YOUR IN-HOUSE TEST RESULTS

YOUR RESULTS

Test Patient

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 come to 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.

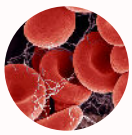
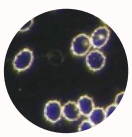
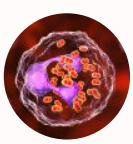
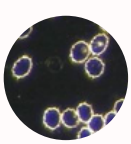
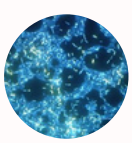
Now when you get a full blood count it is all done by computer which means that a lot of the information is missed.

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

Looking at your blood through a microscope enables us to identify marker for inflammation, anaemia, low B12 and low omega 3 levels. As you retest your blood in clinic each time you come in, you will see visible and identifiable signs of improvement. You will see marker like macrocytes improve as B12 levels improve for example.

YOUR RESULTS

POSITIVE RESULTS ARE CHECKED

	BEFORE	AFTER
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.	☑	☐
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 form probiotics.	☐	☐
Rouleaux  Cells are stuck together rather than floating in singular fashion. It overall indicates increased viscosity of the which may increase blood pressure and is a sign of omega three 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 on your risk of diseases such as Type II diabetes, heart disease, sleep disorders, metabolic syndrome and some cancers. Excess weight around the waist (visceral fat) has a strong association with increased health risks.

Muscle Mass

Muscle is the body's Number One anti-ageing tissue, meaning it is important to maintain or build this body tissue to keep us younger and healthier into later life. Increasing muscle mass 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, among 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. Higher reference range (40-50%) values indicate excess fluid outside the cell, which may be caused by high levels of toxins, metabolic wastes or infection.

YOUR RESULTS

BEFORE			AFTER		
Your Ideal Weight	64	kg	*Your Ideal Weight*	64	kg
Your Weight	68	kg	*Your Weight*	65	kg

Total Fat	22.64	kg	Total Fat	19.38	kg
Ideal	18.35	kg	Ideal	18.35	kg
Difference	4.29	kg	Difference	1.03	kg
Total Muscle	18.33	kg	Total Muscle	19.57	kg
Ideal	19.45	kg	Ideal	19.45	kg
Difference	-3.12	kg	Difference	0.12	kg

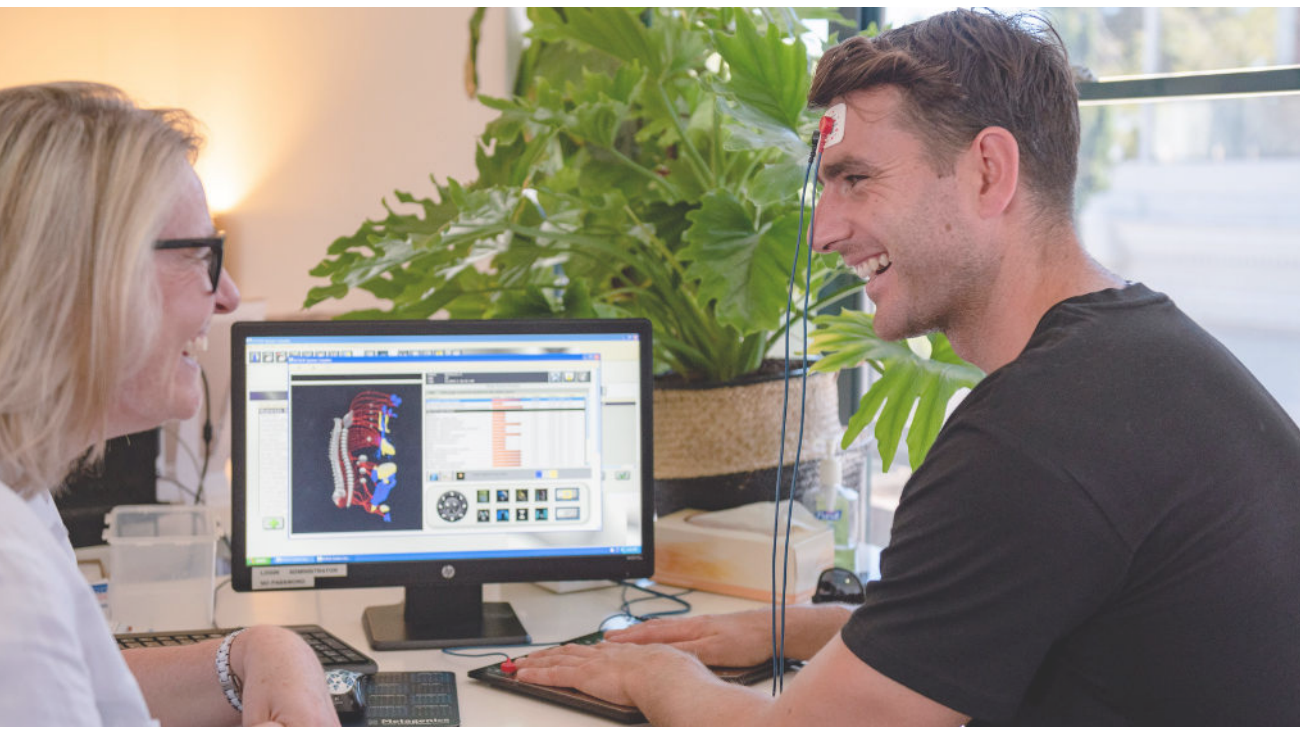
INTRACELLULAR FLUID

Actual	48.65	%
Ideal	50 - 60	%
Actual	51.35	%
Ideal	40 - 50	%

EXTRACELLULAR FLUID

Actual	54.36	%
Ideal	50 - 60	%
Actual	45.64	%
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 tri phosphate is the energy produced by cells. Your esteck looks for low or high ATP as an indication for low function or inflammation.

The esteck was developed by Dr. Albert MAAREK 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

The esteck showed raised ATP in the following areas:

BEFORE	AFTER
Liver	Pancreas
Pancreas	
Thyroid	

Areas of low ATP

May indicate low function

Your esteck showed low ATP in the following areas:

BEFORE	AFTER
Uterus	
Galbladder	

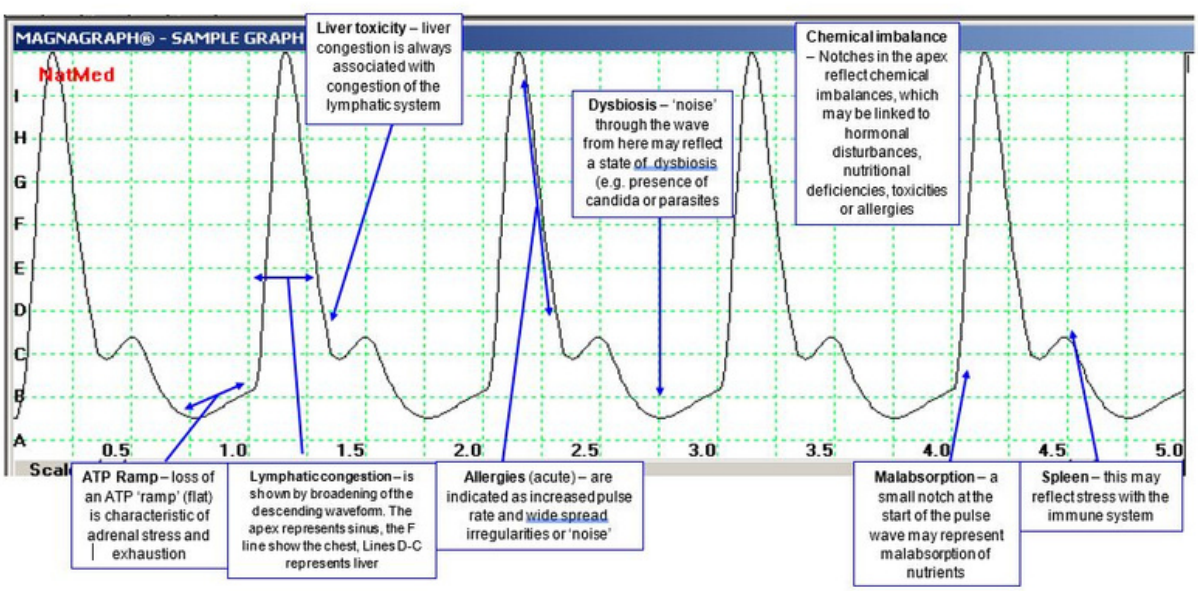
MAGNAGRAPH

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 oxometer

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 apnea, pulmonary function, iron and B12.	☐
☐	**Heart Rate** Heart rate and variability indicates fitness, age and 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 ATP 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 as shown above.	☐
☑	**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: a 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. Taking blood pressure medications may be appropriate however we prefer to discover the cause of hypertension and try treating that first. It is a big system requiring maintenance.

YOUR BLOOD PRESSURE RESULT

BEFORE	134/85
AFTER	126/82

IDEAL 120 /80

Some causes of hypertension

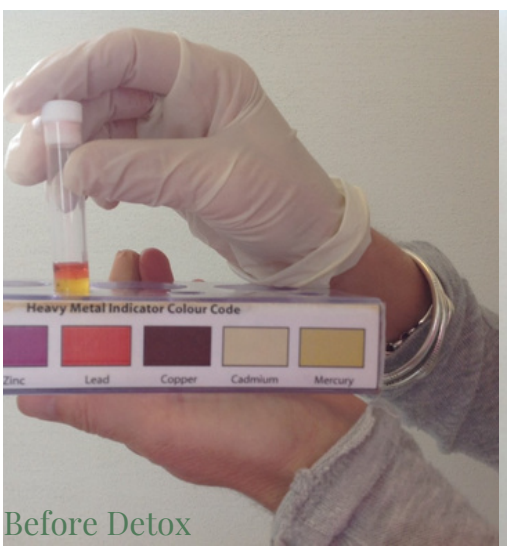
- Blood viscosity or thickness is increased due to inflammation, lack of exercise or a low omega 3 diet.
- Oestrogen drops in menopause, causing a loss of elasticity in the blood vessels.
- Plaque forms, causing narrowing and loss in elasticity of arteries thus blocking systemic dispersion or circulation resulting in the heart pump having to work harder
- Stress can cause an increase in blood pressure and diaphragm breathing has been shown to decrease this.
- Obesity can cause an increase as for each extra kilogram of weight you gain you also have to grow blood vessels to nourish the extra fat.

HEAVY METAL TEST

If your urine is showing heavy metals then this is an important finding. Heavy metals store in tissues such as bone and fat . Everyone has some presence of heavy metals in their system however lower levels are usually sequestered into tissue to avoid serious problems such as brain damage. If your heavy metals are mobilising and excreting it may indicate that you are particularly high in one or more heavy metals.
You may want to do further testing such as DMSA chelation urine or hair analysis.

YOUR HEAVY METAL RESULT

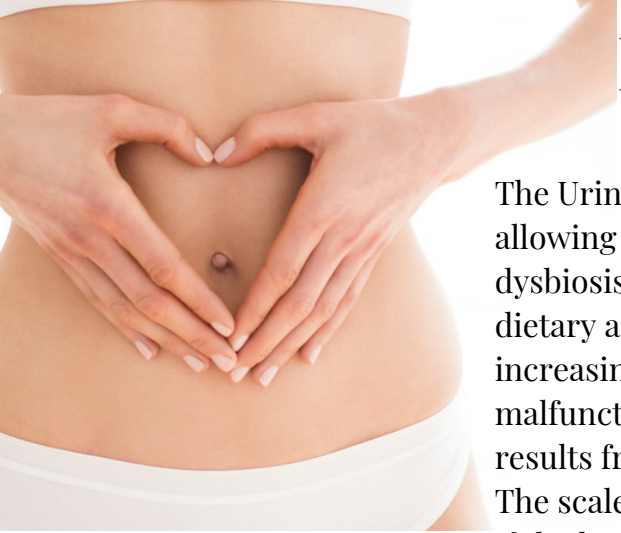
Your Urine showed positive for	BEFORE	mercury, lead
	AFTER	none



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 doing a biotoxin questionnaire and inex test with your Naturopath or doctor.



Indican Urine Test

The Urinary Indican Test is an accurate screening tool, allowing identification of the intestinal bacterial dysbiosis (dysfunctional bacteria) in the bowel. Current dietary and lifestyle practices have produced an increasing number of health disorders caused by a malfunctioning digestive tract and the toxicity that results from it.
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 potential auto immune disorder as well.

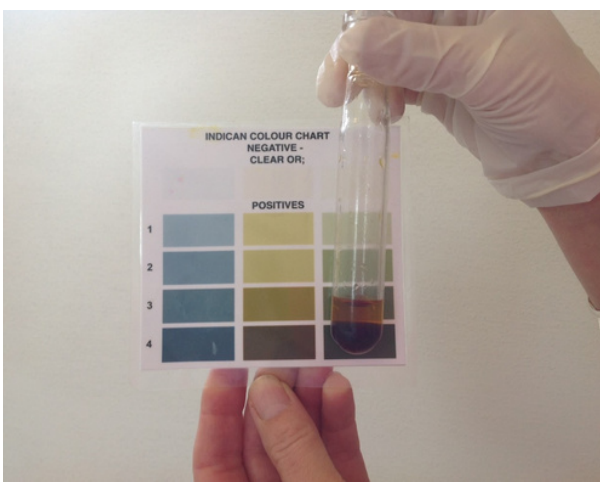
Your Urine Indican Test Result

BEFORE 2 / 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 'gates' between small intestinal cells that allow this process of gut permeability to occur.



Individuals release Zonulin at varying rates in response to gluten. For example, one person may be permeable to undigested food in response to gluten for 10 minutes, others may be permeable for weeks.

URINE DIP STICK TEST

The dipstick test uses a thin plastic strip treated with chemicals. It's dipped into your urine, and the chemicals on the stick react and change colour if levels are above normal.

YOUR URINALYSIS RESULTS

BEFORE X - Pay Attention		AFTER Pay Attention
☑	**Acidity**, or pH. If the acid is above normal, you could have kidney stones, a urinary tract infection or another condition.	☐
☐	**Protein.** This can be a sign your kidneys are not working right. Kidneys filter waste products out of your blood, and your body needs protein.	☐
☐	**Glucose**. A high sugar content is a marker for diabetes.	☐
☐	**Leucocytes**. These are a sign of infection.	☐
☐	**Bilirubin.** If this waste product, which is normally eliminated by your liver, show up, it may mean your liver isn't working properly.	☐
☐	**Blood** in your urine. Sometimes this is a sign of infections or certain illnesses.	☐