

# **Sinus Headaches, Dizziness, Numbness and Tingling in the Left Hand, Decreased Energy, Burning in Stomach, Joints Pop and Crack**

**Patient LP 6610, a 51 year old woman, presented on 6/13/98**

## **Patient's Observations after being on the program:**

**7/22/98: [ One month on the program ]**

- **Much better**
- **Energy, sleep and digestion are all better**

**9/15/98: [ Three months on the program ]**

- **Back to working 14 hour days with no problems**
- **She feels great and has good energy**
- **Edema is much better**
- **Weight Loss: 20 lbs**
- **Pain in her side is gone**
- **First time in her life she has nails**
- **Sinuses have improved**
- **Her joints have less pain and are more stable**
- **Burning in her stomach is gone**
- **Numbness in left hand is gone**
- **Sleeping better and awakens energized**

## FIRST REPORT

PATIENT: LP

DATE OF BLOOD TEST: 6/13/98

SEX: Female

WEIGHT: 200

DATE OF ANALYSIS: 6/22/98

AGE: 51

BLOODTYPE: O

**Presenting symptoms:** Had a pool accident and injured the neck down to the low back; has seen a chiropractor but still has constant pain; very sensitive to certain metals and amalgams; has +1 pitting edema; has stress at work; had severe food poisoning one year ago at a Chinese restaurant; was on penicillin in May for a root canal; has sinus headaches which causes dizziness; has occasional numbness and tingling in the left hand; had a breast reduction surgery; has left leg sciatic pain; "pops and cracks" all over; has decreased energy; has low grade sinus infections; takes Tylenol Sinus and Allergy medication; gets burning inside her stomach since having the food poisoning; drinks one large cup of coffee a day and up to two sodas a day; smoked for 25 years less than a pack a day and quit three years ago; was on birth control for four to five years, several years ago.

**Test Performed:** Blood test and Hair Analysis

**Test Findings:** High Glucose, Low Liver, Low Red Blood Count, High Cholesterol, High Sed Rate, High C-Reactive Protein, Mild Heavy Metals.

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 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.

The coronary risk assessment is above average at 5.19. This is concerning the total cholesterol which is high at 244 and the HDL cholesterol which is low at 47. 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 high at 156. Your VLDL cholesterol - close to the bottom of the page is high at 40. This is the very worst type of cholesterol to have and I like to see that value below 20. Unfortunately, the first sign for a high cardiovascular risk is sudden death. So, you can be feeling well and still have a severe cardiovascular risk. To help lower the total cholesterol, take EPA/DHA at 2,000mg/day and Chromium at 1,200mcg/day.

Further cardiovascular considerations: platelet counts of this magnitude have shown an increased risk for cardiac disease with two times the risk for coronary thrombus. The platelets tend to clump together to form blood clots. For the high platelet count, take Bromelain at 1,000mg/day, GLA at 300mg/day, and Vitamin E at 800I.U./day.

A low sodium indicates a low functioning adrenal gland. This is also associated with long term stress. I recommend Vitamin C at 4,000mg/day, Energenics at six tablets a day, and Formula 303 at one tablet, three times a day and two tablets at bedtime.

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

There is a low SGOT and SGPT which indicates a hypometabolic congested liver. To help raise the liver function, I recommend B-Complex at 100mg/day.

A high sed rate and a high C-reactive protein indicates a possible infection. This is also associated with the high white blood count. I recommend Beta Carotene at 100,000I.U./day and Garlic at four tablets a day. To help give the immune system a boost, take Herbal Defense at six tablets a day for two weeks. Starting the third week, stop taking it for two weeks. Starting the fifth week, take it again for two weeks and so on until the next blood test.

There is a high uric acid which will give you a tendency toward gout. This can cause joint pain. For this, avoid dairy products and take Pantothenic Acid at 500mg/day.

For the low magnesium, take Magnesium at 400mg/day and B6 at 500mg/day. This is also associated with a low blood urea nitrogen which is related to excess tissue fluid or edema. B6 helps in the utilization of magnesium.

### **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 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, epistaxis, 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 LEAD**

Clinical signs and symptoms:

The Center for Disease Control (CDC) reports the following symptoms as those frequently seen in exposed children:

Abdominal pain, colics, severe and repeated vomiting; Irritability; Hyperactivity; Anorexia; Ataxia; Mental disturbances. Advanced stage: mental retardation; Learning disability; Speech disturbances; Stupor or fatigue; Intermittent fever; Dehydration; Constipation, Diarrhea, Nausea; Altered sleep; Epileptic seizures

Physiologically, the renal, nervous, reproductive, endocrine, immune, and hemopoietic systems are affected. Sub-toxic oral exposure to lead and cadmium increases the susceptibility to bacterial and viral infections.

Other symptoms associated with the early stages of lead intoxication are: Headaches; Vertigo; Tremor; Joint pain; Neuritis; General mental symptoms, psychoneuroses

Symptoms of acute intoxication include:

Colic; Loss of muscle strength; Muscle tenderness; Paresthesia;

Signs of neuropathy:

Lead is known to damage the kidney, the liver, and the reproductive system, as well as to interfere with bone marrow function, basic cellular processes and brain functions. It is known to be responsible for convulsions, abdominal pain, paralysis, temporary blindness, extreme pallor, loss of weight and appetite, constipation and numerous other problems.

Lead causes nerve and mental problems, especially affecting learning ability in children. It was reported that the IQs of middle-class children dropped five to seven points after lead exposure, and Moon, et. al., demonstrated that lead levels also related to decreased visual and motor performance.

Therapeutic considerations:

Mild lead exposure can be treated successfully with oral chelating agents, targeted mineral therapy and dietary measures. The following should be considered:

Lead displaced calcium. In the case of calcium deficiency, lead is more readily deposited in tissues; Increase phosphorus intake; Increase vitamin C; Increase vitamin B-complex; Increase pectin and vitamin E; Vitamins A and C, and Chromium can avoid cellular damage and reduce lead levels; Inadequate vitamin D intake facilitates the absorption of lead.

## **COMMON SOURCES OF LEAD:**

lead based paints; older homes; crystal; ceramics; canned food; food crops; water contamination.

## **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 out of balance. I recommend a multiple vitamin for women, PMT-Pre Menstrual Support, at four tablets a day.

To help the digestion, I recommend Acidophilus at six tablets a day.

There is a high glucose value and the Chromium will also help this condition. Also, follow the hypoglycemic diet below.

### **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.

LP, 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	06/13/98						
Glucose	106.00	hi	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.40	Opt	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	6.60	hi	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	0.80	Opt	0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	11.25	lo	0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	138.00	lo	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	102.00	Opt	0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	2.00	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	3.80	Opt	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.29	Opt	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	9.50	Opt	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	36.10	Opt	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	7.40	Opt	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.24	Opt	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	3.20	Opt	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.33	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	106.00	hi	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	102.00	lo	0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	15.00	lo	0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	11.00	lo	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	35.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	47.21	LO	0.00		85.00 - 120.00	50.00 - 180.00	mccg/dl
Ferritin	24.00	lo	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	244.00	HI	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	202.00	HI	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	47.00	lo	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	156.00	HI	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	40.00	hi	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	5.10	HI	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	7.70	Opt	0.00		7.00 - 9.00	5.50 - 13.00	mccg/dl
T3	30.00	LO	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	2.30	lo	0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	10.80	hi	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.00	LO	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	11.70	LO	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	34.40	LO	0.00		40.00 - 47.00	37.00 - 47.00	%
MCV	86.00	Opt	0.00		85.00 - 97.00	82.00 - 99.00	cu.m
MCH	29.30	Opt	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	34.10	hi	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	349.00	hi	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	71.00	HI	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	21.00	lo	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	2.00	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	20.00	HI	0.00		0.00 - 8.00	0.00 - 9.00	mm/HR
CRP C-Reactive Protein	5.00	HI	0.00		0.00 - 0.00	0.49 - 0.51	mg /L
Creatine Kinase	50.00	LO	0.00		67.50 - 103.50	54.00 - 186.00	u/l

# HAIR MULTIELEMENT ANALYSIS REPORT

9



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

LAB. NO.: 93135-0124	ACCT.: 22044	AGE: 51	SEX: F
PATIENT: _____		DOCTOR: Van D. Merkle, DC	
OFFICE: _____			

Elements Regarded As Toxic					HIGH
TOXIC ELEMENTS	PATIENT LEVEL (parts per million)				SAMPLE SIZE: 0.19 g
		ONE STANDARD DEVIATION ABOVE MEAN	TWO STANDARD DEVIATIONS ABOVE MEAN	MORE THAN TWO STANDARD DEVIATIONS ABOVE MEAN	
Aluminum	3	*****	9		SAMPLE TYPE: head hair
Antimony	0.033	***	.15		DATE SAMPLED: 05/12/1998
Arsenic	0.040	****	.15		DATE IN: 05/15/98
Beryllium	<dl .002		.03		DATE OUT: 05/18/98
Bismuth	0.024	**	.3		OFFICE CODE: 2-1
Cadmium	0.147	*****	.25		ICP-MS analyzed
Lead	1.0	****	4.0		RACE: caucasian
Mercury	<dl .240		1.5		HAIR COLOR: _____
Nickel	0.07	**	0.7		HAIR PREPS: _____
Platinum	<dl .001		.02		SHAMPOO: FANTASTIC SAM
Silver	0.01	*	0.4		<b>Ratios</b>
Thallium	<dl .001		.05		PATIENT RATIO
Thorium	<dl .001		.01		EXPECTED RANGE
Tin	0.1	***	0.8		CA/MG 7.6 5- 15
Uranium	0.020	**	.2		CA/P 1.0 2.5- 6.5
					MG/K 1.2 1.5- 6.0
					NA/K 1.6 1.5- 4.0
					ZN/CU 16.0 5- 11
					ZN/CD >999 >800
TOTAL TOXIC REPRESENTATION *****					

Elements Regarded As Nutrients						
NUTRIENT ELEMENT	PATIENT LEVEL (parts per million)	REFERENCE RANGE			HIGH	NUMERICAL VALUE OF REFERENCE RANGE
		LOW	ONE STANDARD DEVIATION BELOW	MEAN		
Calcium	203	*****	*****	*****		350- 860
Magnesium	27	****	*****	*****		40- 110
Sodium	34		*****	*****		18- 87
Potassium	21			****		8- 38
Copper	12	*****	*****	*****		13- 35
Zinc	190			*****		125- 155
Iron	15			*****		6- 15
Manganese	0.15	*****	*****	*****		0.30- 0.75
Chromium	0.32	*****	*****	*****		0.35- 0.80
Cobalt	0.028		*****	*****		0.020- 0.045
Vanadium	0.005	*****	*****	*****		0.009- 0.080
Molybdenum	0.037		*****	*****		0.030- 0.080
Boron	1.06		*****	*****		0.80- 2.80
Iodine	0.2	*****	*****	*****		0.3- 1.2
Lithium	<dl .007	*****	*****	*****		0.010- 0.040
Phosphorus	211			*****		144- 216
Selenium	1.701			*****		0.950- 1.700
Strontium	1.87		*****	*****		1.00- 7.60
Sulfur	49094		*****	*****		48000- 52500

Other Elements					COMMENTS:
ELEMENT	PATIENT LEVELS	EXPECTED RANGE	ONE STANDARD DEVIATION HIGH	TWO STANDARD DEVIATIONS HIGH	
Barium	0.48	0.40- 2.50			
Germanium	<dl .001	0.003- 0.028			
Rubidium	0.028	0.020- 0.150			
Titanium	0.744	0.100- 0.700	*****		
Zirconium	1.552	0.020- 0.500	*****		

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

<b>Personal Vitamin and Supplement Program for LL 6610</b>					
<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.	2	1	1	
Vitamin C (Ascocid 1000)	1000 mg.	2	1	1	
Bromelain (Bromagest)	500 mg.	1		1	
Chlorella	335 mg.	1	1	1	
Chromium Picolinate w/ boron	200 mcg.	2	2	2	
Vitamin E-400 w/ selenium	400 I.U.	1		1	
Energenics	1	2	2	2	
B-Complex (Exstress Super)	50 mg.	1		1	
Folic Acid (Folacin-800)	800 mcg.	2	1	2	
Formula 303	1	1	1	1	2
Garlic	345 mg.	2	1	1	
Herbal Defense Complex	1	2	2	2	
Acidophilus (Lacto Key)	1	2	2	2	
Magnesium Glycinate	100 mg.	2	1	1	
EPA/DHA (MLK 1000)	1000 mg.				2
B6 (Neuro-K-500)	500 mg.	1			
Pantothenic Acid	250 mg.	1		1	
PMT Premenstrual Support (Multiple)	1	2		2	
GLA (Ultralinic)	240 mg.				1

**\*NOTE: TO VIEW THE CONTENTS OF EACH SUPPLEMENT, SEE VITAMIN LISTINGS.**

**END OF FIRST REPORT**

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## SECOND REPORT

PATIENT: LP

DATE OF BLOOD TEST: 8/29/98

DATE OF ANALYSIS: 9/15/98

DATE OF PREVIOUS TEST (S): 6/13/98

SEX: Female

WEIGHT: 200

AGE: 51

BLOOD TYPE: O

**Presenting Symptoms:** Had a pool accident and injured the neck down to the low back; has seen a chiropractor but still has constant pain; very sensitive to certain metals and amalgams; has +1 pitting edema; has stress at work; had severe food poisoning one year ago at a Chinese restaurant; was on penicillin in May for a root canal; has sinus headaches which causes dizziness; has occasional numbness and tingling in the left hand; had a breast reduction surgery; has left leg sciatic pain; "pops and cracks" all over; has decreased energy; has low grade sinus infections; takes Tylenol Sinus and Allergy medication; gets burning inside her stomach since having the food poisoning; drinks one large cup of coffee a day and up to two sodas a day; smoked for 25 years less than a pack a day and quit 2-3 years ago; was on birth control for 4-5 years, several yeas ago.

**Previous Test Findings:** High Glucose; Low Liver; Low Red Blood Count; High Cholesterol; High ESR; High CRP; Mild Heavy Metals

**Current Test Findings:** Low Iron; High ESR; Low Red Blood Count

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, LP, I see some good improvement. Your glucose was 106 and is now down to 95. Your liver function is better. This concerns SGOT, SGPT and alkaline phosphatase. Your T4 and T3, which indicate thyroid function, is out of balance. You had an infection on your first blood test and although your sed rate is still a little high, it has improved. Also, your white blood count, polys, and lymphocytes have improved as well.

Your red blood count, hemoglobin, and hematocrit have all improved but your serum iron and ferritin are lower than before. It looks like your body is producing red blood cells but your reserves of iron are quite low.

Vitamins to take: Chromium Picolinate at 3/day, Vitamin E at 2/day, Vitamin C 4/day, Energenics 6/day, Formula 303 as needed, Sublingual B12 Plus at 6/day, B Complex 2/day, Beta Carotene at 3/day, Garlic 4/day, Magnesium at 4/day, B6 (500) at 1/day, Chlorella 3/day, PMT Support 2/day, Iron Peptonate at 2/day.

Your hair analysis was done a little sooner than I would like to see. It commonly takes 6 months to see change due to the speed at which hair grows. I can see that you are still quite low in most of your nutrient elements. Your toxic elements are virtually the same.

Please keep this report for future reference.

A re-test of the blood and hair is desired in 6 months.

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.  
VDMtcm

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic	Clinical	Units
Date	08/29/98						
Glucose	95.00	Opt	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.40	Opt	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	3.90	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	0.80	Opt	0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	10.00	lo	0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	139.00	lo	0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.50	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	9.50	lo	0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	3.80	Opt	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.32	Opt	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	9.50	Opt	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	36.10	Opt	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	7.10	Opt	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	3.00	Opt	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.37	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	97.00	hi	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	96.00	LO	0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	17.00	lo	0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	16.00	lo	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	32.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	39.04	LO	0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	14.00	lo	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	192.00	hi	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	169.00	hi	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	32.00	LO	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	126.00	hi	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	33.00	hi	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	6.00	HI	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	9.30	hi	0.00		7.00 - 9.00	5.50 - 13.00	mcg/dl
T3	31.12	LO	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	2.89	Opt	0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	8.90	hi	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.08	LO	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	12.20	lo	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	36.20	LO	0.00		40.00 - 47.00	37.00 - 47.00	%
MCV	89.00	Opt	0.00		85.00 - 97.00	82.00 - 99.00	cu.m
MCH	29.80	Opt	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	33.70	Opt	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	252.00	hi	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	67.00	hi	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	24.00	lo	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	3.00	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	17.00	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	43.00	LO	0.00		67.50 - 103.50	54.00 - 186.00	u/l

<b>Personal Vitamin and Supplement Program for LL 6610</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	1	
Vitamin C (Ascocid 1000)	1000 mg.	2		2	
Chlorella	335 mg.	1	1	1	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin E-400 w/ selenium	400 I.U.	1		1	
Energenics	1	2	2	2	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1		1	
Garlic	345 mg.	2		2	
Magnesium Glycinate	100 mg.	2		2	
B6 (Neuro-K-500)	500 mg.	1			
PMT Premenstrual Support (Multiple)	1	1		1	
Sublingual B12 Plus (B12/Folic)	1	2	2	2	

**\*NOTE: TO VIEW THE CONTENTS OF EACH SUPPLEMENT, SEE *VITAMIN LISTINGS*.**

**END OF SECOND REPORT**

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## THIRD REPORT

PATIENT: LP

DATE OF BLOOD TEST: 7/3/99

DATE OF ANALYSIS: 7/20/99

DATE OF PREVIOUS TEST (S): 6/13/98, 8/29/98

SEX: F

WEIGHT: 200

AGE: 52

BLOOD TYPE: O

**Presenting Symptoms:** Had a pool accident and injured the neck down to the low back; has seen a chiropractor but still has constant pain; very sensitive to certain metals and amalgams; has +1 pitting edema; has stress at work; had severe food poisoning one year ago at a Chinese restaurant; was on penicillin in May for a root canal; has sinus headaches which causes dizziness; has occasional numbness and tingling in the left hand; had a breast reduction surgery; has left leg sciatic pain; "pops and cracks" all over; has decreased energy; has low grade sinus infections; takes Tylenol Sinus and Allergy medication; gets burning inside her stomach since having the food poisoning; drinks one large cup of coffee a day and up to two sodas a day; smoked for 25 years less than a pack a day and quit 2-3 years ago; was on birth control for 4-5 years, several yeas ago.

**Previous Test Findings:** Low Iron; High ESR; Low Red Blood Count

NOTE: As of 9/15/98, she states that she is back to working 14 hour days, feels good, has good energy and edema is a lot better. She has lost 20 lbs. and has nails for the first time in her life. Her sinuses were better and she has less joint pain. Her joints don't pop or crack and she is more stable. She is drinking no pop or coffee since June'98. The burning in her stomach is gone and the numbness in her left hand is gone. She is sleeping better and awakens energized.

**Current Test Findings:** Low Liver Function; Low Minerals; High Cholesterol; Low Thyroid; Low Red Blood Count; Possible Infection

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.

LP, I'm going to make some recommendations that may change. I need to know how your digestion is doing. How is your stomach? I know that the last time I talked with you in September you were feeling much better. You had lost 20 lbs. I would expect that you are still feeling better, although our progress isn't as good as we would like. Your red blood count and thyroid is a little lower than before. You may not have quite as much energy as you did. We need to make some changes.

Your glucose is a little high. Continue with your Chromium Picolinate at 3/day.

Some of your minerals are still a little low. Continue with your Magnesium at 4/day, B6 500 at 2/day and Calcium at 2/day. LP, I would like to do a bone density test to see exactly how you are doing in that area.

Your liver function is still low, which can affect your digestion. I would like you to take Silymarin (a milk thistle extract) at 3/day and B-Complex at 2/day.

Your serum iron and ferritin have improved, although your red blood count is a little lower than before. Continue with your Iron at 2/day.

For your low red blood count, hemoglobin and hematocrit, continue with the Sublingual B12 Plus at 6/day.

Your T3 and T7 are still low. This is a low functioning thyroid. Continue with your Energenics at 6/day.

We see a high sed rate, high white blood count, high polys and low lymphocyte count. This indicates an infection. Take Vitamin C at 3/day and Beta-Carotene at 2/day. To give your immune system a boost, take echinacea in a product called Coryza Forte at 4/day. Take this for two weeks and then go off for two weeks and then back on for two weeks. See if that makes you feel better. If we can get this infection under control, I think that it will also help us to get your liver and thyroid under control.

We see that your hair analysis shows some good improvement. I know that you probably look at the toxic metals and see that your aluminum is about the same. Your arsenic is higher. Several of the others are just about same, maybe a little higher, too. It looks like your body is getting rid of arsenic. Assuming you are not getting more arsenic in your system, this is your body cleaning itself out. I suspect that this may be the case, because look at your good minerals. Your nutrient elements are all improved (calcium and magnesium). Many of them were very low before, but they are not quite as bad. Your body needs these good nutrient elements to rid your body of the toxic elements. Stay on your multiple vitamin at 2/day and Chlorella at 3/day.

Continue with the same diet. Make sure you exercise. It is very important. You didn't get this way overnight. You are progressing quite well.

Please keep this report for future reference.

A re-test is desired in one year unless you are having problems.

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., D.A.C.B.N., C.C.N.  
VDM/vlb

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic		Clinical		Units
Date	07/03/99								
Glucose	104.00	hi	0.00		85.00	- 100.00	65.00	- 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.40	Opt	0.00		4.00	- 5.40	3.40	- 6.10	%
Uric Acid	4.20	Opt	0.00		4.00	- 6.00	2.50	- 8.00	mg/dl
Blood Urea Nitrogen (BUN)	11.00	lo	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	13.00	Opt	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	106.00	Opt	0.00		100.00	- 106.00	96.00	- 110.00	meq/dl
Magnesium	2.00	lo	0.00		2.20	- 2.60	1.70	- 2.40	mg/dl
Calcium	9.50	lo	0.00		9.70	- 10.10	8.60	- 10.70	mg/dl
Phosphorus	3.60	Opt	0.00		3.40	- 4.00	2.40	- 4.60	mg/dl
Total Protein	7.40	Opt	0.00		7.10	- 7.60	6.00	- 8.00	gm/dl
Albumin	4.20	Opt	0.00		4.00	- 4.50	3.50	- 5.00	gm/dl
Globulin	3.20	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	0.60	Opt	0.00		0.50	- 0.70	0.20	- 1.00	mg/dl
Alkaline Phospatase	91.00	hi	0.00		60.00	- 80.00	41.00	- 138.00	mu/ml
Creatine Kinase	38.00	lo	0.00		50.00	- 150.00	26.00	- 174.00	u/l
LDH	104.00	lo	0.00		120.00	- 160.00	100.00	- 225.00	mu/ml
SGOT (AST)	16.00	lo	0.00		18.00	- 26.00	0.00	- 40.00	mu/ml
SGPT (ALT)	16.00	lo	0.00		18.00	- 26.00	0.00	- 47.00	mu/ml
GGT	25.00	Opt	0.00		1.00	- 36.00	0.00	- 65.00	mu/ml
Serium Iron	61.00	lo	0.00		85.00	- 120.00	50.00	- 180.00	mcg/dl
Ferritin	21.00	Opt	0.00		12.50	- 218.30	10.00	- 291.00	ng/ml
Cholesterol	223.00	HI	0.00		150.00	- 180.00	140.00	- 200.00	mg/dl
Triglyceride	205.00	HI	0.00		80.00	- 115.00	10.00	- 195.00	mg/dl
HDL Cholesterol	51.00	lo	0.00		55.00	- 120.00	35.00	- 55.00	mg/dl
VLDL	41.00	HI	0.00		5.00	- 20.00	5.00	- 40.00	mg/dl
LDL Cholesterol	131.00	HI	0.00		50.00	- 110.00	65.00	- 130.00	mg/dl
Total Cholesterol / HDL Ratio	4.30	hi	0.00		0.00	- 4.00	0.00	- 5.00	ratio
T4	7.90	Opt	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	2.20	lo	0.00		2.60	- 3.60	2.10	- 4.70	
CRP C-Reactive Protein	0.00		0.00		0.00	- 0.00	0.00	- 4.90	mg /L
White Blood Count	9.40	hi	0.00		5.00	- 8.00	4.80	- 10.80	k/cumm
Red Blood Count	4.00	LO	0.00		4.50	- 5.50	4.50	- 5.50	m/cumm
Hemoglobin	12.20	lo	0.00		14.00	- 15.00	12.00	- 16.00	gm/dl
Hematocrit	37.10	lo	0.00		40.00	- 47.00	37.00	- 47.00	%
MCV	93.00	Opt	0.00		85.00	- 97.00	82.00	- 99.00	cu.m
MCH	30.60	Opt	0.00		27.00	- 31.00	27.50	- 32.50	pg
MCHC	33.00	Opt	0.00		32.00	- 34.00	32.00	- 36.00	%
Platelets	277.00	hi	0.00		175.00	- 250.00	150.00	- 450.00	k/cumm
Polys (SEGS-PMNS)	73.00	HI	0.00		55.00	- 65.00	50.00	- 70.00	%
Lymphocytes	20.00	lo	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	2.00	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	10.00	HI	0.00		0.00	- 8.00	0.00	- 9.00	mm/HR

# HAIR ELEMENTS

12/98



LAB#: 99146-0061  
 PATIENT: ..  
 SEX: Female  
 AGE: 52

CLIENT#: 22044  
 DOCTOR: Van D. Merkle, DC

5761 Far Hill Ave  
 Dayton, OH 45429

### POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		
			Within 68 <sup>th</sup>	Within 95 <sup>th</sup>	Greater than 95 <sup>th</sup>
Aluminum	2.2	< 7	██████████		
Antimony	0.013	< 0.05	██████████		
Arsenic	0.072	< 0.06	██████████		
Beryllium	< 0.01	< 0.02			
Bismuth	0.036	< 0.1	██████████		
Cadmium	0.044	< 0.1	██████████		
Lead	0.38	< 1	██████████		
Mercury	0.38	< 1.1	██████████		
Platinum	< 0.003	< 0.005			
Thallium	< 0.001	< 0.01			
Thorium	< 0.001	< 0.005			
Uranium	0.012	< 0.06	██████████		
Nickel	0.1	< 0.4	██████████		
Silver	0.03	< 0.15	██████████		
Tin	0.1	< 0.3	██████████		
Titanium	0.51	< 1	██████████		
Total Toxic Representation			██████████		

### NUTRIENT ELEMENTS

NUTRIENT ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	791	300- 1200			██████████		
Magnesium	46	35- 120			██████████		
Sodium	24	12- 90			██████████		
Potassium	3	8- 38	██████████				
Copper	13	12- 35			██████████		
Zinc	180	140- 220			██████████		
Manganese	0.05	0.15- 0.65	██████████				
Chromium	0.22	0.2- 0.4			██████████		
Vanadium	0.039	0.018- 0.065			██████████		
Molybdenum	0.049	0.028- 0.056			██████████		
Boron	0.56	0.3- 2			██████████		
Iodine	0.3	0.25- 1.3			██████████		
Lithium	0.006	0.007- 0.023			██████████		
Phosphorus	159	160- 250			██████████		
Selenium	1.2	0.95- 1.7			██████████		
Strontium	5.6	0.5- 7.6			██████████		
Sulfur	54400	44500- 52000			██████████		

### OTHER ELEMENTS

OTHER ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		RATIOS		
			50 <sup>th</sup> - 84 <sup>th</sup>	>84 <sup>th</sup>	ELEMENTS	RATIOS	EXPECTED RANGE
Barium	1.2	0.26- 3	██████████		Ca/Mg	17.1	4- 30
Cobalt	0.014	0.013- 0.05			Ca/P	4.97	1- 12
Iron	7.3	5.4- 14			Na/K	8.02	0.5- 10
Germanium	0.008	0- 0.013	██████████		Zn/Cu	13.6	4- 20
Rubidium	0.008	0.007- 0.096			Zn/Cd	> 999	> 800
Zirconium	0.058	0.02- 0.42					

**COMMENTS:**

Collection Date: 5/22/1999    Date Received: 5/26/1999    Date Complete: 5/27/1999    Sample Size: .192 g  
 Sample Type: **Head**    Hair Color:    Hair Preparation:    Shampoo: **Fantastic Sam's**  
 analyzed by ICP-MS

LABORATORY DIRECTOR: James T. Hicks, MD, Ph.D., FCAP • CLIA ID NO. 14D0646470 • MEDICARE PROVIDER NO. 148453 • TAX ID NO. (FEIN) 93-0941625  
 MAILING ADDRESS: P.O. Box 111, West Chicago, IL 60186-0111 • STREET ADDRESS: 3755 Illinois Avenue, St. Charles, IL 60174-2420  
 TELEPHONE: 630.377.8139 • FACSIMILE: 630.587.7860 • Inquiries@doctorsdata.com • www.doctorsdata.com

<b>Personal Vitamin and Supplement Program for LL 6610</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	1	1	
Chlorella	335 mg.	1	1	1	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Coryza Forte	1	2		2	
Energenics	1	2	2	2	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1		1	
Magnesium Glycinate	100 mg.	2		2	
Calcium (MCHC)	250 mg.	1		1	
B6 (Neuro-K-500)	500 mg.	1		1	
PMT Premenstrual Support (Multiple)	1	1		1	
Silymarin (Milk Thistle Extract)	150 mg.	1	1	1	
Sublingual B12 Plus (B12/Folic)	1	2	2	2	

**\*NOTE: TO VIEW THE CONTENTS OF EACH SUPPLEMENT, SEE *VITAMIN LISTINGS*.**

**END OF THIRD REPORT**