



NATMED
INTEGRATED MEDICINE CLINIC

CELEBRATING 21 YEARS
EMPOWERING YOU TO
CREATE HEALTH.



FOUNDATIONAL
HEALTH PROGRAM
FOR

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.

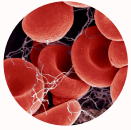
Looking at your blood through a microscope enables us to identify markers for inflammation, anemia, low B12 and low omega 3 levels.

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.

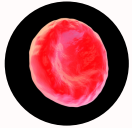
BEFORE



AFTER



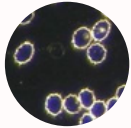
Macrocytes



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.



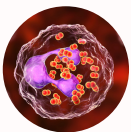
Microcytes



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



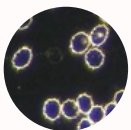
Phagocytes



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.



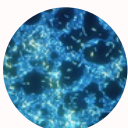
Rouleaux



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 55.80 kg

Your Weight 60.80 kg

Total Fat	18.00	kg
Ideal	17.02	kg
Difference	-0.98	kg

Total Muscle	17.87	kg
Ideal	23.10	kg
Difference	+5.23	kg

Intracelluar		
Actual	52.70	%
<i>Ideal</i>	50 - 60	%

Extracellular		
Actual	47.30	%
<i>Ideal</i>	40 - 50	%

AFTER

Your Ideal Weight 55.80 kg

Your Weight 58 kg

Total Fat	17	kg
Ideal	17	kg
Difference	00	kg

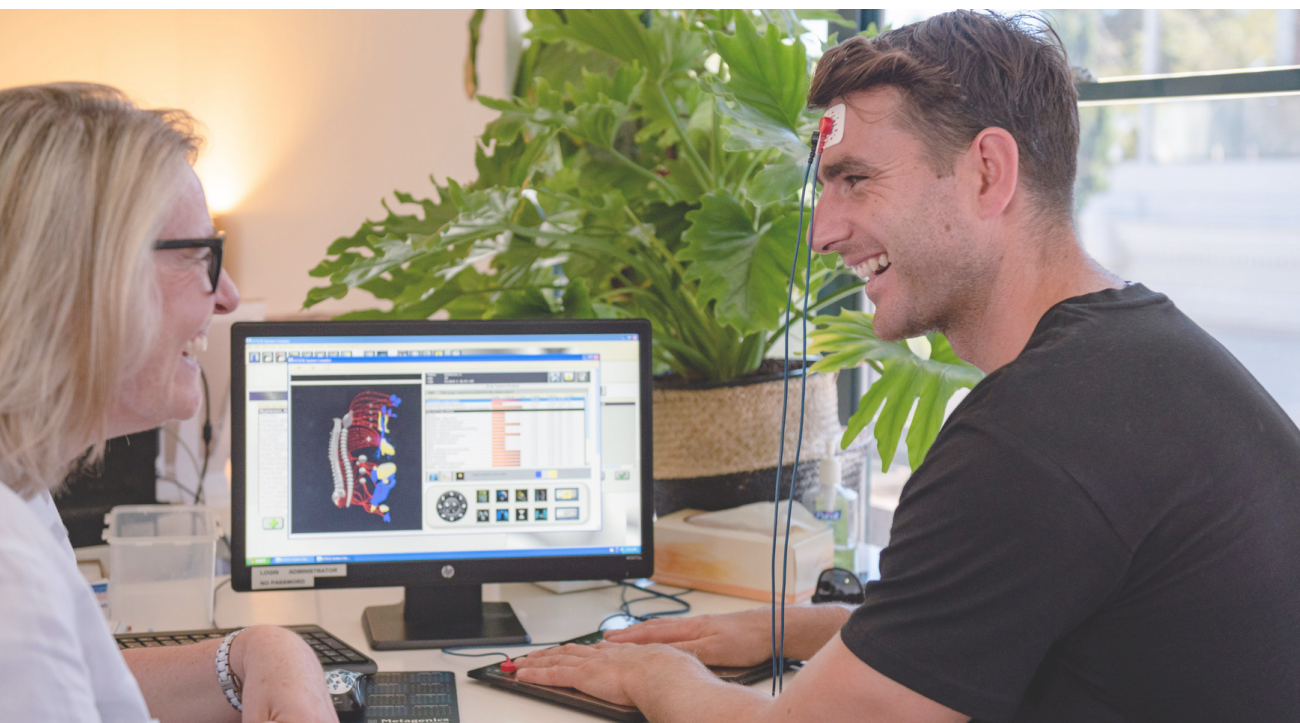
Total Muscle	20	kg
Ideal	23.10	kg
Difference	+3.10	kg

Intracelluar		
Actual	52	%
Ideal	50 - 60	%

Extracellular		
Actual	48	%
<i>Ideal</i>	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

Areas of high ATP

May indicate inflammation or hyper function

Your esteck showed raised ATP in the following areas:

BEFORE

- STOMACH & DUODENUM
- COLON
- LIVER & GALLBLADDER
- BLADDER & UTERUS
- PANCREAS
- UTERUS

AFTER

- LIVER & GALLBLADDER

Areas of low ATP

May indicate low function

Your esteck showed low ATP in the following areas:

BEFORE

- BRAIN TIRED & EXHAUSTED
- LOW SYMPATHETIC
NERVOUS SYSTEM ACTIVITY
- FATIGUED
- THYROID SLUGGISH

AFTER

- THYROID SLUGGISH



MAGNAGRAPH

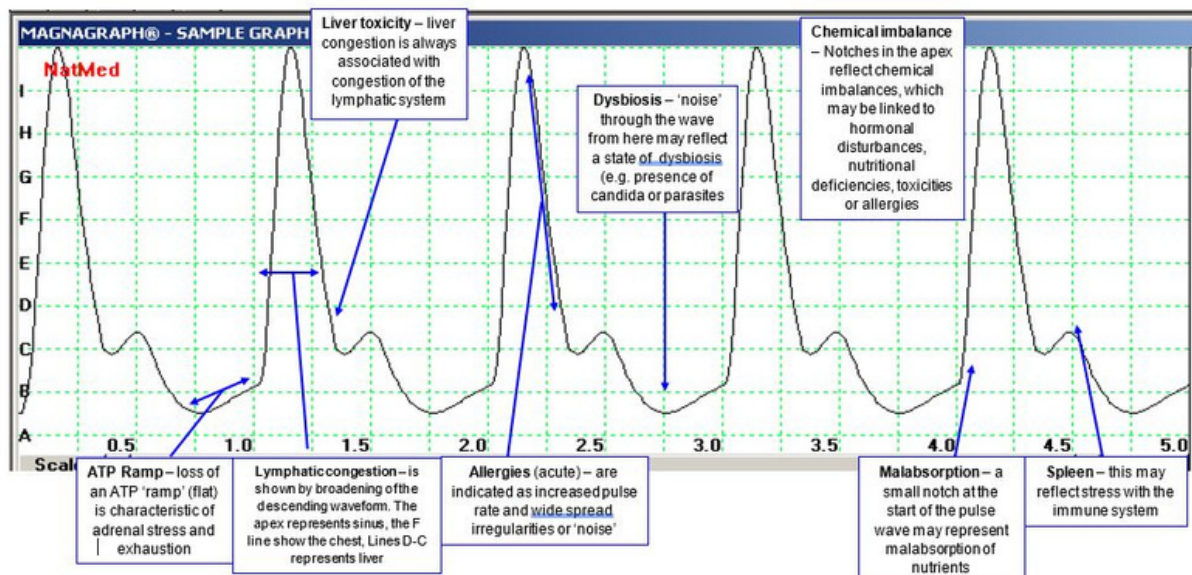
The magnagraph is not a TGA registered diagnostic screen. It was developed Dr Bob Grace using pulse oximeter technology. Dr Grace developed the indications based on anecdotal data from several specialist's clinical experience.

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 117 / 81

IDEAL 120 / 80

AFTER 120 / 81

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	Mercury & Cadmium
	AFTER	No Heavy Metals

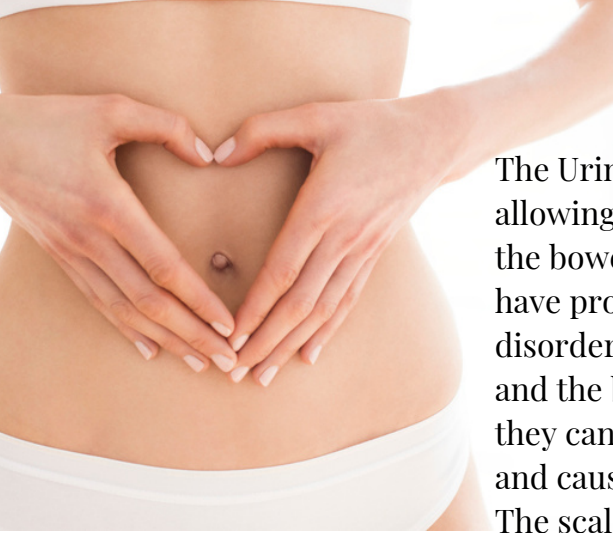


Before Detox



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

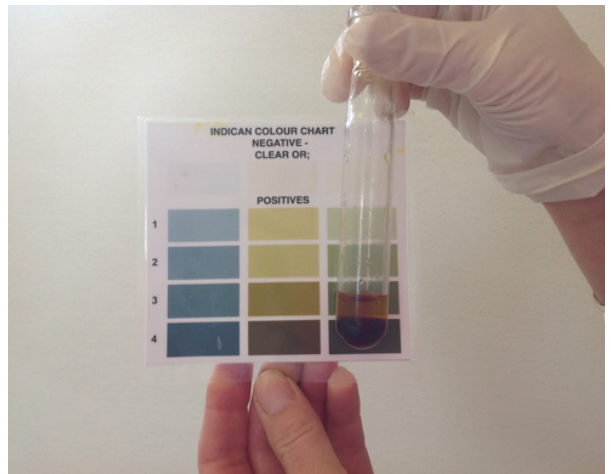
BEFORE 0 / 4

AFTER 0 / 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

- Regular bowel motions
- Reduce gut symptoms
- Light sleeper

THESE ARE THE SYMPTOMS WE ARE TRACKING

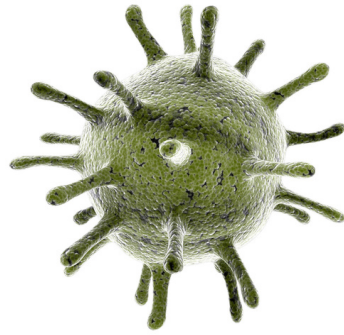
- IBS M - more constipation unless stressed
- feel un-evacuated
- bloating/distention
- fullness when constipated
- fatigue
- light sleep due to work

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



- Inflammation
- sub optimal iron & B12
- your muscle mass is a little low
- your cells are dehydrated internally & externally
- your digestive system is working too hard
- elevated ATP in uterus
- your brain & sympathetic nervous system is tired from being a worrier/anxiety & your sleep quality & it has been going on for awhile
- you are tired & your detoxification system is overloaded

Your Pathology Results



Biochem 11/8/20

- low lymphocyte count @ 1.1 (aim =>1.2)
- elevated serum iron @ 31 (aim=<30)
- elevated iron saturation @ 55 (aim=<45)
- low ferritin level @ 31 (aim=>60)
- Sub optimal levels of Vit D @ 75 (aim=>125)
- low serum B12 @ 270 (aim=139-651) but good active B12
- Sub optimal levels of TSH @ 2.44 (aim=<2.0)

Synopsis

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



You have a parasite, bacterial dysbiosis & low levels of many of your beneficial/normal bacteria.

This is why you are having irregularity with your stools and gut symptoms

Complete Microbiome Mapping synopsis

- Low levels Faecal Sig IgA - this is your first line of defence and when low reduces your immune defence & is due to parasite/bacterial infections & stress levels
- Presence of *Dientamoeba fragilis* - may be the cause of ongoing low iron & fatigue
- Bacterial overgrowth of *Streptococcus* spp & Enterohemorrhagic *E coli*, with low levels of *Enterococcus faecium*, *Methanobacteriaceae* & *Klebsiella pneumoniae*
- Low levels of many beneficial/normal bacteria - *Bacteroides fragilis*, *Bifidobacteria* spp., *Enterococcus* spp, *Escherichia* spp., *Lactobacillus* spp., *Enterobacter* spp. & *Faecalibacterium prausnitzii*

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

- Address parasite to determine if symptomatic
- Reduce bacterial dysbiosis
- Improve Sig IgA levels and gut terrain
- Support re colonization of normal bacterial levels
- Promote regular daily well formed stools
- Reduce GIT symptoms - bloating
- Improve sleep quality
- Optimize digestive function to assimilate nutrients effectively

Therapeutic Support

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



- Targeted botanical anti-microbial/parasitic formulations - Parex, herbal tonic (x2) & Biocidin spray
- Targeted Gut powder - glutagenics/Immunobiotic
- Targeted probiotics - SB & GI soothe then GI restore
- Herbal bitters - to increase stomach acid & digestive function
- Adrenal/sleep support - Neurocalm or herbal
- Iron, Vit D & B12

Lifestyle and Diet

- Anti-microbial diet for 4-6 weeks
- Replace grains (ryvita, sour dough, cous cous & pasta) with vegetables & limit fruit to 1 piece per day
- Stress reduction/ management - tools & strategies
- Coconut oil pulling on rising - see handout

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.