

# SCIENCE BASED NUTRITION HEALTH ANALYSIS

Test Description	Current Rating	Unit	Ref
Glucose	88.00		80.00
Hemoglobin A1C (Gly-High)	5.20	%	5.60
Uric Acid	4.50	mg/dL	5.00
BUN (Blood Urea Nitrogen)	15.00	mg/dL	20.00
CRP Est.	1.04	mg/L	3.00
BUN/Creatinine Ratio	60.00		20.00
Sodium	147.00	mEq/L	135-145
Potassium	4.50	mEq/L	3.5-5.0
Chloride	100.00	mEq/L	98-106
Magnesium	1.40	mEq/L	1.3-2.1
Calcium	10.00	mg/dL	8.8-10.4
Phosphorus	2.10	mg/dL	2.5-4.5
Total Protein	9.90	g/dL	6.8-10.3
Albumin	3.90	g/dL	3.5-5.0
IG Ratio	8.80		8.0-12.0
Alb/Bun Ratio	4.80		3.0-6.0
Phosphatase	2.00	U/L	3.0-10.0

No general screening test is more efficient, effective and affordable than a comprehensive blood chemistry panel. It allows the healthcare provider to establish a baseline of biomarkers to track your health and nutritional needs. Getting a comprehensive blood test is essential to understanding your current health.

Most blood tests are reported using an established “Clinical Range”. If you are within this Clinical Range, you are most likely considered “normal”. This should not be confused with “healthy”.

Clinical Ranges are determined by taking approximately 100 to 200 people who tested recently with a particular lab (yes, they are determined by each individual lab and not a centralized agency). The people being tested typically have a health problem which is why they’re being tested in the first place. These results which are basically coming from a sick population are then averaged to establish the Clinical Range with the high and low sides of the range being two standard deviations from the average.

It makes no sense to compare blood test results to averages taken from people who were already experiencing a health problem. Simply being within the “Clinical Range” is not good enough. It may simply mean a person is not yet as sick as the other people used to determine that range.

A Science Based Nutrition™ (SBN) analysis incorporates an “Optimal” or “Healthy” range in a report of the results. The Optimal Range simply takes the middle 20% of the Clinical Range. It’s designed with the concept of not waiting until a patient’s test result is “Clinical” to consider nutritional support or lifestyle changes. The point of the Optimal Range is to “flag” tests that are heading towards Clinical and to make minor changes now to avoid big problems later. PREVENTION: That’s the whole idea.

The SBN report will make recommendations that start with a foundational whole foods diet, exercise and fluid intake goals. It will further expand dietary recommendations with more specificity as dictated by the patient’s test results. It will also include a summary of supplement recommendations based upon the patient’s test results, gender, weight and severity of condition.