

Diagnos-Techs, Inc.

Clinical & Research Laboratory
 PO BOX 389662, Tukwila, WA 98138-0662
 Tel: (425) 251-0596
 CLIA License # 50D0630141

Accession # 06-40653

Received : 05/26/2006
 Completed: 05/31/2006
 Reported : 05/31/2006

NATURAL CHOICES HEALTH CLINIC
 KIM
 12270 SW 2ND ST

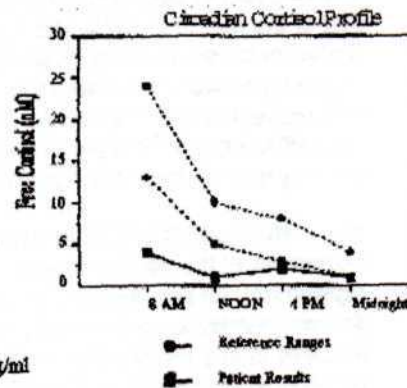
BEAVERTON OR 97005
 USA Tel: 1(503)520-8859 Fax: 1(503)627-0919

Results For:

ANNA
 Age: 54 Gender: Female

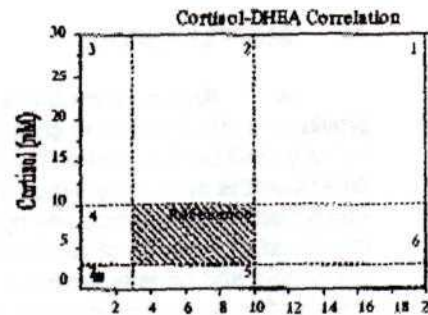
Patient's Tel:
 Specimen Collected: 05/23/2006

Test	Description	Result	Ref Values
NLASI CUSTOM ASI			
TAP	Free Cortisol Rhythm		
07:00 - 08:00 AM		4 Depressed	13-24 nM
11:00 - Noon		1 Depressed	5-10 nM
04:00 - 05:00 PM		2 Depressed	3-8 nM
11:00 - Midnight		<1 Depressed	1-4 nM
Cortisol Burden:		8	23 - 42
DHEA	Dehydroepiandrosterone	1 Depressed DHEA	Adults (M/F): 3-10 ng/ml



KEY: CORTISOL-DHEA CORRELATION

1. Adapted to stress.
2. Adapted with DHEA slump.
3. Maladapted Phase I.
4. Maladapted Phase II.
5. Non-adapted, Low Reserves.
6. High DHEA.
7. Adrenal Fatigue.



Patient Result Interpretations

Depressed morning cortisol, < 13 nM, is suggestive of marginal HPA performance.
 Normal rhythms exhibit highest cortisol value for the day at 7 - 8 AM.
 Morning cortisol augmentation, or 11 Beta HSD inhibitors, as in licorice, worth consideration.
 Minimal cortisol rhythm; cortisol augmentation and anabolic support suggested.

Diagnosis Code: 780.79

Please Note: All examples of patient treatment or therapy are for illustrative and/or educational purpose. Use this report in context of the clinical picture before initiating hormone or other therapies.

COURTESY INTERPRETATION of test and technical support are available upon request, to Physician Only

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Code	Test Name	Result / Notes	Reference Values/Key
E2	Estradiol	9	Postmenopause-No HRT: 1-4 pg/ml HRT Target Range: 5-13 pg/ml Follicular: 5-13 pg/ml Luteal: 7-20 pg/ml
P1	Progesterone	35	Postmenopause-No HRT: 5-95 pg/ml HRT Target Range: 100-300 pg/ml Follicular: 20-100 pg/ml Luteal: 65-500 pg/ml
TTF	Free Testosterone	6 Borderline Low	Borderline: 5-7 pg/ml Normal: 8-20 pg/ml

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Code	Test Name	Result / Notes	Reference Values/Key
ISN	Insulin	Fasting: <3	Normal: 3-12 uIU/mL

Why Test for Insulin?

Insulin activity is affected by the stress and cortisol responses. Chronic stress with cortisol elevation antagonizes insulin, and may cause functional insulin resistance. Furthermore, chronic hypercortisol causes hyperinsulin responses to carbohydrate intake. Chronic insulin resistance and overproduction lead to pancreatic exhaustion.

General Information about insulin values.

Fasting: This insulin value is elevated in cases of insulin resistance.

Post Prandial: This insulin value varies with type of meal and time of sample collection. See figure 1b. Adapted, Br. J. Nutr. 2003, 90:853

To obtain the most meaningful results, instruct patient to eat 50g of carbohydrate or what is equivalent to 200 calories about 45-90 minutes before noon sample collection. Examples: 2 slices of white bread and 1 cup of orange juice OR 1 cup of cooked oatmeal and 1 cup of orange juice OR 2 ounces of corn flakes snack.

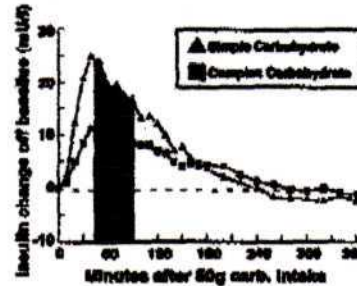


Figure 1b. Serum Insulin - Time Curve

Shaded area is optimal period of post-prandial collection.