
Depression; Amenorrhea; Headaches; Cystitis; Fatigue

Patient: KC 5299, a 30 year old woman, presented on 2/20/96:

Doctors Notes: Patient has been on Lythium and Zoloff for depression which have not helped. Is having to take higher and higher doses of Zoloff. She is currently up to 200mg of Zoloff.

Within the last two months on the program:

- Has more energy
- Exercises 3 times a week
- Cycle has been better
- No cramps during last cycle
- Weight Loss: 11 lbs.
- Sleep is improved
- Digestion is improved
- Reduced Medications

Patient states 2 weeks after her initial report, “I am glad I am doing this program. I recommend it!”.

FIRST REPORT

PATIENT: KC

DATE OF BLOOD TEST: 2/26/96

DATE OF ANALYSIS: 3/1/96

SEX: F

WEIGHT: 154

AGE: 30

BLOOD TYPE: O

Presenting symptoms: depression; amenorrhea; headaches; cystitis; fatigue

Tests Performed: Blood Test; Hair Analysis

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. Our 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 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 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.

The coronary risk assessment is above average. This is concerning the total cholesterol which is high at 253 and the HDL cholesterol that is low at 44. You have a coronary risk of 5.75. This is determined by taking the total cholesterol and dividing it by the HDL. We recommend a coronary risk value below 4 to avoid cardiovascular problems. 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 since it clogs the arteries. It would be good if this value were low. Your LDL cholesterol was high at 177. Your VLDL cholesterol - close to the bottom of the page is high at 32. This is the very worst type of cholesterol to have and we like to see that value below 20. Further cardiovascular considerations, your platelet counts are too high. Platelet counts of this magnitude have been associated with increased cardiovascular risk with two times the risk for coronary thrombus. The platelets tend to clump together to form blood clots. Treatment for this is Vitamin E at 800iu per day. For your cholesterol problem, we are going to recommend Chromium Picolinate at 800mcg per day and MLK-1000 (EPA/DHA) at 2000mg per day.

You have a high Calcium-Phosphorus Index, which indicates possible pancreatic enzyme deficiency. We are going to utilize Pancreatic Enzymes at 2 per meal for this problem.

You have a low Hemoglobin, low Hematocrit, low MCV, low serum iron, and low Ferritin. Your Ferritin is the level of Iron stores in your body and you are low. This means you do have a microcytic anemia with a mild intracellular iron deficiency. We are going to recommend Iron Peptonate at 60mg per day.

You have a low SGPT which means that you have a congested under-active liver. We are going to utilize B-Complex at 100mg per day. You have a low Magnesium for which we are going to recommend Magnesium at 300mg per day. Your B-Complex will help in the utilization of Magnesium.

I know you've been having problems with Amenorrhea. At times, this has been associated with a low-functioning thyroid. Yours is only borderline as evident by the low T3. However, Amenorrhea is also associated with a low-functioning liver. We are going to do a trial of Tyrosine, in a product called Energenics, at 2 three times per day for 2 months. We want to see if we can get your female system back in gear. Along with that your hair analysis shows you are low in Chromium and Boron. Boron is a very important mineral in the production of hormones. In fact, many women have been able to reduce or get off their hormone replacement therapy just by taking supplements of Boron. For this I'd like you to take Calcium, which has Boron in it, at 1500mg per day.

Concerning other parts of your tissue mineral analysis, your Levels of Sodium, Calcium, Magnesium, Zinc, and Phosphorus appear to be good. You are utilizing Calcium and Magnesium but as your metabolism speeds up, you are going to need more than what you have. You'll note that you have just a little bit of Aluminum in your system, Aluminum is a heavy metal which knocks out your good minerals. There is no good use for Aluminum in the body as it is toxic at any level. It is associated with Parkinson's and Alzheimer's disease. You can eliminate your source of Aluminum by eliminating all foods packaged in cans and Aluminum foil, canned drinks, antiperspirants, Aluminum cookware, etc. Looking at your overall test and knowing that you are amenorrheic, I would like for you to add a Multiple Vitamin. A supplement that we use in conjunction with women who have a lot of PMS symptoms and other female problems is a multiple vitamin designed especially for women. This vitamin is called FEM Multi and I would like for you to take 3 per day of this vitamin.

Dietary considerations: avoid caffeine, fried foods, refined carbohydrates (white sugar and white flour), artificial sweeteners and partially hydrogenated trans-fatty acids. Avoid all processed meats. Do not eat or drink anything that comes in a can. You need to drink at least 8 to 10 12 oz. glasses of water per/day. Eat at least five servings of fresh fruits and vegetables per/day. Eat only whole grains, breads, cereals, seeds, nuts, etc. Sunflower and pumpkin seeds are especially nutritious.

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.

KC, it's easy to see why you don't feel well. I think if you follow the program we've outlined that in just a few weeks you will notice a change in your overall condition. You will be feeling better with less physical symptoms or problems and this includes your heart. Your EKG does show a slightly abnormal nerve conduction problem. It is not serious at this time but it does show a slight blockage. With the nutrients we've recommended it should clear up and in a couple of months your reading should be practically normal.

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. I recommend that you take half of what I recommend for three days and slowly over two weeks progress to taking the complete program. As always, you can call me at home for emergencies.

KC, everything that we 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 we have outlined so that we can get the results that we expected. Following the diet may not be easy, but if you don't make the dietary changes, you will not get the results that we need to see. 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 do not do the program than only do part of it. I know that it is hard but it is only for a short time. We have helped a lot of people with some very serious problems. Do the program our way. After all we are here to benefit you and this is for your well being.

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.

This program is designed for a period of two months. At the end of this time a retest is needed to determine progress made.

If we can be of any further assistance to you or your family please do not hesitate to ask.

Yours in good health,

Van D. Merkle, D.C., C.C.N.
VDM/tcm

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	02/20/96								
Glucose	89.00	Opt	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	4.70	Opt	0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	2.60	lo	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	15.00	Opt	0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	0.80	Opt	0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	18.75	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	4.00	Opt	0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	105.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	1.50	LO	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	9.80	Opt	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	7.60	HI	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.28	Opt	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	9.80	Opt	0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	144.40	HI	0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	7.60	Opt	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.30	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.30	Opt	0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.30	Opt	0.00		1.20	- 1.60	1.10	- 2.30	ratio
Total Bilirubin	0.50	Opt	0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	117.00	hi	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	136.00	Opt	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	21.00	Opt	0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	15.00	lo	0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	13.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	55.00	lo	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	7.00	LO	0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	253.00	HI	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	160.00	hi	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	44.00	lo	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	177.00	HI	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	32.00	hi	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	5.70	HI	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	11.20	hi	0.00		7.00	- 9.00	5.50	- 13.00	mcg/dl
T3	29.00	LO	0.00		36.00	- 40.00	32.00	- 43.00	%
T7	3.25	Opt	0.00		2.60	- 3.60	2.10	- 4.70	
White Blood Count	6.20	Opt	0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.66	Opt	0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	12.90	lo	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	38.90	lo	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	83.00	lo	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	27.70	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	33.10	Opt	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	294.00	hi	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	66.00	hi	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	27.00	Opt	0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	5.00	Opt	0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	1.00	Opt	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	4.00	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	41.00	LO	0.00		67.50	- 103.50	54.00	- 186.00	u/l



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PATIENT NAME: F AGE: 30 DATE: 2/26/96 LAB NO.: 183326 CLIENT ACCT. NO.: 91525
 REQUESTED BY: Van Merkle, DC
 Analyzing By Accutrace Labs, CLIA# 03D0641886 8650 N. 22nd Ave. Phoenix, AZ 85021

NUTRIENT MINERAL LEVELS

136	20	85	34	11.9	8.5	0.68	68	0.40	0.60	54.4
128	19	80	32	11.2	8.0	0.64	64	0.38	0.57	51.2
120	18	75	30	10.5	7.5	0.60	60	0.36	0.54	48.0
112	17	70	28	9.8	7.0	0.56	56	0.34	0.51	44.8
104	16	65	26	9.1	6.5	0.52	52	0.32	0.48	41.6
96	15	60	24	8.4	6.0	0.48	48	0.30	0.45	38.4
88	14	55	22	7.7	5.5	0.44	44	0.28	0.42	35.2
80	13	50	20	7.0	5.0	0.40	40	0.24	0.36	32.0
72	12	45	18	6.3	4.5	0.36	36	0.22	0.33	28.8
64	11	40	16	5.6	4.0	0.32	32	0.20	0.30	25.6
56	10	35	14	4.9	3.5	0.28	28	0.18	0.27	22.4
48	9	30	12	4.2	3.0	0.24	24	0.16	0.24	19.2
40	8	25	10	3.5	2.5	0.20	20	0.12	0.18	16.0
32	7	20	8	2.8	2.0	0.16	16	0.10	0.15	12.8
24	6	15	6	2.1	1.5	0.12	12	0.08	0.12	9.6
16	5	10	4	1.4	1.0	0.08	8	0.06	0.09	6.4
8	4	5	2	0.7	0.5	0.04	4	0.04	0.06	3.2
45.0	8.0	25.0	4.0	0.8	1.1	0.01	16.0	0.03	0.047	12.0
CALCIUM (Ca)	MAGNESIUM (Mg)	SODIUM (Na)	POTASSIUM (K)	IRON (Fe)	COPPER (Cu)	MANGANESE (Mn)	ZINC (Zn)	CHROMIUM (Cr)	SELENIUM (Se)	PHOSPHORUS (P)

TOXIC METALS

ADDITIONAL MINERALS

2.5	0.5	0.10	1.75	3.0	0.40	8.8	0.44	0.8	0.8
2.0	0.4	0.08	1.40	2.4	0.35	7.7	0.33	0.7	0.7
1.5	0.3	0.06	1.05	2.1	0.30	6.6	0.22	0.6	0.6
1.0	0.2	0.04	0.70	1.8	0.25	5.5	0.11	0.5	0.5
0.5	0.1	0.02	0.35	1.5	0.20	4.4	0.04	0.4	0.4
0.5	0.1	0.02	0.35	1.2	0.15	3.3	0.03	0.3	0.3
0.5	0.1	0.02	0.35	0.9	0.10	2.2	0.02	0.2	0.2
0.5	0.1	0.02	0.35	0.6	0.05	1.1	0.01	0.1	0.1
0.5	0.1	0.02	0.35	0.6	0.00	0.0	0.00	0.0	0.0
0.05	0.01	0.01	0.010	0.63	0.03	N/A	0.010	0.001	N/A
LEAD (Pb)	MERCURY (Hg)	CADMIUM (Cd)	ARSENIC (As)	ALUMINUM (Al)	NICKEL (Ni)	COBALT (Co)	MOLYBDENUM (Mo)	LITHIUM (Li)	BORON (B)

MIXED OXIDIZER

FAST OXIDIZER

SLOW OXIDIZER

N/A - NOT AVAILABLE

REPORTED IN Mg%

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Personal Vitamin and Supplement Program for KC 5299					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Chromium Picolinate w/ boron	200 mcg.	1		1	
Vitamin E-400 w/ selenium	400 I.U.	1		1	
Estro Support (Multiple)	1	1	1	1	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1			
Magnesium Glycinate	100 mg.	1	1	1	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.	1		1	
Pancreatic Enzymes (Pan 10X)	1	2	2	2	
Tyrosine	500 mg.	2	2	2	

***NOTE: TO VIEW THE CONTENTS OF EACH NUTRIENT SEE *VITAMIN LISTINGS*.**

END OF FIRST REPORT

SECOND REPORT

PATIENT: KC

DATE OF BLOOD TEST: 5/9/96

DATE OF ANALYSIS: 5/11/96

DATE OF PREVIOUS TEST(S): 2/26/96

SEX: Female

WEIGHT: 154

AGE: 31

BLOOD TYPE: O

Presenting symptoms: Depression, amenorrhea, headaches, cystitis, and fatigue.

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. Our 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.

KC, overall you did a good job. There are 14 values that are better and ten that are worse. I see good improvement in the hemoglobin and hematocrit. The ferritin is better, which means your body is getting the iron it needs, although, it is coming in slowly. Your oxygen utilization is going to be better with a higher level of iron. I want to increase the reserves of iron by increasing the Iron Peptonate to two tablets per day. Remember the serum ferritin is the level of iron stores in the body. Your iron is still too low at 9.

Your thyroid is better with higher values of T3 and T4, but the thyroid is still low functioning. Continue with Energenics at two tablets, three times a day.

The main areas that are worse are your liver and diet. The uric acid and blood urea nitrogen are associated with the glucose and SGPT. Continue with MLK-1000 at three tablets before you go to bed on an empty stomach. Continue with Vitamin E at 800I.U./day. To help the low functioning liver, utilize B-Complex at 100mg/day.

The magnesium has improved very well. Still continue with Magnesium at 300mg/day.

Your calcium is lower than before. Sometimes as your body regulates itself, the calcium will lower. Continue with the Calcium and FEM Multi.

There is a mild systemic inflammatory condition, which is evidenced by the high erythrocyte sed rate. It is not serious, because it is not associated with any other values to indicate where the problem is. For this, take Vitamin C at 4,000mg/day, Beta Carotene at 125,000I.U./day, and Garlic at two tablets, three times a day.

Follow the diet as recommended before and I would like to re-check you in six months.

If we can be of any further assistance to you or your family please do not hesitate to ask.

Yours in good health,

Van D. Merkle, D.C., C. C. N.

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	05/11/96								
Glucose	83.00	lo	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	4.30	Opt	0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	2.30	LO	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	12.00	lo	0.00		13.00	- 18.00	10.00	- 20.00	mg/dl
Creatinine	0.90	Opt	0.00		0.60	- 1.00	0.50	- 1.50	mg/dl
BUN / Creatinine Ratio	13.33	Opt	0.00		13.00	- 17.00	7.50	- 18.50	ratio
Sodium	142.00	Opt	0.00		140.00	- 144.00	138.00	- 146.00	meq/dl
Potassium	4.20	Opt	0.00		4.00	- 4.60	3.50	- 5.50	meq/dl
Chloride	106.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	1.70	lo	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	9.80	Opt	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	2.30	LO	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Calcium / Albumin Ratio	2.23	Opt	#DIV/0!		2.20	- 2.50	2.03	- 2.71	ratio
Usable Calcium	5.75	LO	0.00		7.90	- 10.10	7.00	- 10.11	
Calcium-Phosphorus Index	13.23	LO	0.00		30.00	- 40.00	20.00	- 40.20	ratio
Total Protein	7.80	hi	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.40	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.40	Opt	0.00		2.80	- 3.50	1.90	- 3.70	gm/dl
A / G Ratio	1.29	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	104.00	hi	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
LDH	137.00	Opt	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	22.00	Opt	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	16.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	53.00	lo	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	9.00	LO	0.00		25.00	- 225.00	10.00	- 325.00	ng/ml
Cholesterol	250.00	HI	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	129.00	hi	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	43.00	lo	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
LDL Cholesterol	181.00	HI	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
VLDL	25.00	hi	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
Total Cholesterol / HDL Ratio	5.81	HI	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	11.10	hi	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	3.33	Opt	0.00		2.60	- 3.60	2.10	- 4.70	
White Blood Count	7.10	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	14.00	Opt	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	41.70	Opt	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	88.00	Opt	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	29.40	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	33.50	Opt	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	278.00	hi	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	66.00	hi	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	28.00	Opt	0.00		25.00	- 40.00	20.00	- 40.00	%
Monocytes	5.00	Opt	0.00		3.00	- 7.00	1.00	- 8.50	%
Eosinophils	1.00	Opt	0.00		0.00	- 4.00	1.00	- 5.00	%
Basophils	0.00		0.00		0.00	- 0.00	0.00	- 1.00	%
Erythrocytes Sed Rate ESR	16.00	HI	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	44.00	LO	0.00		67.50	- 103.50	54.00	- 186.00	u/l

Personal Vitamin and Supplement Program for KC 5299					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Beta Carotene (A-Caro)	25000 I.U.	3		2	
Vitamin C (Ascocid 1000)	1000 mg.	2		2	
Vitamin E-400 w/ selenium	400 I.U.	1		1	
Energenics	1	2	2	2	
Estro Support (Multiple)	1	1	1	1	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1		1	
Garlic	345 mg.	2	2	2	
Magnesium Glycinate	100 mg.	1	1	1	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.				3

***NOTE: TO VIEW THE CONTENTS OF EACH NUTRIENT SEE *VITAMIN LISTINGS*.**

DOCTORS NOTES:

KC is exercising two to three times per week. She has stated that her menstrual cycle is almost back to normal. She has lost 11 pounds and has more energy. Although she is still on her medication, she has significantly reduced them.

When you compare the blood tests, you'll see that she saw 14 values that improved on the second blood test. But there was not any one test that improved significantly. Even with these minor improvements, she is noticing significant changes in the way she feels and is able to reduce her medications. I have no doubt that if she continues on with this program that she will get off of her medication and will do quite well.

END OF REPORT