drink 8-10 twelve ounce glasses of clean water per day. I recommend using reverse osmosis for your drinking and cooking water.

A word of caution - anytime you make drastic changes in diet, vitamin intake, or exercise, realize that you may feel somewhat worse before you feel better. It doesn't happen often, but as your body detoxifies, you may feel worse if it occurs too fast. If you do feel worse, don't panic, it will pass in probably 2-3 days. If this problem does occur, I recommend that you take half of what I recommend for three days and slowly over two weeks progress to taking the complete program.

GB, everything that I have recommended is very important and many of these things work together to get you healthier. It is important that you follow the program exactly as I have outlined so that you can get the expected results. Following the diet may not be easy, but if you don't make the dietary changes, you will not get the expected results.

Likewise, if you don't take the vitamins, or only take part of them, again you will not see the expected results. Basically, if you don't make these changes, how can you expect to see results? I would rather you not do the program than only do part of it. I have helped a lot of people with some very serious problems. The purpose of this analysis is to benefit you. This is for your well being, so please do the program exactly how I have recommended so that you will achieve the best results.

Attached is a list of vitamins that have been carefully selected for your specific problems. I recommend these vitamins because they are of the highest quality. The years of experience in my practice have shown these vitamins, along with your dietary changes, to be the best in helping you achieve the necessary improvements as indicated by your blood test results.

Please keep this report for future reference and bring it with you to your next evaluation.

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).

This program is designed for a period of two months. At the end of this time a retest is desired to determine progress made. A hair analysis is indicated in six months.

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	01/00/00								
Glucose	112.00		0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	6.00		0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	7.20		0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	20.00		0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	1.70		0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	11.76		0.00		13.00	- 17.00	7.50	- 18.50	ratio
Sodium	138.00		0.00		140.00	- 144.00	138.00	- 146.00	meq/dl
Potassium	5.60		0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	104.00		0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	1.90		0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	10.10		0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	4.10		0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.12	#DIV/0!	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	10.10		0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	42.03		0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	8.50		0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.77		0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.70		0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.29		0.00		1.20	- 1.60	1.10	- 2.30	ratio
Total Bilirubin	0.80		0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	106.00		0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	144.00		0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	19.00		0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	14.00		0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	29.00		0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	148.47		0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	107.20		0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	174.00		0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	175.00		0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	49.00		0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	103.00		0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	35.00		0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	3.55		0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	5.20		0.00		7.00	- 9.00	5.50	- 13.00	mcg/dl
T3	26.70		0.00		36.00	- 40.00	32.00	- 43.00	%
T7	4.39		0.00		5.80	- 11.80	3.60	- 14.00	
White Blood Count	8.00		0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.20		0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	11.70		0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	35.80		0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	85.20		0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	27.70		0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	32.60		0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	249.00		0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	61.70		0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	27.20		0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	7.40		0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	2.50		0.00		0.00	- 4.00	1.00	- 5.00	%
Basophils	1.20		0.00		0.00	- 0.00	0.00	- 1.00	%
Erythrocytes Sed Rate ESR	20.00		0.00		0.00	- 8.00	0.00	- 9.00	mm/HR
CRP C-Reactive Protein	0.15		0.00		0.00	- 0.00	0.49	- 0.51	mg /L
Creatine Kinase	216.00		0.00		67.50	- 103.50	26.00	- 174.00	u/l

# HAIR MULTIELEMENT ANALYSIS REPORT



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

LAB. NO.: 98169-0144	ACCT.: 22044
PATIENT:	AGE: 66 SEX: F
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	16	*****	9*****	
Antimony	0.071	*****	.15	
Arsenic	0.041	****	.15	
Beryllium	<dl .002		.03	
Bismuth	0.028	**	.3	
Cadmium	1.255	*****	.25*****	
Lead	0.7	***	4.0	
Mercury	0.51	*****	1.5	
Nickel	0.38	*****	0.7	
Platinum	<dl .001		.02	
Silver	0.28	*****	0.4	
Thallium	<dl .001		.05	
Thorium	<dl .001		.01	
Tin	0.4	*****	0.8	
Uranium	0.031	***	.2	

SAMPLE SIZE: 0.18 g  
 SAMPLE TYPE: head hair  
 DATE SAMPLED: 06/16/1998  
 DATE IN: 06/18/98  
 DATE OUT: 06/20/98  
 OFFICE CODE: 2-1  
 ICP-MS analyzed  
 RACE: black  
 HAIR COLOR:  
 HAIR PREPS:  
 SHAMPOO:

### Ratios

	PATIENT RATIO	EXPECTED RANGE
CA/MG	6.1	5- 15
CA/P	0.3	2.5- 6.5
MG/K	1.7	1.5- 6.0
NA/K	1.0	1.5- 4.0
ZN/CU	2.2	5- 11
ZN/CD	40.7	>800

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

## Elements Regarded As Nutrients

NUTRIENT ELEMENT	PATIENT LEVEL (parts per million)	LOW	REFERENCE RANGE			HIGH	NUMERICAL VALUE OF REFERENCE RANGE
		TWO STANDARD DEVIATIONS BELOW	ONE STANDARD DEVIATION (STD) BELOW	MEAN	ONE STANDARD DEVIATION (STD) ABOVE	TWO STANDARD DEVIATIONS ABOVE	
Calcium	44	*****	*****	*****	*****	*****	350- 860
Magnesium	7	*****	*****	*****	*****	*****	40- 110
Sodium	4	*****	*****	*****	*****	*****	18- 87
Potassium	4	*****	*****	*****	*****	*****	8- 38
Copper	23			***			13- 35
Zinc	51	*****	*****	*****	*****	*****	125- 155
Iron	8			*****			6- 15
Manganese	0.14	*****	*****	*****	*****	*****	0.30- 0.75
Chromium	0.46			*****			0.35- 0.80
Cobalt	0.013	*****	*****	*****	*****	*****	0.020- 0.045
Vanadium	0.021			*****			0.009- 0.080
Molybdenum	0.077			*****			0.030- 0.080
Boron	1.96			***			0.80- 2.80
Iodine	0.2	*****	*****	*****	*****	*****	0.3- 1.2
Lithium	<dl .007	*****	*****	*****	*****	*****	0.010- 0.040
Phosphorus	159			*****			144- 216
Selenium	0.884	*****	*****	*****	*****	*****	0.950- 1.700
Strontium	0.18	*****	*****	*****	*****	*****	1.00- 7.60
Sulfur	45376	*****	*****	*****	*****	*****	48000- 52500

## Other Elements

ELEMENT	PATIENT LEVELS	EXPECTED RANGE	ONE STANDARD DEVIATION HIGH	TWO STANDARD DEVIATIONS HIGH
Barium	0.18	0.40- 2.50		
Germanium	0.001	0.003- 0.028		
Rubidium	0.005	0.020- 0.150		
Titanium	4.421	0.100- 0.700	*****	*****
Zirconium	0.191	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 GB 6661**

<b>Vitamin or Supplement</b>	<b>Dosage Per Unit</b>	<b>AM</b>	<b>Noon</b>	<b>PM</b>	<b>Bed</b>
B12 (12-Resin-K)	1000 mcg.	2	2	2	
Beta Carotene (A-Caro)	25000 I.U.	1		1	
Vitamin C (Ascocid 1000)	1000 mg.	1		1	
Chlorella	335 mg.	1	1	1	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Co-Q-10	50 mg.	1			
Vitamin E-400 w/ selenium	400 I.U.	1			
Energenics	1	2	2	2	
Estro Support (Multiple)	1	1	1	1	
B-Complex (Exstress Super)	50 mg.	1			
Folic Acid (Folacin-800)	800 mcg.	2	1	2	
Inflavonoid (Turmeric)	450 mg.	1	1	1	
Magnesium Glycinate	100 mg.	1	1	1	
B6 (Neuro-K-500)	500 mg.	1			

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

**END OF FIRST REPORT**

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## SECOND REPORT

PATIENT: GB

DATE OF BLOOD TEST: 10/16/98

DATE OF ANALYSIS: 10/28/98

DATE OF PREVIOUS TEST (S): 6/16/98

SEX: F

WEIGHT: 180

AGE: 66

BLOOD TYPE: O

**Presenting Symptoms:** High blood pressure for 15 years; anxiety attacks; left knee and leg pain; has had stress in the last year; on Maxzide for 15 years for high blood pressure; takes Kava Kava and vinegar for anxiety attacks; on Vitamin C, Glucosamine Sulfate, and Monolaurin; on 5/2/97, had an ANA of 320; has sinus headaches; numbness and tingling in fingers and toes; an EKG was negative in 1/98; has been in two serious auto accidents where the right wrist was broken and the spleen was removed; swollen ankles; bruises easily; heals slowly; year around allergies and vitamins have helped; gets gas and nausea with anxiety; nails are soft and splitting; had a complete hysterectomy in 1984; has occasional hot flashes.

**Previous Test Findings:** High Heavy Metals; Pre-Diabetic; Low Red Blood Count; High Sed Rate; Poor Utilization of Protein.

**Current Test Findings:** High Hemoglobin A1C; Low Red Blood Count; High Sed Rate; Probable 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 repair itself by eliminating foods and toxins which adversely affect the body and to provide nutrients that the body may lack.

Overall, we see twenty-five values that are better and only eight that are worse. I would expect that you are feeling better overall, GB. I hope that your blood pressure and anxiety attacks are better.

Your diet has improved. We can see that because your glucose is lower, although, your hemoglobin A1C is still high. Your protein (your albumin and globulin), triglycerides and HDL are improved which also indicates diet. In fact, your HDL has increased from 49 up to 63. Your total cholesterol went down from 174 to 162. This resulted in your coronary risk dropping from 3.55 to 2.57. This is very good and is associated with diet, your vitamins, and exercise. I do hope you have been exercising.

Your vitamins have improved your red blood count, hemoglobin, and hematocrit which will result in more energy. This is because your body is transporting oxygen and nutrients more effectively.

This time of year, a lot of people will have allergies or hayfever. I do suspect that this is true in your case. Your eosinophils are significantly higher than before. This may be associated with the high LDH and the high sed rate. If you are suffering from allergies and hayfever, I would recommend that you take a homeopathic remedy called Allergy and Hayfever as recommended doses on bottle. Also, be sure to avoid all dairy products.

The vitamins we would like for you to take now are: Chromium Picolinate at 3/day, Vitamin C at 1/day, and Energenics at 3/day. By the way, your thyroid is functioning better as shown in your T3.

Continue with your Vitamin E at 1/day, Co-Enzyme Q-10 at 1/day, Beta- Carotene at 2/day, Sublingual B 12 Plus at 5/day, B Complex at 1/day, Magnesium at 3/day, B6 at 1/day (which helps with the utilization of Magnesium), Chlorella at 3/day, and Estro Support at 3/day.

Remember your high heavy metals. Your body is still getting rid of these. Remember that your cadmium, aluminum, and several others were high. It will take you several months to clean these out of your system, This may be associated with some of the values we see in your blood work. Follow this program and keep up the good work. We may modify this some after we speak with you.

Please keep this report for future reference.

A re-test of your blood is desired in eight months and a re-test of your hair in December of '98.

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/vlb

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic	Clinical	Units
Date	10/16/98						
Glucose	77.00		0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	6.30		0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	5.40		0.00		4.00 - 6.00	2.50 - 8.00	mg/dl
Blood Urea Nitrogen (BUN)	17.00		0.00		13.00 - 18.00	10.00 - 20.00	mg/dl
Creatinine	1.00		0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	17.00		0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	141.00		0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.40		0.00		4.00 - 4.60	3.50 - 5.50	meq/dl
Chloride	106.00		0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	1.70		0.00		2.20 - 2.60	1.70 - 2.40	mg/dl
Calcium	9.30		0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	3.60		0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.10	#DIV/0!	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	9.00		0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	32.40		0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	7.40		0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.43		0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	3.00		0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.48		0.00		1.20 - 1.60	1.10 - 2.30	ratio
Total Bilirubin	0.80		0.00		0.50 - 0.70	0.20 - 1.00	mg/dl
Alkaline Phospatase	91.00		0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	165.00		0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	18.00		0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	17.00		0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	26.00		0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	97.21		0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	48.40		0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	162.00		0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	91.00		0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	63.00		0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	81.00		0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	8.00		0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	2.57		0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	5.60		0.00		7.00 - 9.00	5.50 - 13.00	mcg/dl
T3	31.90		0.00		36.00 - 40.00	32.00 - 43.00	%
T7	5.65		0.00		5.80 - 11.80	3.60 - 14.00	
White Blood Count	7.70		0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.31		0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	12.50		0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	36.50		0.00		40.00 - 47.00	37.00 - 47.00	%
MCV	84.40		0.00		85.00 - 97.00	82.00 - 99.00	cu.m
MCH	29.00		0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	34.30		0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	202.00		0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	59.60		0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	30.70		0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	6.40		0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	20.20		0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.10		0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	22.00		0.00		0.00 - 8.00	0.00 - 9.00	mm/HR
CRP C-Reactive Protein	0.14		0.00		0.00 - 0.00	0.49 - 0.51	mg /L
Creatine Kinase	253.00		0.00		67.50 - 103.50	26.00 - 174.00	u/l

<b>Personal Vitamin and Supplement Program for GB 6661</b>					
<b>Vitamin or Supplement</b>	<b>Dosage Per Unit</b>	<b>AM</b>	<b>Noon</b>	<b>PM</b>	<b>Bed</b>
Beta Carotene (A-Caro)	25000 I.U.	1		1	
Vitamin C (Ascocid 1000)	1000 mg.	1			
Chlorella	335 mg.	1	1	1	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Co-Q-10	50 mg.	1			
Vitamin E-400 w/ selenium	400 I.U.	1			
Energenics	1	1	1	1	
Estro Support (Multiple)	1	1	1	1	
B-Complex (Extrass Super)	50 mg.	1			
Magnesium Glycinate	100 mg.	1	1	1	
B6 (Neuro-K-500)	500 mg.	1			
Sublingual B12 Plus (B12/Folic)	1	2	1	2	
Allergy-Hay Fever (Homeopathic)	4 oz.	As directed			

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

Doctors Observations: Many people are told that they will be on blood pressure medication forever. Obviously, this not the case and most people will respond just as quickly as this lady, but only if they are directed on how to improve and make the necessary changes.

**END OF REPORT**