
FIRST REPORT

PATIENT: JM

DATE OF BLOOD TEST: 5-10-96

DATE ANALYSIS: 5-15-96

SEX: Male

WEIGHT: 230

AGE: 30

BLOODTYPE: O

Presenting symptoms: Eczema, chronic fatigue, allergies, skin, problems on feet, elbows, and legs. The skin problems developed six years ago. Patient works as a machinists with a lot of solvents, specifically, Naphtol.

Tests Performed: Blood Tests; Hair Analysis

Test findings: Severe coronary risk, low thyroid, allergies, and border diabetic.

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 or healthy range and test values need to be within this range for one to have optimum health.

Blood group considerations: People exhibiting blood type O often enjoy better health if they avoid dairy products.

The coronary risk assessment is severe. This is concerning cholesterol which is high at 202 and the HDL cholesterol is low at 17. You have a coronary risk of 11.88. This is determined by taking the 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. Because the triglycerides are so high the LDL and VLDL cholesterol were unable to be determined. To correct this problem we need to make some dietary changes which I will recommend later. Also, utilize Chromium at 1,200mg/day, EPA/DHA at 4,500mg/day, GLA at 300mg/day, and L-Carnitine at 1,500mg/day. Many of these same nutrients are very good for skin problems.

A low protein and a low calcium indicates possible poor protein assimilation. This is also associated with the low phosphorus, low calcium albumin ratio, and low calcium phosphorus index. This means you need Vitamin D at 20,000IU/day and Calcium at 1,500mg/day.

You have a low functioning thyroid. The thyroid gland controls your basal metabolic rate. This is the rate at which your body heals and repairs itself and also determines how fast chemical reactions occur in the body. With a low functioning thyroid your immune system is going to be low, your digestion is going to be slow, and your energy level will be low. Basically, it is impossible to be healthy and have good energy with a low functioning thyroid. I recommend Tyrosine, in a product called Energenics, at two tablets, three times a day.

A high creatinine indicates possible early prostatic urinary congestion. I believe with the other vitamins I have already recommended, that this problem will take care of itself.

You have a high eosinophil count, which indicates some sort of allergies. I want to try this program and see if we can make some results before we do anymore blood tests. If we do not make any results, there are some other allergy tests that can be done.

A high uric acid indicates a problem with protein metabolism. I want you to avoid all red meat for two months and take Pantothenic Acid at 1,500mg/day.

For a low magnesium, I recommend Magnesium at 400mg/day and B-Complex at 150mg/day. B-Complex will help in the utilization of Magnesium.

The top of the chart shows that you have a high glucose and a high hemoglobin A1C. The hemoglobin A1C is your diabetic indicator and you are almost in that range. Following the diet and vitamins are very important in the regulation of glucose.

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 pumpkinseeds 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.

Based on your blood test we are going to treat your system like your are hypoglycemic. Here are some changes in the above diet that we recommend: I want you to avoid all fruit juices. Eat only one fruit and at least four fresh vegetables per/day. A very important thing we need you to do is to eat 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. This food should be a complex carbohydrate, protein or some foods that have some good fat in them such as: whole grain bread, sunflower seeds, pumpkinseeds, nuts, carrots or even a piece of chicken would be fine to eat. You don't have to eat a lot, usually four or five bites will help to maintain that level. You will need to do this for at least the next two months.

Tissue Mineral Analysis: On the top graph of the nutrient mineral levels you will see that calcium, magnesium, zinc, phosphorus, and sodium all are good. The potassium, iron, copper, manganese, chromium, and selenium are all low. The manganese, chromium and copper are very important in your glucose metabolism. I recommend Vitamin E with selenium at 1,200I.U./day which is also a good anticancer vitamin. Down at the bottom right you will see your additional mineral levels. The boron is virtually nonexistent. Boron is important in your muscle metabolism and hormone levels.

Down at the bottom left 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, also, is 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, baking soda, breath mints, skin lotion, cosmetics, aluminum foil, and canned goods. Do not eat or drink anything that comes in a can. Read your labels before you purchase.

JM, it is easy to see why you do not feel good. You have some serious problems that need to be corrected now. You are at a high risk for early heart attacks and strokes. However, you do not have these things yet, and I believe if you will follow this program we can catch them in time. I also believe your skin problems will get better.

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.

JM, 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/lm

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic	Clinical	Units
Date	05/15/96						
Glucose	102.00	hi	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.50	hi	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	7.40	hi	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	1.30	hi	0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	11.54	lo	0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	141.00	Opt	0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.40	Opt	0.00		4.00 - 4.60	3.50 - 5.50	meq/dl
Chloride	104.00	Opt	0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	1.40	LO	0.00		2.20 - 2.60	1.70 - 2.40	mg/dl
Calcium	9.40	lo	0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	2.90	lo	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.19	lo	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	7.25	lo	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	21.03	lo	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	6.70	lo	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.30	Opt	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	2.40	lo	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.79	hi	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	87.00	hi	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	155.00	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)	19.00	Opt	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	14.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	87.00	Opt	0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	18.00	lo	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	202.00	HI	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	408.00	HI	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	17.00	LO	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	0.00		0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	0.00		0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	11.80	HI	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	6.70	lo	0.00		7.00 - 9.00	5.50 - 13.00	mcg/dl
T3	32.00	lo	0.00		36.00 - 40.00	32.00 - 43.00	%
T7			0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	5.90	Opt	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.71	Opt	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	13.10	lo	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	40.40	Opt	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	27.80	Opt	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	32.40	Opt	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	189.29	Opt	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	51.00	lo	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	33.00	Opt	0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	8.00	hi	0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	7.00	HI	0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.00	hi	0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	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	150.00	hi	0.00		67.50 - 103.50	54.00 - 186.00	u/l

SEX: M AGE: 30 DATE: 5/10/96 LAB NO.: 187755 CLIENT ACCT. NO.: 91525
 PATIENT NAME: REQUESTED BY: Van Merkle, DC
 Testing 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	0.14	0.21	16.0
32	7	20	8	2.8	2.0	0.16	16	0.12	0.18	12.8
24	6	15	6	2.1	1.5	0.12	12	0.10	0.15	9.6
16	5	10	4	1.4	1.0	0.08	8	0.08	0.12	6.4
8	4	5	2	0.7	0.5	0.04	4	0.06	0.09	3.2
8	3	5	2	0.7	0.5	0.04	4	0.04	0.06	3.2
46.0	7.0	39.0	2.0	0.6	1.1	0.01	17.0	0.04	0.012	12.0
CALCIUM (Ca)	MAGNESIUM (Mg)	SODIUM (Na)	POTASSIUM (K)	IRON (Fe)	COPPER (Cu)	MANGANESE (Mn)	ZINC (Zn)	CHROMIUM (Cr)	SELENIUM (Se)	PHOSPHORUS (P)

NORMAL

PREVIOUS TEST

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	2.7	0.35	7.7	0.33	0.7	0.7
1.5	0.3	0.06	1.05	2.4	0.30	6.6	0.22	0.6	0.6
1.0	0.2	0.04	0.70	2.1	0.25	5.5	0.11	0.5	0.5
0.5	0.1	0.02	0.35	1.8	0.20	4.4	0.027	0.4	0.4
0.5	0.1	0.02	0.35	1.5	0.15	3.3	0.012	0.3	0.3
0.5	0.1	0.02	0.35	1.2	0.10	2.2	0.012	0.2	0.2
0.5	0.1	0.02	0.35	0.9	0.05	1.1	0.012	0.1	0.1
0.5	0.1	0.02	0.35	0.6	0.00	0.0	0.012	0.0	0.0
0.14	0.04	0.01	0.021	1.30	0.01	N/A	0.027	0.012	N/A
LEAD (Pb)	MERCURY (Hg)	CADMIUM (Cd)	ARSENIC (As)	ALUMINUM (Al)	NICKEL (Ni)	COBALT (Co)	MOLYBDENUM (Mo)	LITHIUM (Li)	BORON (B)

PREVIOUS TEST

PREVIOUS TEST

MIXED OXIDIZER

FAST OXIDIZER

SLOW OXIDIZER

**Personal Vitamin and Supplement Program
for JM 7361**

Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
Carnitine	300 mg.	3		2	
Chromium Picolinate w/ boron	200 mcg.	2	2	2	
Vitamin D (D-Natural 5)	5000 I.U.	2		2	
Vitamin E-400 w/ selenium	400 I.U.	1	1	1	
Energenics	1	2	2	2	
B-Complex (Extress Super)	50 mg.	1	1	1	
Magnesium Glycinate	100 mg.	2		2	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.	2		2	
Pantothenic Acid	250 mg.	2	2	2	
GLA (Ultralinic)	240 mg.	1			

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

END OF FIRST REPORT

SECOND REPORT

PATIENT: JM

DATE OF BLOOD TEST: 8/14/96

DATE OF ANALYSIS: 8/21/96

SEX: Male

WEIGHT: 205

AGE: 30

BLOOD TYPE: O

Presenting symptoms: Eczema, allergies, skin problems, feet, elbows, and legs. Six years duration of skin problems. Patient works with machines that have solvents, specifically, naphtol.

Test findings: Coronary risk, low thyroid, allergies, borderline diabetic.

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.

Blood group considerations: People exhibiting blood type O often enjoy better health if they avoid dairy products.

Jm, good job! You have made significant changes in your overall blood work. There are 24 values that have improved. At this time, you are no longer at risk for diabetes. The glucose value is good. Your digestion is better. The calcium, magnesium, and related values are all better. Protein utilization is better. The globulin and A/G ratio have improved, but the protein is still low.

The coronary risk has dropped from 11.88 to 6.91. This is a tremendous change in such a short period of time. I can tell you have made big changes in diet and nutrition. The cholesterol went from 202 to 152. The HDL cholesterol, which is the good cholesterol, went from 17 up, to 22. Although, your total cholesterol went down, the good cholesterol went up.

Another good improvement is your thyroid. The T3, T4, and T7 values are all better.

However, there are 10 values that are worse than before, and 7 of them are related to your iron metabolism. This includes the red blood count, the white blood count, the hemoglobin, and hematocrit. These are signs of hypochromic anemia. I recommend Iron Peptonate at 60mg/day, B12 at 9mg/day, and Folic Acid at 7.2mg/day. Be sure to chew the B 12 up and hold it under your tongue for better absorption.

The uric acid is high, but it is showing some improvement. For this, continue with Pantothenic Acid at four tablets per day, Chromium at 600mg/day, EPA/DHA at two tablets a day, Vitamin D at 10,000iu/day, Calcium at 1,000mg/day, Tyrosine at three tablets a day, Magnesium at four tablets per day, B-Complex at 100mg/day, and Vitamin E at 1,200I.U./day. Avoid the GLA and L-Carnitine.

The coronary risk is much better, but you are still in the severe range. Remember, the protective range is four and under. Follow this program for another six months and then retest at that time. Keep up the good work!

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	08/16/96						
Glucose	92.00	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	6.20	hi	0.00		4.00 - 6.00	2.50 - 8.00	mg/dl
Blood Urea Nitrogen (BUN)	13.00	Opt	0.00		13.00 - 18.00	10.00 - 20.00	mg/dl
Creatinine	1.50	hi	0.00		0.60 - 1.00	0.50 - 1.50	mg/dl
BUN / Creatinine Ratio	8.67	lo	0.00		13.00 - 17.00	7.50 - 18.50	ratio
Sodium	144.00	Opt	0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.40	Opt	0.00		4.00 - 4.60	3.50 - 5.50	meq/dl
Chloride	107.00	hi	0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	1.60	LO	0.00		2.20 - 2.60	1.70 - 2.40	mg/dl
Calcium	10.20	hi	0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	3.40	Opt	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.43	Opt	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	8.50	Opt	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	28.90	lo	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	6.70	lo	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.20	Opt	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	2.50	lo	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.68	hi	0.00		1.20 - 1.60	1.10 - 2.30	ratio
Total Bilirubin	0.40	lo	0.00		0.50 - 0.70	0.20 - 1.00	mg/dl
Alkaline Phospatase	81.00	hi	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	157.00	Opt	0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	24.00	Opt	0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	19.00	Opt	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	9.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	48.00	LO	0.00		85.00 - 120.00	50.00 - 180.00	mccg/dl
Ferritin	21.00	lo	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterol	152.00	Opt	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	222.00	HI	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterol	22.00	LO	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterol	85.00	Opt	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	44.00	HI	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterol / HDL Ratio	6.90	HI	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	7.60	Opt	0.00		7.00 - 9.00	5.50 - 13.00	mccg/dl
T3	35.00	lo	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	266.00	HI	0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	5.00	Opt	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.32	LO	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	12.50	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	86.00	Opt	0.00		85.00 - 97.00	82.00 - 99.00	cu.m
MCH	28.90	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	162.39	lo	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	52.00	lo	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	38.00	Opt	0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	4.00	Opt	0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	5.00	hi	0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.00	hi	0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	2.00	Opt	0.00		0.00 - 8.00	0.00 - 9.00	mm/HR
CRP C-Reactive Protein	0.00	Opt	0.00		0.00 - 0.00	0.49 - 0.51	mg/L
Creatine Kinase	148.00	hi	0.00		67.50 - 103.50	54.00 - 186.00	u/l

Personal Vitamin and Supplement Program for JM 7361					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
B12 (12-Resin-K)	1000 mcg.	3	3	3	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin D (D-Natural 5)	5000 I.U.	1		1	
Vitamin E-400 w/ selenium	400 I.U.	1	1	1	
Energenics	1	1	1	1	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1			
Folic Acid (Folacin-800)	800 mcg.	3	3	3	
Magnesium Glycinate	100 mg.	2	1	1	
Calcium (MCHC)	250 mg.	1		1	
EPA/DHA (MLK 1000)	1000 mg.	1		1	
Pantothenic Acid	250 mg.	2	1	1	

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

END OF SECOND REPORT

THIRD REPORT

PATIENT: JM

DATE OF BLOOD TEST: 4/11/97

DATE OF ANALYSIS: 4/28/97

SEX: Male

WEIGHT: 230

AGE: 31

BLOOD TYPE: O

Presenting Symptoms: Eczema, allergies, skin problems on feet, elbows, and legs. Six year duration of skin problems. Patient works with machines that have solvents, specifically, Naphtol.

Previous Test Findings: Coronary risk, Low Thyroid, Allergies, Borderline Diabetic,

Clinical Impressions: Low White Blood Count, Mildly Low Thyroid, Low Magnesium, Low Phosphorus.

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.

Good job, JM! There is good improvement on the blood test. Twenty-one values have improved including the uric acid, red blood count, hemoglobin, and hematocrit. The serum iron is good but the serum ferritin is low. Continue with Iron Peptonate at 60mg/day, B12 at six tablets a day, Folic Acid at six tablets a day, Pantothenic Acid at four tablets a day, and Chromium at three tablets a day. The EPA/DHA is good for the skin at two tablets a day. The Vitamin D is needed because the calcium and phosphorus are lower. Increase Vitamin D to 15,000I.U./day and Calcium to 1,500mg/day. The thyroid is lower than before. I recommend Tyrosine at 1,000mg/day, Magnesium at 400mg/day, B-Complex at 100mg/day, and Vitamin E at 1,200I.U./day.

The coronary risk improved from 6.91 down to 5.4, even though the cholesterol went up. Continue with the diet.

Keep up the good work!

Please keep this report for future-reference and bring it with you to your next evaluation. A re-test is desired in ten 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., D.A.C.B.N., C.C.N.
VDM/lm

Test Description	Current Result	Current Rating	Prior Result	Delta	Homeostatic	Clinical	Units
Date	04/21/97						
Glucose	87.00	Opt	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.30	Opt	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	6.10	hi	0.00		4.00 - 6.00	2.50 - 8.00	mg/dl
Blood Urea Nitrogen (BUN)	14.00	Opt	0.00		13.00 - 18.00	10.00 - 20.00	mg/dl
Creatinine	1.40	hi	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	142.00	Opt	0.00		140.00 - 144.00	138.00 - 146.00	meq/dl
Potassium	4.80	hi	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	2.00	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	2.90	lo	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Calcium / Albumin Ratio	2.18	lo	#DIV/0!		2.20 - 2.50	2.03 - 2.71	ratio
Usable Calcium	7.25	lo	0.00		7.90 - 10.10	7.00 - 10.11	
Calcium-Phosphorus Index	21.03	lo	0.00		30.00 - 40.00	20.00 - 40.20	ratio
Total Protein	7.20	Opt	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.50	Opt	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	2.70	lo	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	1.67	hi	0.00		1.20 - 1.60	1.10 - 2.30	ratio
Total Bilirubin	1.00	hi	0.00		0.50 - 0.70	0.20 - 1.00	mg/dl
Alkaline Phospatase	51.00	lo	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
LDH	161.00	hi	0.00		120.00 - 160.00	100.00 - 225.00	mu/ml
SGOT (AST)	29.00	hi	0.00		18.00 - 26.00	0.00 - 40.00	mu/ml
SGPT (ALT)	21.00	Opt	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	101.00	Opt	0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	16.00	lo	0.00		25.00 - 225.00	10.00 - 325.00	ng/ml
Cholesterd	184.00	hi	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	119.00	hi	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterd	34.00	LO	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
LDL Cholesterd	126.00	hi	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
VLDL	23.00	hi	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
Total Cholesterd / HDL Ratio	5.40	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	32.00	lo	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	2.98	Opt	0.00		2.60 - 3.60	2.10 - 4.70	
White Blood Count	4.60	LO	0.00		5.00 - 8.00	4.80 - 10.80	k/cummm
Red Blood Count	4.59	Opt	0.00		4.50 - 5.50	4.50 - 5.50	m/cummm
Hemoglobin	14.20	Opt	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	40.60	Opt	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	30.90	Opt	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	34.80	hi	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	176.87	Opt	0.00		175.00 - 250.00	150.00 - 450.00	k/cummm
Polys (SEGS-PMNS)	56.00	Opt	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	32.00	Opt	0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	4.00	Opt	0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	7.00	HI	0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.00	hi	0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	3.00	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	156.00	hi	0.00		67.50 - 103.50	54.00 - 186.00	u/l

**Personal Vitamin and Supplement Program
for JM 7361**

Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
B12 (12-Resin-K)	1000 mcg.	2	2	2	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin D (D-Natural 5)	5000 I.U.	1	1	1	
Vitamin E-400 w/ selenium	400 I.U.	1	1	1	
B-Complex (Exstress Super)	50 mg.	1		1	
Iron Peptonate (Ferrotate)	50 mg	1			
Folic Acid (Folacin-800)	800 mcg.	2	2	2	
Magnesium Glycinate	100 mg.	2	1	1	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.				2
Pantothenic Acid	250 mg.	2	1	1	
Tyrosine	500 mg.	1		1	

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

END OF THIRD REPORT

FOURTH REPORT

PATIENT: JM

DATE OF BLOOD TEST: 7/16/99

DATE OF ANALYSIS: 8/13/99

SEX: M

WEIGHT: 205

AGE: 30

BLOOD TYPE: O

Presenting Symptoms: eczema; allergies; skin problems on feet, elbows, and legs; six year duration for skin problems; patient works with machines that have solvents, specifically, naphthol.

Previous Test Findings: High Hemoglobin A1C; Allergies; Low Minerals

Current Test Findings: High Uric Acid; Low Minerals; Low Protein; Anemia; High Triglycerides; Low HDL Cholesterol; Low Thyroid; Possible 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.

Your coronary risk is 5.42. The cholesterol is good at 168 and the HDL cholesterol is low at 31. The LDL cholesterol is good at 186 and the VLDL is high at 50. Overall, JM, your coronary risk is the same as it was last time. The cholesterol is a little lower than before, but your HDL dropped a little bit, too. We do need to raise the HDL cholesterol. Continue with your Chromium Picolinate at 3/day.

You are still low in minerals. Your uric acid is high. You might be eating a little too much red meat or dairy. This may be associated with the high monocyte count. The high eosinophils and basophils are more environmental allergies. I don't know if you are having any hayfever-type symptoms.

You see that your T3 is low at 3.1. This is a low thyroid.

Your red and white blood counts are low, as well as your hemoglobin, hematocrit and ferritin. This is an anemia. Your ferritin has always been fairly low.

Your protein is low. The high triglycerides are sometimes associated with not having enough pancreatic enzymes and/or poor digestion. Sometimes triglycerides are associated with having too much sugar in your diet, eating too many fruits or drinking too much fruit juice. Assuming that this is digestion related, take Betaine Plus at 2/meal.

The vitamins that we want you to take now are: Iron at 1/day, Sublingual B12 Plus at 6/day, Pantothenic Acid at 4/day, EPA/DHA at 2/day, Vitamin D at 2/day, Calcium at 3/day, Magnesium Glycinate at 4/day, Energenics at 3/day, Vitamin E at 2/day and multiple vitamin at 2/day.

I would like to see a hair analysis as soon as possible.

Overall, it looks like you are doing pretty good. I don't know what vitamins you have been taking recently. I will assume that you have been taking the vitamins listed on your last report. Make these little modifications.

Overall, good job. Keep up the good work.

Please keep this report for future reference.

A re-test is desired in one year.

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.

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	07/16/99						
Glucose	92.00	Opt	0.00		85.00 - 100.00	65.00 - 110.00	mg/dl
Hemoglobin A1C(Gly-Hgh)	5.20	Opt	0.00		4.00 - 5.40	3.40 - 6.10	%
Uric Acid	8.00	hi	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	1.50	hi	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	144.00	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	109.00	hi	0.00		100.00 - 106.00	96.00 - 110.00	meq/dl
Magnesium	1.90	lo	0.00		2.20 - 2.60	1.70 - 2.40	mg/dl
Calcium	9.30	lo	0.00		9.70 - 10.10	8.60 - 10.70	mg/dl
Phosphorus	2.70	lo	0.00		3.40 - 4.00	2.40 - 4.60	mg/dl
Total Protein	6.90	lo	0.00		7.10 - 7.60	6.00 - 8.00	gm/dl
Albumin	4.60	hi	0.00		4.00 - 4.50	3.50 - 5.00	gm/dl
Globulin	2.30	lo	0.00		2.80 - 3.50	1.90 - 3.70	gm/dl
A / G Ratio	2.00	hi	0.00		1.20 - 1.60	1.10 - 2.30	ratio
Total Bilirubin	0.70	Opt	0.00		0.50 - 0.70	0.20 - 1.00	mg/dl
Alkaline Phospatase	75.00	Opt	0.00		60.00 - 80.00	41.00 - 138.00	mu/ml
Creatine Kinase	190.00	HI	0.00		50.00 - 150.00	26.00 - 174.00	u/l
LDH	150.00	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)	21.00	Opt	0.00		18.00 - 26.00	0.00 - 47.00	mu/ml
GGT	18.00	Opt	0.00		1.00 - 36.00	0.00 - 65.00	mu/ml
Serium Iron	54.00	lo	0.00		85.00 - 120.00	50.00 - 180.00	mcg/dl
Ferritin	16.00	Opt	0.00		12.50 - 218.30	10.00 - 291.00	ng/ml
Cholesterd	168.00	Opt	0.00		150.00 - 180.00	140.00 - 200.00	mg/dl
Triglyceride	251.00	HI	0.00		80.00 - 115.00	10.00 - 195.00	mg/dl
HDL Cholesterd	31.00	LO	0.00		55.00 - 120.00	35.00 - 55.00	mg/dl
VLDL	50.00	HI	0.00		5.00 - 20.00	5.00 - 40.00	mg/dl
LDL Cholesterd	86.00	Opt	0.00		50.00 - 110.00	65.00 - 130.00	mg/dl
Total Cholesterd / HDL Ratio	5.40	HI	0.00		0.00 - 4.00	0.00 - 5.00	ratio
T4	8.40	Opt	0.00		7.00 - 9.00	5.50 - 13.00	mcg/dl
T3	31.00	LO	0.00		36.00 - 40.00	32.00 - 43.00	%
T7	2.60	Opt	0.00		2.60 - 3.60	2.10 - 4.70	
CRP C-Reactive Protein	0.00	Opt	0.00		0.00 - 0.00	0.00 - 4.90	mg /L
White Blood Count	4.80	lo	0.00		5.00 - 8.00	4.80 - 10.80	k/cumm
Red Blood Count	4.47	LO	0.00		4.50 - 5.50	4.50 - 5.50	m/cumm
Hemoglobin	13.20	lo	0.00		14.00 - 15.00	12.00 - 16.00	gm/dl
Hematocrit	38.70	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	29.40	Opt	0.00		27.00 - 31.00	27.50 - 32.50	pg
MCHC	34.00	Opt	0.00		32.00 - 34.00	32.00 - 36.00	%
Platelets	192.00	Opt	0.00		175.00 - 250.00	150.00 - 450.00	k/cumm
Polys (SEGS-PMNS)	52.00	lo	0.00		55.00 - 65.00	50.00 - 70.00	%
Lymphocytes	33.00	Opt	0.00		25.00 - 40.00	20.00 - 40.00	%
Monocytes	8.00	hi	0.00		3.00 - 7.00	1.00 - 8.50	%
Eosinophils	6.00	HI	0.00		0.00 - 4.00	1.00 - 5.00	%
Basophils	1.00	hi	0.00		0.00 - 0.00	0.00 - 1.00	%
Erythrocytes Sed Rate ESR	3.00	Opt	0.00		0.00 - 8.00	0.00 - 9.00	mm/HR

Personal Vitamin and Supplement Program for JM 7361					
Vitamin or Supplement	Dosage Per Unit	AM	Noon	PM	Bed
HCL Pepsin (Betaine Plus)	650 mg.	2	2	2	
Chromium Picolinate w/ boron	200 mcg.	1	1	1	
Vitamin D (D-Natural 5)	5000 I.U.	1		1	
Vitamin E-400 w/ selenium	400 I.U.	1		1	
Energenics	1	1	1	1	
Iron Peptonate (Ferrotate)	50 mg	1			
Magnesium Glycinate	100 mg.	2		2	
Calcium (MCHC)	250 mg.	1	1	1	
EPA/DHA (MLK 1000)	1000 mg.				2
Pantothenic Acid	250 mg.	2		2	
Sublingual B12 Plus (B12/Folic)	1	2	2	2	
Ultra Preventive III (Multiple)	1	1		1	

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

Doctors Observations:

So many times, the health problems that we have develop so slowly that we don't realize how bad we feel, and that was the case with this patient. The most interesting finding with JM is that his coronary risk was extremely high at 11.8, even though his cholesterol was only 202. His coronary risk was high because his HDL cholesterol was so very low at 17.

An interesting thing, he stated when he first came in that if he cut himself, the blood would just kind of ooze out, it wouldn't flow freely. The reason for this was because of the low HDL. This made his blood like the consistency of sludge. After following our program, he states that now if he cuts himself, it is a brighter red and it flows more like it is suppose to, more like water. Imagine the stress this was putting on his heart and his vascular system by trying to push that sludge through his arteries and veins.

JM still continues to show good improvement and his skin problem has not returned.

END OF REPORT