

SEVERE MALAISE, CEREBRAL PALSY

BH 22164, a 43 year old woman, presented on 12/16/98

- ❖ “I thought it was normal to be tired.”
- ❖ Can only walk short distances
- ❖ Wears ankle and foot braces
- ❖ Falls a lot
- ❖ Headaches
- ❖ Had had two muscle transfers from gluteal area and two foot surgeries
- ❖ Had a knee and corneal transplant
- ❖ Sleeps 5-6 hours a night and wakes about 4 times a night
- ❖ PMS and moodiness

On 4/9/99, just 4 months on the program:

- ❖ Easier to move
- ❖ Went from a size 18/16 to 12/10.
- ❖ Weight lost: 19lbs.
- ❖ Sleep uninterrupted at night, sleeps 7 hours straight
- ❖ Digestion is improved
- ❖ Hair is healthier
- ❖ Mind is much more alert
- ❖ No more headaches
- ❖ Hands no longer shake (“I thought it was from my disability”)

BACK TO HEALTH CENTER
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FIRST REPORT

PATIENT: BH 22164

DATE OF BLOOD TEST: 12/16/98
12/30/98

DATE OF ANALYSIS:

SEX: F

WEIGHT: 140

AGE: 43

BLOOD TYPE: A

Presenting symptoms: Severe malaise; has cerebral palsy; can only walk short distances due to low back pain; wears ankle and foot braces; falls a lot; has poor balance which causes her to walk on her knees; physical therapy has helped strengthen her back and does make it feel better; does take many vitamins including amino acids, B complex with iron, folic acid, ginkgo, glucosamine sulfate and a multiple vitamin (Centrum); takes herbal nutrients as well; gets hypoglycemic headaches; has had two muscle transfers in the gluteal area; had two foot surgeries, a knee and corneal transplant; has cold hands and feet; bruises easily; has lost 15 lbs. this year; sleeps 5-6 hours a night and wakes about 4 times a night; takes Tylenol to help her sleep; noticed that she has PMS and is getting worse as far as her moodiness

Test Findings: Mild Heavy Metals; Low Glucose; Low Minerals; Low Liver Function; 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. Test values outside the clinical range are indicated by either a "HI" or "LO" sign to the left of the results column. 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. Test values outside the homeostatic range are indicated by either a "H*" or "L*" sign to the left of the results column.

Personal Vitamin and Supplement Program for BH 22164 on First Report					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Vitamin C (Ascocid 1000)	1000 mg.	1		1	
Chlorella	335 mg.	1		1	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Co-Q-10	50 mg.	1		1	
Vitamin D (D-Natural 5)	5000 I.U.	1			
Vitamin E-400 w/ selenium	400 I.U.	1			
B-Complex (Extress Super)	50 mg.	1		1	
Magnesium Glycinate	100 mg.	1		1	
Calcium (MCHC)	250 mg.	1			
PMT Premenstrual Support (Multiple)	1	1		1	
Zinc	50 mg.	1			