



CELLMATE™
WELLNESS
SYSTEMS

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ANNA

Test date: 8/14/1998

Entered: 9/1/1998

Next Test Due: 9/9/2003

CellMate™ Blood Test (CWP) Report

Practitioner

If there is a problem with this report, please contact us as soon as possible at: (775) 832-8485 or Fax (775) 832-8488

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Basic Status Report (High/Low)

ANNA

Female / Age: 46

Client ID:555986644 (8322)

Blood Test (CWP) Date: 8/14/1998

The % Status is the weighted deviation of the laboratory result.

Low Results

-80	-60	-40	-20	0						
					% Status	Result	Low	High		
		-48.26			-48.26	L	1066.00	1000.00	4800.00	
		-44.67			-44.67	L	5.40	5.00	12.50	
		-42.00			-42.00	L	4.10	3.50	11.00	
		-41.03			-41.03	L	31.79	31.40	35.80	
		-37.84			-37.84	L	2517.40	1800.00	7700.00	
		-35.65			-35.65	L	28.70	0.00	200.00	
		-32.50			-32.50	L	12.40	11.70	15.70	
		-32.14			-32.14	L	16.00	11.00	39.00	
		-31.82			-31.82	L	14.00	8.00	41.00	
		-31.82			-31.82	L	26.00	20.00	53.00	
		-30.68			-30.68	L	1.31	1.10	2.20	
		-30.56			-30.56	L	13.00	6.00	42.00	
		-30.26			-30.26	L	1.37	0.60	4.50	
		-30.00			-30.00	L	6.40	5.00	12.00	
		-28.68			-28.68	L	106.60	0.00	500.00	
		-27.27			-27.27	L	125.00	100.00	210.00	
		-25.79			-25.79	L	58.00	35.00	130.00	
		-25.00			-25.00	L	139.00	137.00	145.00	

-25%

High Results

-20	0	20	40	60						
					% Status	Result	Low	High		
		53.33			53.33	H	10.30	1.00	10.00	
		40.91			40.91	H	30.00	20.00	31.00	
		25.00			25.00	H	113.00	62.00	130.00	

25%

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Basic Status Report (Alphabetic)

ANNA

Blood Test (CWP) Date: 8/14/1998

Female / Age: 46

The % Status is the weighted deviation of the laboratory result relative to the range.

	-100	-50	0	50	100		% Status		Result	Low	High
							A/G Ratio	L	1.31	1.10	2.20
							Albumin		4.20	3.50	5.00
							Alkaline Phosphatase		69.00	32.00	110.00
							Anion Gap		9.20	4.00	14.00
							B.U.N.		11.00	6.00	23.00
							B.U.N./Creatinine Ratio		12.22	6.00	25.00
							Basophil Count	L	28.70	0.00	200.00
							Basophils		0.70	0.00	2.00
							Bilirubin, Total		0.60	0.40	1.10
							Calcium		10.00	9.30	10.90
							Calcium/Phosphorus Ratio		2.56	2.30	3.30
							Chloride		104.00	101.00	112.00
							Cholesterol		182.00	140.00	240.00
							CO2	H	30.00	20.00	31.00
							Creatinine		0.90	0.60	1.30
							Eosinophil Count	L	106.60	0.00	500.00
							Eosinophils		2.60	0.00	6.00
							Free T4 Index (T7)	L	5.40	5.00	12.50
							GGT	L	14.00	8.00	41.00
							Globulin		3.20	2.20	3.70
							Glucose		93.00	60.00	115.00
							HDL-Cholesterol	L	58.00	35.00	130.00
							Hematocrit		39.00	34.80	46.50
							Hemoglobin	L	12.40	11.70	15.70
							Iron, Total		75.00	40.00	150.00
							LDH	L	125.00	100.00	210.00
							LDL	H	113.00	62.00	130.00
							Lymphocyte Count	L	1066.00	1000.00	4800.00
							Lymphocytes	L	26.00	20.00	53.00
							MCH		29.38	26.40	34.00
							MCHC	L	31.79	31.40	35.80
							MCV		92.42	80.00	100.00
							Monocyte Count		422.30	0.00	800.00
							Monocytes	H	10.30	1.00	10.00
							Neutrophil Count	L	2517.40	1800.00	7700.00
							Neutrophils		61.40	40.00	81.00
							Phosphorus		3.90	2.40	4.90
							Potassium		4.20	3.70	5.50
							Protein, Total		7.40	6.10	8.00
							R.B.C.		4.22	3.80	5.20
							sGOT	L	13.00	6.00	42.00
							sGPT	L	16.00	11.00	39.00
							Sodium	L	139.00	137.00	145.00
							T-3 Uptake		31.40	22.50	37.00
							Thyroxine (T4)	L	6.40	5.00	12.00
							Triglycerides		56.00	0.00	200.00
							Ultra-Sensitive TSH	L	1.37	0.60	4.50
							Uric Acid		4.60	2.90	7.30
							W.B.C.	L	4.10	3.50	11.00
							Total Status Deviation		21.86		
							Total Status Skew		-13.30		

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Client Summary Review

ANNA

Female / Age: 46

Blood Test (CWP) Date: 8/14/1998

Nutritional Support

The following supplements may help to balance your biochemistry. Consult your practitioner.

- | | |
|---|--|
| <input type="checkbox"/> 1-Cardiovascular Health Protocol
See Nutrition Detail | <input type="checkbox"/> 1-Immune Stimulation Protocol
See Nutrition-Detail |
| <input type="checkbox"/> 1-Oral Electrolyte - Standard Formula
2x daily | <input type="checkbox"/> 2-Iodine
2x daily 75 mcg |
| <input type="checkbox"/> 2-Probiotics
1x daily 3 caps | <input type="checkbox"/> H - Garlic
1 - 3 times daily |
| <input type="checkbox"/> H - Ginseng (Panax)
1 - 3 times daily | <input type="checkbox"/> H - Licorice
1 - 3 times daily |
| <input type="checkbox"/> Well Balanced Diet | |

Nutritional Supplements to AVOID

The following supplements may aggravate already out-of-balance biochemistry.

Acetic Acid

Food Recommendations

The following foods may help to balance or strengthen your biochemistry.

Artichoke	Banana	Beef	Black Pepper
Blueberries	Bok Choy Cabbage	Boysenberries	Buckwheat
Butter Beans	Clams	Currant, Black	Eggplant
Eggs	Elderberries	Fava Beans	Filberts/Hazelnuts
Flounder	Goose	Grapefruit	Gruyere Cheese
Guava	Haddock	Halibut	Honeydew Melon
Kidney Beans	Lamb	Lentils	Mackerel
Mozarella Cheese	Mushrooms	Mussels	Navy Beans
Onions	Oysters	Peanuts	Pecans
Plantains	Potatoes	Prawns	Pumpkin
Rabbit	Salmon	Shad	Snapper
Sole	Strawberries	Sturgeon	Turkey
Veal	Venison	Walnuts	Wild Rice
Yams			

Foods to AVOID

The following foods may aggravate already out-of-balance biochemistry.

Carbonated Beverages Coffee (2) Hydrogenated Fats

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Out-Of-Balance Panel Values

The following panels have a PSD of greater than 25% indicating need for further review. PSD is the Panel Status Deviation, or the average imbalance of that subset of results. The PSS is the Panel Status Skew, or the direction, negative (deficiency) or positive (excess), of that subset of results.

Panel Name	PSD	PSS
Differential Count	30.64%	-29.53%
Allergy	30.10%	-2.10%
Thyroid	29.08%	-23.39%

Lab Reported out-of-range Values

The following results are out-of-range (as reported by the lab), and should be carefully reviewed.

Monocytes (53.33%)

These white blood cells are helpful in fighting severe infections, are considered the body's second line of defense against infection and are the largest cells in the blood stream. Elevated levels are seen in tissue breakdown, chronic infections, carcinomas, leukemia (monocytic) and lymphomas.

Drugs which may have an adverse affect:

Ampicillin, Chlorpromazine, Griseofulvin, Haloperidol, Prednisone

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ANNA

Female / Age: 46

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

1-Cardiovascular Health Protocol See Nutrition Detail

CARDIOVASCULAR RISK PROTOCOL
CARBOHYDRATE METABOLISM PROFILE

When Triglycerides are elevated it suggests a potential for impaired carbohydrate metabolism and a greater risk of developing cardiovascular disease. This pattern indicates suboptimal operation of carbohydrate metabolism, interfering with efficient cellular energy production. Various pathways being over- or under- utilized can be nutritionally supported with digestive enzymes, B-Complex, Lipoic acid, and CoEnzyme Q10 supplementation. Recommended nutrients include:

- B-Complex (2x daily)
- Lipoic Acid (2x daily)
- CoEnzyme Q10 (2x 50 mg daily)
- Digestive Enzymes (1-2 with each meal)

Wallace, DC, Mitochondrial genetics: a paradigm for aging and degenerative diseases?, Science, 256:628-632 (1992).
Corral-Debrinski, Shffner JM, Lott MY, Wallace DC, Association of mitochondrial DNA damage with aging and coronary arteriosclerotic heart disease. Mutat Res, 275:169-180 (1992).

<u>Decreased</u>	<u>Rationale</u>	<u>Increased</u>
HDL-Cholesterol	<u>Normal</u> Uric Acid Cholesterol	LDL

1-Immune Stimulation Protocol See Nutrition-Detail

IMMUNE MARKER PROTOCOL

When abnormal immune markers appear, the following protocol may be helpful

BROAD SPECTRUM FATTY ACID
(1-3 times daily)

Broad spectrum fatty acids, high in Omega-3, -6 and -9 have shown a potential ability to improve immune function.

TRACE MINERALS
(1 time daily)

Trace minerals are critical in almost all enzymatic reactions. A proper balance is crucial in the proper utilization of vitamins, fats and carbohydrates.

PROBIOTICS
(2 times daily)

Probiotic strains address dysbiosis in the gastrointestinal tract.

<u>Decreased</u>	<u>Normal</u>	<u>Increased</u>
W.B.C. Neutrophil Count	Iron, Total	

1-Oral Electrolyte - Standard Formula 2x daily

ORAL ELECTROLYTE

The main electrolytes in the human body are sodium, potassium, phosphorus, calcium, chloride, magnesium and bicarbonate. During illness, the equilibrium present in healthy individuals, is disturbed. A well balanced formula is helpful in restoring a state of equilibrium. A sports formula will have greater levels of bicarbonate yet still keeping the proportion of the other salts in line.

<u>Decreased</u>	<u>Normal</u>	<u>Increased</u>
Sodium	Potassium	CO2

2-Iodine 2x daily 75 mcg

IODINE (I)

Iodine is an essential component of the thyroid hormones. Thyroxine, a main component of thyroid function, contains four iodine atoms.

<u>Decreased</u>	<u>Normal</u>	<u>Increased</u>
Thyroxine (T4)	T-3 Uptake	

2-Probiotics 1x daily 3 caps

PROBIOTICS

Probiotic strains address dysbiosis in the gastrointestinal tract.

<u>Decreased</u>	<u>Normal</u>	<u>Increased</u>
W.B.C.		Monocytes

Nutrition - Detail

Blood Test (CWP) Date: 8/14/1998

ANNA

Female / Age: 46

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

H - Garlic 1 - 3 times daily

GARLIC

Garlic's use has been reported to be beneficial in lowering blood lipid (fat) levels. May cause unwanted bodily odors. As with any herb, caution should be taken with its use.

Decreased

Rationale

Normal

Cholesterol

Increased

LDL

H - Ginseng (Panax) 1 - 3 times daily

GINSENG

Also known as Korean Ginseng (Panax ginseng), this herb has shown benefits to those suffering from fatigue, stress, compromised immune systems and diabetes. As with any herb, caution should be taken with its use. Women who experience breast tenderness should discontinue its use.

Decreased

Normal

Lymphocytes
Lymphocyte Count

Increased

H - Licorice 1 - 3 times daily

LICORICE

The herb licorice (Glycyrrhiza glabra) has been shown to be beneficial in cases of viral infection (AIDS, viral hepatitis and the common cold). As with any herb, caution should be taken with its use. Licorice should be avoided in patients with low potassium, hypertension, renal failure or using digitalis.

Decreased

Normal

W.B.C.
Lymphocytes

Potassium

Increased

Well Balanced Diet

WELL BALANCED DIET

It is important to make sure that a well balanced diet utilizing fresh vegetables, meats, fish, and complex carbohydrates (whole grains) is part of your daily regime.

Decreased

Normal

Glucose
Protein, Total
Cholesterol

Increased

AVOID THE FOLLOWING SUPPLEMENTS

AVOID Acetic Acid

ACETIC ACID - Vinegar

Acetic acid has been shown to lower sodium levels in part by combining with the sodium ion and creating sodium acetate which is removed by the kidneys.

Decreased

Normal

Sodium

Increased

Drug Interactions

ANNA

Blood Test (CWP) Date: 8/14/1998

Female / Age: 46

Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The (#) after each drug denotes the number of times that drug is flagged as being potentially harmful.

Acetaminophen(2)	Acetazolamide	Acyclovir	Allopurinol(4)
Amantadine	Amitriptyline	Amoxicillin	Ampicillin(3)
Aspirin(3)	Busulfan(2)	Carbamazepine(3)	Chlorpromazine(3)
Clindamycin	Clofibrate(3)	Desipramine	Diazepam
Erythromycin	Fluorides(4)	Fluphenazine	Furosemide(3)
Gentamicin	Griseofulvin(2)	Haloperidol(2)	Hydrocortisone(2)
Hydroxyurea(3)	Ibuprofen(3)	Imipramine	Indomethacin(3)
Itraconazole(2)	Kanamycin	Ketocanazole	Levodopa(2)
Lincomycin	Lithium(2)	MAO Inhibitors(2)	Mannitol
Mercaptopurine(2)	Methimazole(2)	Methotrexate(3)	Methyldopa(2)
Miconazole(3)	Naproxen	Neomycin(2)	Nifedipine
Nitrofurantoin(2)	Paramethadione	Penicillamine(3)	Penicillin(2)
Phenelzine	Phenobarbital(2)	Phenylbutazone(2)	Phenytoin(2)
Piroxicam(2)	Polythiazide(3)	Prednisone(4)	Procainamide
Procarbazine(2)	Progesterone	Progestins	Protriptyline
Reserpine	Rifampin(3)	Salicylates(2)	Spectinomycin
Streptomycin(2)	Sulfamethizole(2)	Sulfamethoxazole	Sulfasalazine(2)
Sulfisoxazole(2)	Tamoxifen	Tetracycline(2)	Triameterene(2)
Trimethadione(2)	Tromethamine	Valproic Acid(2)	Vancomycin
Vasopressin	Viomycin		

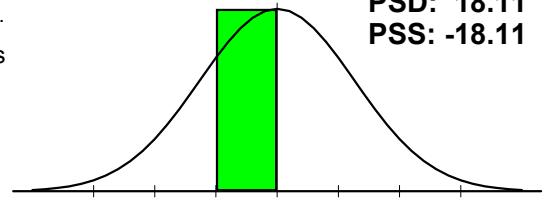
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Adrenal Function

Cholesterol, Eosinophils, Eosinophil Count[L], Potassium, Sodium[L].

This panel is meant to assess adrenal function. A deficiency in this panel may indicate adrenal stress. The deviation was below 25% so no abnormalities were found.

PSD: 18.11
PSS: -18.11

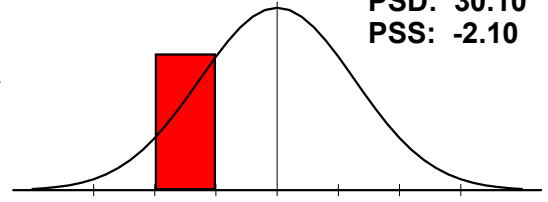


Allergy

Eosinophils, Globulin, Lymphocytes[L], Monocytes[H], W.B.C.[L].

This panel profile may be due to a general mineral deficiency. Correlate this with the Differential and Differential Count Panels for additional information. If the Differential Count Panel Skew is low and the Differential is abnormal (>25% off), then suspect a general nutrient deficiency also.

PSD: 30.10
PSS: -2.10

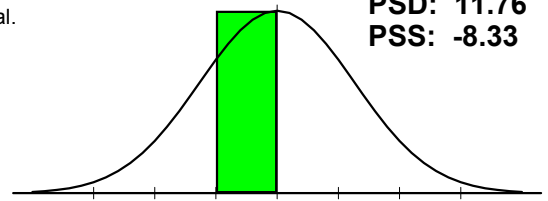


Anti Oxidant Status

Anion Gap, Bilirubin, Total, Chloride, Cholesterol, Glucose, Iron, Total.

The elements in this panel help represent the antioxidant status of the individual. Excesses or deficiencies in this panel may indicate the need for additional antioxidants. The deviation was below 25% so no abnormalities were found.

PSD: 11.76
PSS: -8.33

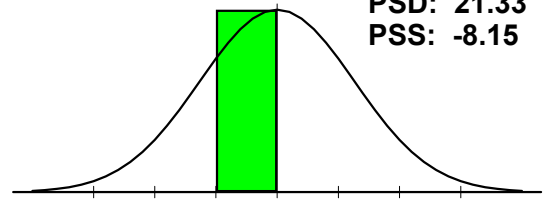


Athletic Potential

B.U.N./Creatinine Ratio, Cholesterol, CO2[H], Creatinine, LDH[L], Potassium, Protein, Total, Sodium[L], HDL-Cholesterol[L].

This panel is used to help assess athletic potential. Keeping this panel in a normal range may be helpful in improving athletic performance and reducing the risk of injury. The deviation was below 25% so no abnormalities were found.

PSD: 21.33
PSS: -8.15

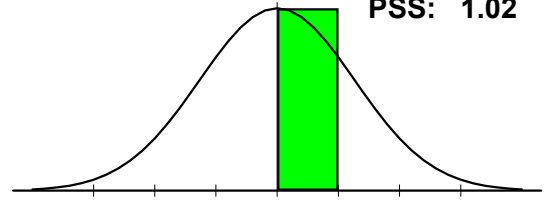


Bone/Joint

Albumin, Alkaline Phosphatase, Calcium, Neutrophils, Phosphorus, Protein, Total, Uric Acid.

This panel may be helpful in assessing bone and joint health. Keeping the elements of this panel in a normal range may be helpful in reducing the risk of osteoporosis and other bone and joint disorders. The deviation was below 25% so no abnormalities were found.

PSD: 7.73
PSS: 1.02

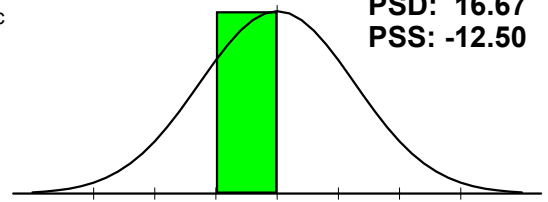


Cardiac Marker

Cholesterol, GGT[L], Iron, Total, LDH[L], sGOT[L], Triglycerides, Uric Acid, HDL-Cholesterol[L], LDL[H].

This panel may be helpful in assessing cardiovascular disease risk. Keeping the elements in this panel in a normal range is important in reducing the risk of CVD. The deviation was below 25% so no abnormalities were found.

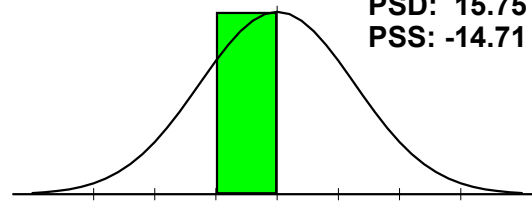
PSD: 16.67
PSS: -12.50



Cellular Distortions

Alkaline Phosphatase, Anion Gap, GGT[L], Iron, Total, LDH[L],
Neutrophils, W.B.C.[L].

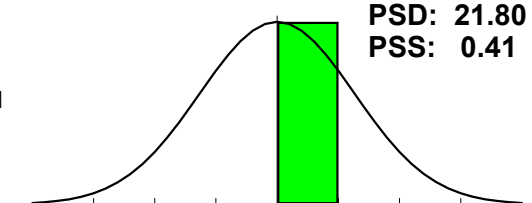
This panel may be helpful in determining the ability of the body to properly produce healthy cells. The deviation was below 25% so no abnormalities were found.



Differential

Basophils, Eosinophils, Lymphocytes[L], Monocytes[H], Neutrophils.

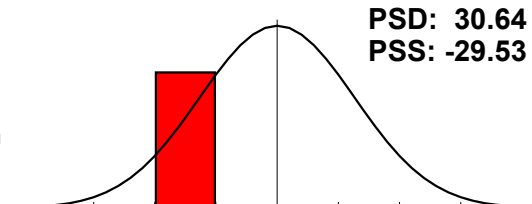
This panel may be helpful in assessing immune system health. Excesses or deficiencies in this panel may indicate a compromised immune system. The deviation was below 25% so no abnormalities were found.



Differential Count

Basophil Count[L], Eosinophil Count[L], Lymphocyte Count[L],
Monocyte Count, Neutrophil Count[L].

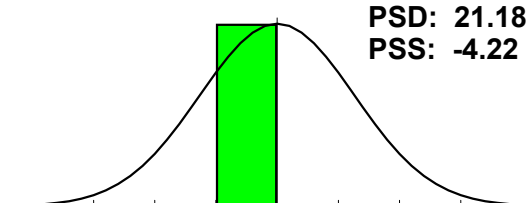
The negative Panel Status Skew may be due to the immune system being at rest if the Differential Panels Deviation is less than 25%, if it is higher than 25% than suspect a weakened or compromised immune system.



Electrolyte

Calcium, Chloride, CO2[H], Phosphorus, Potassium, Sodium[L].

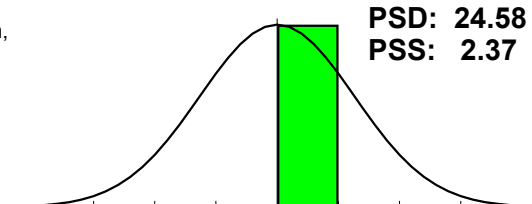
This panel is a representation of electrolyte balance in blood. Balance is critical in maintaining and achieving optimal health. The deviation was below 25% so no abnormalities were found.



Gastrointest. Function

Anion Gap, Chloride, Cholesterol, CO2[H], Monocytes[H], Potassium,
Sodium[L], Triglycerides, LDL[H].

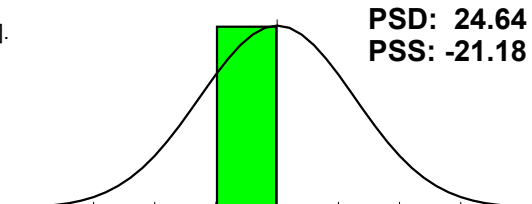
This panel may be helpful in assessing gastrointestinal health. Keeping the elements listed in a normal range may improve digestion and metabolism of proteins, fats and carbohydrates. The deviation was below 25% so no abnormalities were found.



Hematology

Hematocrit, Hemoglobin[L], MCH, MCHC[L], MCV, R.B.C., W.B.C.[L].

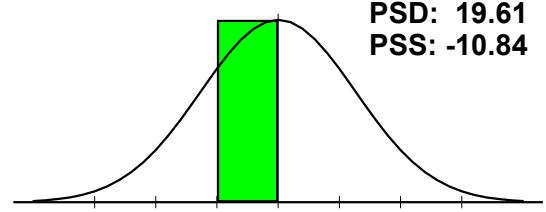
The hematology panel assesses the production of red blood cells and their function. The deviation was below 25% so no abnormalities were found.



Inflammatory Process

Eosinophils, Globulin, LDH[L], Neutrophils, Potassium, sGOT[L], sGPT[L], Triglycerides, Uric Acid, LDL[H].

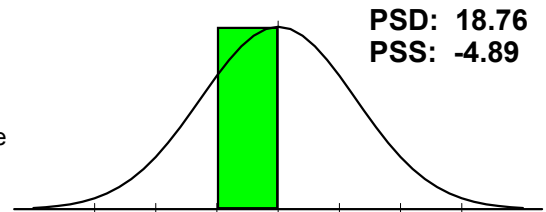
This panel may be helpful in assessing any inflammatory processes that may be occurring in the body. The deviation was below 25% so no abnormalities were found.



Kidney Function

Albumin, B.U.N., B.U.N./Creatinine Ratio, Chloride, CO2[H], Creatinine, Glucose, Potassium, Protein, Total, Sodium[L].

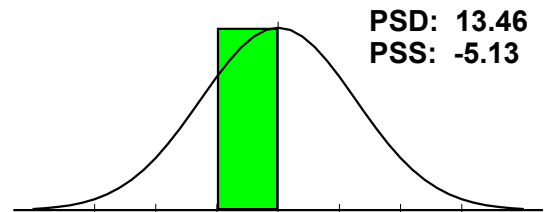
This panel may be helpful in assessing kidney function. It is important to keep the elements of this subset in balance to help the body eliminate waste material. The deviation was below 25% so no abnormalities were found.



Lipid

Cholesterol, Triglycerides, HDL-Cholesterol[L], LDL[H].

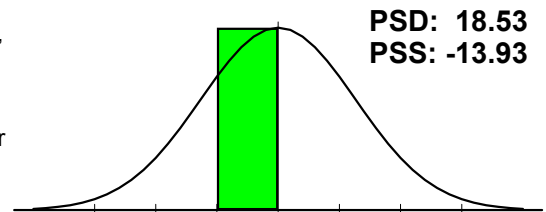
Lipid assessment is important in helping achieve optimal wellness as well as reducing cardiovascular disease risk. The deviation was below 25% so no abnormalities were found.



Liver Function

Albumin, Alkaline Phosphatase, Bilirubin, Total, Cholesterol, GGT[L], Protein, Total, sGOT[L], sGPT[L].

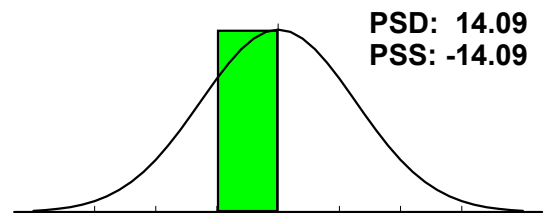
Assessing liver function is important in determining the individual's ability to detoxify itself as well as processing amino acids and other important biological processes. The deviation was below 25% so no abnormalities were found.



Nitrogen

B.U.N., B.U.N./Creatinine Ratio, Creatinine, Uric Acid.

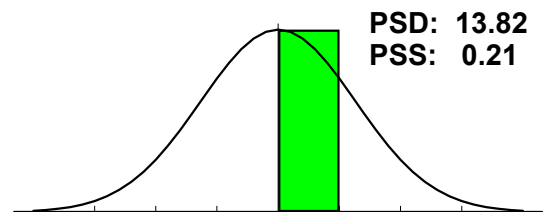
Nitrogen is an important element in achieving optimal wellness. The elements in this panel are important in determining nitrogen competency. The deviation was below 25% so no abnormalities were found.



Protein

A/G Ratio[L], Albumin, Globulin, Protein, Total.

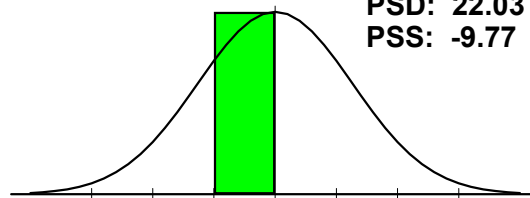
Proteins are the basic building blocks of hormones, muscle, neurotransmitters, immune systems responses and more. Assessing their competency is crucial in achieving optimal wellness. The deviation was below 25% so no abnormalities were found.



Pulmonary Function

Anion Gap, Calcium, CO2[H], LDH[L], Potassium, sGOT[L], Sodium[L].

This panel may be helpful in assessing lung and respiratory function. The deviation was below 25% so no abnormalities were found.

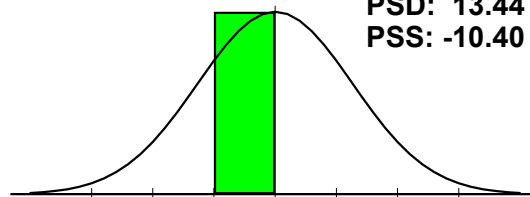


PSD: 22.03
PSS: -9.77

Ratios

A/G Ratio[L], B.U.N./Creatinine Ratio, Calcium/Phosphorus Ratio, Sodium/Potassium Ratio.

This panel may be helpful in determining the general balance of the overall chemistry of the individual. The deviation was below 25% so no abnormalities were found.

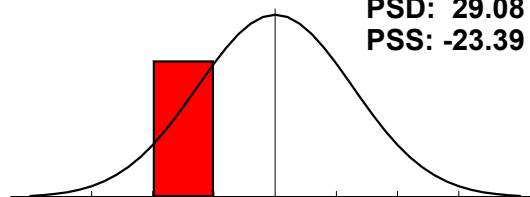


PSD: 13.44
PSS: -10.40

Thyroid

Thyroxine (T4)[L], T-3 Uptake, Free T4 Index (T7)[L], Ultra-Sensitive TSH[L].

This profile may indicate the need for a careful review of the individual markers in order to determine causative factors.



PSD: 29.08
PSS: -23.39

Clinical Correlation

ANNA

Blood Test (CWP) Date: 8/14/1998

Female / Age: 46

This report "MATCHES" clinical observations with the lab test. Elements shown, normal and abnormal, tend to characterize the observation. Highlighted elements are those reported to "MATCH" the characteristics of the clinical observation. Others are NOT matches but are elements in the observation.

No disease pattern matches > 66.0%

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