



NATMED  
INTEGRATED MEDICINE CLINIC

CELEBRATING 20 YEARS  
EMPOWERING YOU TO  
CREATE HEALTH.



FOUNDATIONAL  
HEALTH PROGRAM  
SAMPLE REPORT



# YOUR RESULTS

Human beings are the most exquisite example of biological engineering on the planet. When you get your health checked with a GP you will generally be looking for anything pathological but when we test we are looking for parameters of health.

## **How Healthy are You?**

You are about to find out. Through rigorous testing we piece the clues together and discern how your symptoms developed. This enables us to map your journey back to health and then help you keep it for life.

Read ahead to discover what is happening within your own body, how this relates to your health goals, and how this information will be used to carve your path forward to optimum wellbeing.



# BLOOD MICROSCOPY



Live Blood microscopy is a lost art and one that presents an opportunity to have a deeper look at what might be going on in real time.

Now when you get a full blood count it is all done by computer which means that a lot of the information is missed.

We were taught blood microscopy by pathologists who are degree trained in microscopy.

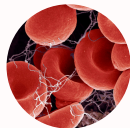
Looking at your blood through a microscope enables us to identify markers for inflammation, anemia, low B12 and low omega 3 levels.

As we retest your blood in clinic on your return visits, you will see visible and identifiable signs of improvement. For example if your B12 levels are sub optimal, you will see markers called macrocytes improve as your B12 levels improve.

# YOUR RESULTS

*POSITIVE RESULTS ARE CHECKED*

## Fibrin

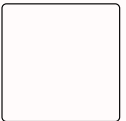


Fibrin is a natural clotting factor however if it is diffuse and onsets in less than 3 minutes then it can indicate that you are deficient in magnesium.

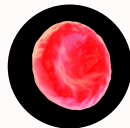
BEFORE



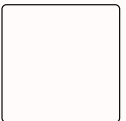
AFTER



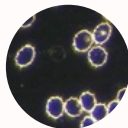
## Macrocytes



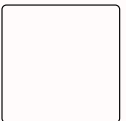
Macrocytes: Large Cells are expanding to potentiate haemoglobin binding and can indicate deficiency of Folate or B 12. Check for raised mean cell vol in your full blood count



## Echinocytes



This is where the cells are jagged and irregular. It is an indication of oxidative stress. This indicates that your nutrition is not keeping up with lifestyle. It indicates a need for antioxidants from supplements or diet.



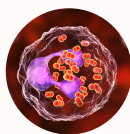
## Microcytes



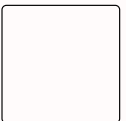
Small red cells may be haemoglobin deficient, indicating iron deficiency or microcytic anaemia. Check for low mean cell volume in your full blood count.



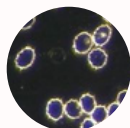
## Phagocytes



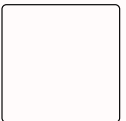
A type of cell within the body capable of engulfing and absorbing bacteria and other small cells and particles. If you see a lot of phagocytes it is because the immune system is busy 'cleaning' up & ideally you want to see this resolve. It often indicates a need for probiotics.



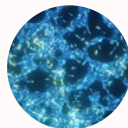
## Rouleaux



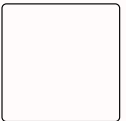
Cells are stuck together rather than floating in singular fashion. Overall it indicates increased viscosity of the cell membrane which may increase blood pressure and is a sign of omega 3 deficiency or lack of movement.



## BioFilm



Biofilms are clusters of bacterial cells enclosed in a self-produced polymer matrix that are attached to a surface. Biofilm formation can increase the resistance of bacteria to antibiotics, disinfectants and host immune response.



# YOUR METABOLIC ANALYSIS

Your body shape and where you store excess weight can have a pronounced influence on your health. Body composition impacts your risk of developing diseases such as Type II diabetes, heart disease, sleep disorders, metabolic syndrome and some cancers. Excess weight around the waist termed visceral fat, has a strong association with increased health risks.

## Muscle Mass

Muscle is the body's Number 1 anti-ageing tissue, meaning it is important to maintain & build this body tissue to keep us younger and healthier into later life. Increasing muscle mass also boosts metabolism and bone density.

## Fat Mass

This reading indicates the overall volume of fat within your body. Excess fat mass can be a sign of insulin resistance and contribute to cardiovascular strain, amongst other health risks. 1 kg of muscle is smaller in volume than 1 kg of fat mass. As you lose fat and gain muscle you may not notice a difference on the scales, but you should notice it in your body shape and size.

## Intracellular Fluid

The intracellular fluid is found within the cell and a higher reading (50–60%) indicates better health. Possible causes of low intracellular fluid include low magnesium levels, essential fatty acid deficiency, inflammation, dehydration and stress

## Extracellular Fluid

Extracellular fluid is the sodium rich fluid found outside the cell. A reference range outside of 40–50% can indicate excess fluid outside the cell, which may be caused by high levels of toxins, metabolic wastes or infection.

# YOUR RESULTS

## BEFORE

*Your Ideal Weight*    70-75    kg

*Your Weight*            88.80    kg

Total Fat            47.50    kg  
Ideal                16.44    kg  
Difference           -31.06    kg

Total Muscle       17.06    kg  
Ideal                20.98    kg  
Difference           +3.91    kg

Intracelluar  
Actual              41.14    %  
*Ideal*                50 - 60    %

Extracellular  
Actual              58.86    %  
*Ideal*                40 - 50    %

## AFTER

*Your Ideal Weight*    00        kg

*Your Weight*            00        kg

Total Fat            00        kg  
Ideal                00        kg  
Difference           00        kg

Total Muscle       00        kg  
Ideal                00        kg  
Difference           00        kg

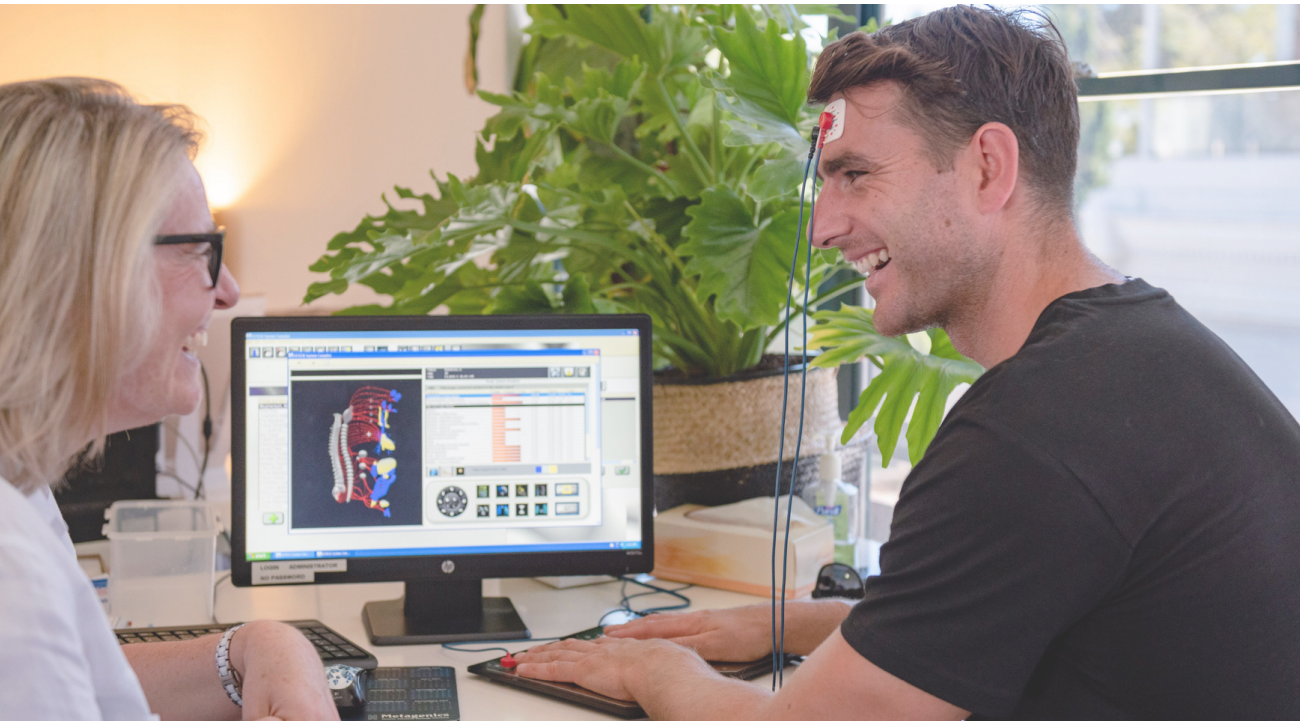
Intracelluar  
Actual              00        %  
Ideal                50 - 60    %

Extracellular  
Actual              00        %  
*Ideal*                40 - 50    %





# ESTECK BIO IMPEDENCE SCAN



The ESTECK is an electrical interstitial scan. Three very low voltage impulses are passed through 21 segments or cross sections of the body across 6 electrodes. These impulses refract as they travel through your body. The refraction angle is gathered using a cotterill equation to give a value for ATP. ATP or Adenosine triphosphate is the energy produced by cells. Your ESTECK looks for low & high ATP readings as an indication for low function or inflammation of a system or organ in the body.

The ESTECK was developed by Dr. Albert Maaerk who is a pioneer in the development of Galvanic Skin Response (GSR) devices and inventor of the LD Technology products.

# YOUR RESULTS

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## Areas of high ATP

May indicate inflammation or hyper function

Your esteck showed raised ATP in the following areas:

BEFORE

- COLON
- PANCREAS
- SYMPATHETIC DOMINANCE
- BLADDER & UTERUS



AFTER

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## Areas of low ATP

May indicate low function

Your esteck showed low ATP in the following areas:

BEFORE

- BRAIN TIRED & EXHAUSTED
- LOW NEUROTRANSMITTER  
LEVELS
- THYROID SLUGGISH



AFTER





# MAGNAGRAPH

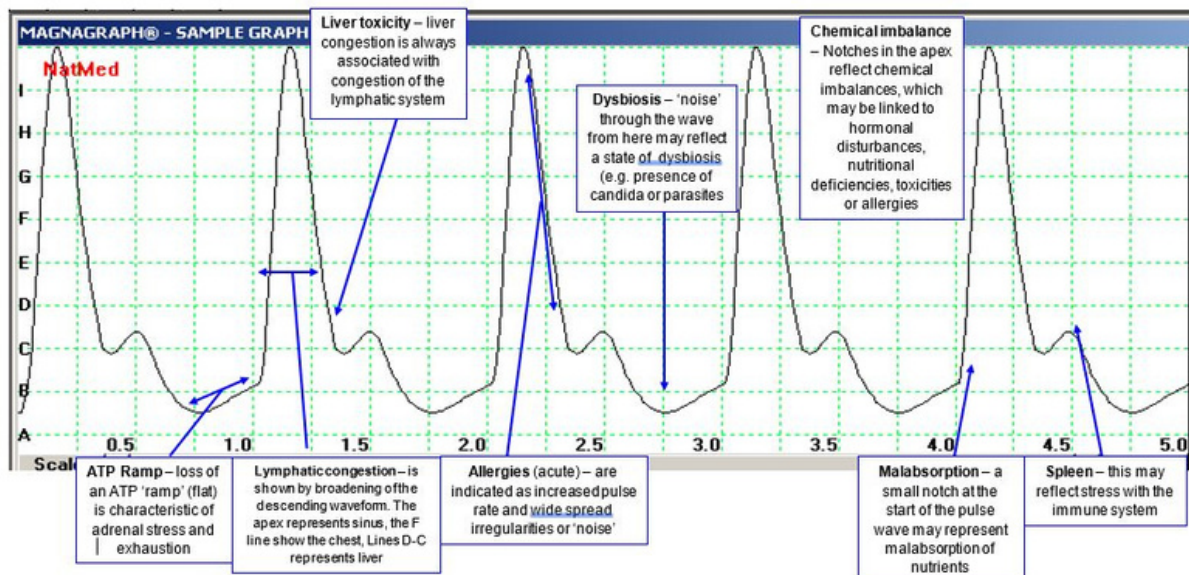
The magnagraph is not a TGA registered diagnostic screen. It was developed Dr Bob Grace using pulse oximeter technology. Dr Grace developed the indications based on anecdotal data from several specialist's clinical experience.

If we had to go out into the desert with one piece of equipment other than blood pressure and a stethoscope, the magnagraph would be our choice. It gives us consistent results that enable appropriate navigation of patient care. This enables us to focus on your priority needs, choose the right functional tests, such as stool microbiome testing and make sure that we have you on the right prescription.



## The Magnagraph pulse oximeter

The magnagraph improves with each visit. It is a very useful real time tool that gives you and your practitioner useful biofeedback to assess your progress.



# YOUR MAGNAGRAPH RESULTS

## BEFORE

## AFTER

Pay Attention

Pay Attention



### Oxygen Saturation ( o2 sat )

This can indicate issues with apnoea, pulmonary function, iron & B12.



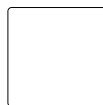
### Heart Rate

Heart rate & heart rate variability indicates fitness, age as well as sympathetic nervous system function.



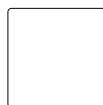
### ATP ramp

This is a measure of energy production. ATP stands for adenosine Tri Phosphate and is the energy molecule all cells produce to function. Low ATP in the cardiac system as shown in the Magnagraph, can indicate poor energy produciton in the rest of the body.



### Spleen

If you have no notch on the ejection phase of the cardiac graph, it can indicate overall exhaustion and thus poor immunity as a result.



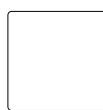
### Lymph

The lymph is your waste removal system. Poor lymph drainage is quickly addressed with movement.



### Allergies

Histamine can be seen on the graph where there is a lot of noise on the downward part of the apex



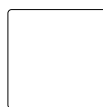
### Liver

Excess Liver activity will show up as extreme noise throughout the ejection phase of the graph.



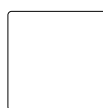
### Dysbiosis

Mild noise through the ejection phase can indicate poor microbial balance in the GIT.



### Malabsorption

Where your digestive tract is not working to absorb all foods and nutrients.



### Chemical imbalance

Where drugs or hormones are affecting your health detrimentally.



# BLOOD PRESSURE



When people think of the body's circulatory system, the first thing that usually comes to mind is the heart. But the heart couldn't do its job without blood vessels - the vast system of elastic tubes made of muscle. This network of vessels carries blood to every part of your body, ensuring that your heart, lungs, and all vital organs get the oxygen and nutrients they need. **Blood pressure measures the pressure in this system.**

Though blood vessels are relatively small, the network is amazingly long. In fact, if they were laid out in a line, they would measure more than 96,560 kilometres in length. That's long enough to wrap around the globe. It takes a lot of looking after! Increased pressure is a major indicator that your circulatory engineering is under strain. When your blood pressure is elevated, taking blood pressure medications may be appropriate, however we prefer to discover the cause of your hypertension and try treating that first. It is a big system requiring lots of maintenance.

## YOUR BLOOD PRESSURE RESULT

BEFORE 145 /73

IDEAL 120 /80

AFTER

### Some causes of hypertension

- Blood viscosity or the blood being stickier can be increased due to inflammation, lack of exercise or a low omega 3 diet.
- Drops in estrogen during menopause, causes a loss of elasticity in the blood vessels.
- The formation of plaques which causes narrowing and loss in elasticity of the arteries thus reducing circulation which results in the heart pump having to work harder
- Stress can also cause an elevation in blood pressure with diaphragm breathing shown to decrease this.
- Obesity - for each extra kilogram of weight you gain you also have to grow extra blood vessels to nourish this extra fat.



# HEAVY METAL TEST

If your urine is showing heavy metals then this is an important finding.

Heavy metals are stored by the body in tissues such as bone and fat .

Everyone has some presence of heavy metals in their system however excess levels can be sequestered into tissue to avoid serious problems such as brain damage.

If your heavy metals are being mobilizing and excreted into the urine it may indicate that you are particularly high in one or more heavy metals.

This may require us to do further testing such as DMSA chelation urine or hair analysis to determine accurate heavy metal levels in the body.

## YOUR HEAVY METAL RESULT

Your Urine showed positive for

BEFORE

NONE DETECTED

AFTER

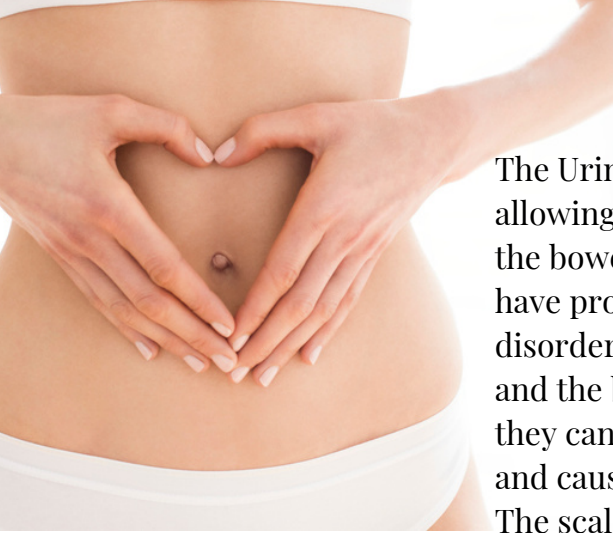


Before Detox



After Detox

If your urine showed positive for copper please bring in a sample of the water you drink as you may be getting too much copper from this. If you are concerned that heavy metals may be causing your symptoms please discuss this with your practitioner as we may need to do further investigations e.g. a biotoxin questionnaire



# Indican Urine Test

The Urinary Indican Test is an accurate screening tool, allowing us to identify intestinal bacterial dysbiosis in the bowel. Our current dietary and lifestyle practices have promoted an increasing number of health disorders caused by a issues with our digestive tract and the bacteria that reside here. If these are dysbiotic they can produce toxicity that is harmful to the body and cause symptoms

The scale for measurement ranges from 0-4.

If the level is high (3 or 4) chances are you don't just suffer from dysbiosis but also leaky gut and increasing your risk for a potential auto immune disorder as well.

## Your Urine Indican Test Result

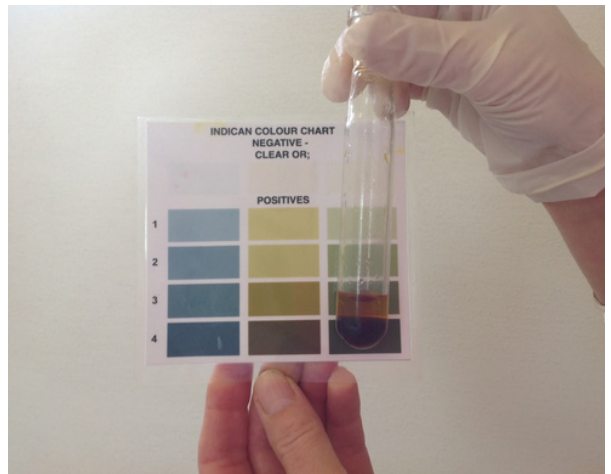
BEFORE 3 / 4

AFTER / 4

What causes the gut to be permeable?

Two known factors cause this: one is infection & the other is gluten. Certain gluten peptides formed during digestion stimulate a molecule called Zonulin.

Zonulin opens the 'gates' between your small intestinal cells that allows the gut to become more permeability



Individuals release Zonulin at varying rates in response to dietary gluten. For example, one person may have increased permeability to undigested food for a short period of time eg 10 minutes, whereas others may have ongoing increased permeability for weeks.





# URINE DIP STICK TEST

The dipstick test we use is a thin plastic strip treated with chemicals. It is dipped into your urine, and the chemicals on the stick react and change colour. You have a cross if the levels are above normal.

## YOUR URINALYSIS RESULTS

### BEFORE

Pay Attention



**Acidity**, or pH. If the acid is above normal, you could have kidney stones, a urinary tract infection, or an acidic diet.



**Protein** can be a sign your kidneys are not working right. Your kidneys filter waste products out of the blood, and it needs this protein.



**Glucose**. A high sugar content can be a marker for diabetes.



**Leucocytes**. These can be a sign of infection.



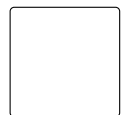
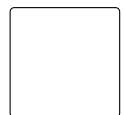
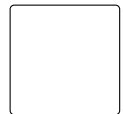
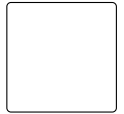
**Bilirubin**. If this waste product, which is normally eliminated by your liver, shows up, it may mean your liver isn't working properly.



**Blood** in your urine. Sometimes this is a sign of infection or certain illnesses.

### AFTER

Pay Attention







Here is a summary of your  
starting point for your journey.  
Your symptoms and goals.



## **YOUR HEALTH GOALS**

- Weight loss
- better health going into 60th birthday year

## **THESE ARE THE SYMPTOMS WE ARE TRACKING**

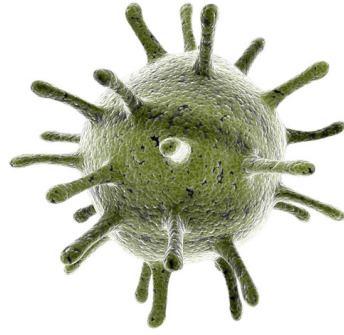
- weight - optimal weight is 70-75kgs
- occasional insomnia 2/30 days
- lung weakness due to pneumonia 10 yrs ago
- recent eye surgery to rectify lenses & contamination from African milk plant - AB use during this
- Stools - 1 motion daily BSC 3/4 can be constipated

# In-House Testing what it all means in context of your health



- inflammation – excess fat mass , insulin
- imbalances in your fat to muscle mass (+ 16kgs fat mass)
- your cells are dehydrated both internally & externally
- your colon, pancreas, uterus & bladder are working too hard
- your nervous system is in sympathetic dominance (fight/flight/freeze mode), your brain is tired/wired & you have low neurotransmitters levels e.g. serotonin, dopamine, noradrenalin & adrenaline
- your thyroid is slowing down which will reduce metabolism contributing to weight gain
- your energy could be better, your system is congested & your immune system is being suppressed due to your more sympathetic dominant state
- you have leaky gut, there is some bacterial dysbiosis in your gut & you aren't absorbing your nutrients effectively
- you are consuming a more acidic diet

# Your Pathology Results



## **Blood pathology**

- Sub optimal B12 levels @ 357 (aim >600)
- elevated ESR @ 12 indicating that you have systemic inflammation (aim <5)
- Higher end insulin levels @ 9 indicating your are becoming insulin resistant (aim <6)
- Sub optimal Vit D levels @ 72 (aim >125)
- your total cholesterol levels are high but you have normal levels of LDL & higher levels of HDL which are the more beneficial cholesterol
- your glucose levels are currently within range but at the upper end

# Synopsis

Your history, symptoms, in house tests and pathology screens give us clues and help me map your journey back to health.



## Weight

Your body has a natural set point which is the weight it generally hovers on when you are feeling at your best. This is something that is naturally predetermined by your genetics and environment, way before you were born. Your set point can be altered over the course of your life due to over eating, poor nutrition, stress, inadequate sleep and a more sedentary lifestyle. This fools your body into thinking that your natural set point is higher than it actually is.

This makes losing weight harder over time, as your body defends this new set point due to changes in internal regulatory mechanisms which are responsible for your appetite control and energy expenditure.

Besides your set point there are also some physiological changes that are occurring that also hinder your weight loss. Some of your biochem and in house results indicate that you are starting to develop Insulin resistance & Metabolic syndrome.

Insulin resistance is when your cells become desensitized to the effects of insulin. When we eat carbohydrates they are converted into glucose by a complex metabolic process and then put back into the bloodstream. The glucose then passes through our cell membranes using insulin as the "key" so it can be converted into energy and utilized by the body.

# Synopsis

Your history, symptoms, in house tests and pathology screens give us clues and help me map your journey back to health.



Insulin resistance however desensitizes the cell to insulin, preventing the glucose from entering the cells allowing it to remain in the bloodstream. This unused glucose is then carried to the liver & converted into fat which gets distributed around the body causing weight gain. Insulin resistance is a risk factor for Metabolic syndrome.

Metabolic syndrome is when you have a cluster of conditions occurring together that increases your risk of heart disease, stroke and diabetes. Currently you have 4 of these cluster conditions which increases your risk of developing these outcomes in longer term;

- central/abdominal obesity (a waist measurement of >80 cms)
- an elevated blood pressure level of 145/73
- a borderline elevated fasted insulin level @ 9
- a sub optimal diet of higher carbohydrate intake

In order to reverse this we need to look at your diet, eating behaviors and lifestyle habits, as well as support your body with the right nutrients to get it dealing with glucose properly to prevent further issues.

# YOUR TREATMENT PLAN



Over the next 18 weeks I will be focusing on imparting tools, education, retesting and reviewing efficacy of your supplements. At the end of each consultation you will receive a new tool to add to your kit to enable you to stay well for life. This program is life changing and will give you the foundation for health you have been looking for.

## The Plan

- Ketogenic diet for 16 weeks - ensuring there is adequate calories to promote weight loss & satiety
- Address dietary & psychological barriers to weight loss
- Add more clean carbs eg non starchy veg, nuts, seeds and low sugar berries into the diet
- Regulate insulin pathways
- Build structured exercise into your daily routine -
- Promote regular daily well formed stools
- Support stress levels



# Therapeutic Support

At NatMed we use evidence based medicines of pharmaceutical grade. That way when we prescribe we know it works.



- Keto shakes - low carbohydrate protein powder with MCTs to stabilize blood sugar levels & encourage ketone production
- KetoActiv BHB - ketone salts to promote nutritional ketosis
- Curcumin - anti-inflammatory agent to reduce inflammation levels & increase weight loss
- B12 spray - replete sub optimal levels
- Vit D liquid - replete sub optimal levels

# Diet & Lifestyle



- Ketogenic diet - using Phase in approach over 4 weeks
- Resting Energy Expenditure (REE) = 1593 calories
- Total Daily Energy Expenditure (TDEE)  $1593 \times 1.3 = 2070.9$  calories
- Macronutrient amounts - each gram of protein & carbs contains 4 calories (16.7kJ) & Fat contains 9 calories per gram (37.6kJ)
  - protein =  $30/100 \times \text{TDEE} = 621.27\%$  daily calories from protein (= 155.3gms protein per day)
  - Carbs = 200 calories (50gms carbs)
- Ensure adequate hydration - 2+ltrs of water per day
- measure urinary ketones - same time each day eg mid morning
- eating behaviours - strategies for eating out & business meetings
- structured exercise schedule - Aim is to work up to >15,000 steps per day
- journaling diet & exercise levels to build accountability
- stress management/busyness



Jacky Dixon  
Naturopath

## YOUR 3 STAGE WELLNESS JOURNEY

*Empowering you to create health one step at a time.*

### 1 *Discern: How did I get here?*

Most of this work is done however we may need to do more tests to further discern the causal factors of your health issues as the changes to lifestyle & nutrition prove up over time.

### 2 *Resolve: Building your foundation*

To reach a good level of foundational health usually takes three months. During this time there are new skills & habits you will form to enable you to 'graduate' & move to maintenance. With focus on your goals, you will build a strong foundation of health during this time. Some in house tests will be repeated at each visit. All tests are repeated in 3 months to assess your progress.

### 3 *Maintain: Enjoying health for life*

You have achieved a strong foundation for your health. You now understand how your body goes off course & have skills to re calibrate. The challenge now is keeping up with all your good habits. To help you stay on track I will usually see you once every three months or to do the in house tests, do a yearly detox, re check your regular bloods via a big annual health check & revisit your nutrition, lifestyle & diet needs.

# Getting support

Email:	info@natmed.com.au	For complex questions
Text:	0488 854 005	For quick questions or to order product
Ph:	08 9339 1999	To make or change appointments

## We're here to help

Please understand I can't make phone calls or answer emails when I am consulting. You may have questions that need urgent answers. In this instance, please contact my team. I can usually advise them how to help you however sometimes you will need to speak to me. In this instance, please book a video or telephone consultation. Complex email questions can be sent prior to your consultation but I can only respond in person due to my schedule.

We are a team and I will do all I can to help you reach your health goals!

*If you need to change your appointment I ask that you give me 48 hours notice so that I can offer the time to someone else. This really helps me run my practice.*

*Sometimes a booking will run overtime due to urgent patient needs. Unfortunately this cannot be helped. If you are on a tight schedule, please ask my team if I am running on time via text before you leave for the clinic.*

*If you need to reschedule in this instance, I completely understand. If this happens whilst your are waiting for me, I will come out at the scheduled consultation time and advise you. Thank you for your understanding.*

*Yours In Good Health.*