

Sex :Male
Age: 51
Weight: 145

Arrythmia

Presenting Symptoms:

- Presented to our office on 10/16/98
- Long-term chronic ear infections due to overactive sebaceous gland;
- was diagnosed in July 24,'98 with atrial flutter/fibrillation which may be due to stress or caffeine;
- has had foot pain which has been better with the use of orthotics, possibly due to dropped metatarsals;
- had tonsils removed at six years of age;
- has right hip joint pain occasionally, but not lately;
- has cold hands occasionally;
- has allergy to penicillin;
- has about three bowel movements per day;
- quit diet Mt. Dew in July of '98
- In 1998 he developed atrial fibrillation and at times would go into atrial flutter
- He was hospitalized 7/24/98, 10/13/98, 11/29/98
- This is where the pulse rate will go up to 150 beats per minute at times
- This had occurred with this patient several times and he had had to go to the hospital to get it converted or slowed

down with medication

- His blood test showed some minor imbalances involving the liver, minerals, red and white blood count, and high monocytes

	1st Test	2nd Test	
DATE	10/22/98	12/31/98	HEALTHY
TEST DESCRIPTION	RESULTS	RESULTS	RANGE
SGOT	17	21	
SGPT	14	18	
Red blood count	4.19	4.62	
T7	11.27	5.75	
T3	37.9	30.30	

- Thyroid function was a little high. Not clinically high, but a little high
- This patient was also being treated chiropractically
- This patient showed nice improvement
- In 9/8/99 he went to the emergency room.
- He had gotten off his diet and he had an episode of atrial flutter
- In 10/99 he went to the emergency room and had a pulse of 150. He noted that he had had a Coke and a very stressful day at work.
- On 12/14/99 his heart rate, when he came in for his treatment, was at 65 beats for minute. This was on no medication.
- On 10/99 patient did a food allergy test called the ALCAT Test

- The ALCAT test identifies food allergies and even what's considered hidden food allergies –foods that do not cause a reaction for sometimes up to 3-4 days after you eat them.
- Another blood test in May of 2000 shows that his thyroid continues to improve, but there are no dramatic changes.
- Interesting how even little improvements in different areas of the blood can result in significant improvement in physical symptoms
- A little improvement on the blood can make a big difference in how you feel
- It has been over a year without this patient having to go to the hospital
- His heart rate appears to be stable and if he continues to monitor his stress, follow the diet and avoid those foods that are highly reactive, he does very well.
- Some of the foods he was very reactive to include almonds, cherries, cinnamon, crab, papaya, turkey, pineapple and wheat
- He continues to get chiropractic adjustments and there is usually a drop in his heart rate after being adjusted
- Carolyn, I'm sure that there is a lot you can add to this case. Add whatever you feel may be helpful!

**BLOOD ANALYSIS
NUTRITIONAL EVALUATION UPDATE**

DATE OF BLOOD TEST: 5/1/00

DATE OF ANALYSIS: 5/8/00

DATE OF PREVIOUS TEST (S):

10/16/98, 12/31/98

SEX: M WEIGHT: 146

AGE: 53

BLOOD TYPE: O

Presenting Symptoms: Long-term chronic ear infections due to overactive sebaceous gland; was diagnosed in July 24,'98 with atrial flutter/fibrillation which may be due to stress or caffeine; has had foot pain which has been better with the use of orthotics, possibly due to dropped metatarsals; is on no medication now; had tonsils removed at six years of age; has right hip joint pain occasionally but not lately; has cold hands occasionally; has allergy to penicillin; has about three bowel movements per day; quit diet Mt. Dew in July of '98

Previous Test Findings: Mild Heavy Metals; Low Liver Function; High Cholesterol; Low Red and White Blood Count; Possible Allergies

Current Test Findings: High Glucose; Low Minerals; Low Liver Function; Low Thyroid; Low Red and White Blood Count

This analysis and the recommendations are not for the purpose of treating or curing disease, i.e.: cancer, hepatitis, arthritis, diabetes, M.S., heart disease, etc. The purpose for this nutrition and lifestyle program is to create an optimum environment in which your body can heal and repair itself by eliminating foods and toxins, which adversely affect the body and to provide nutrients that the body may lack.

Don, it looks like you are just not getting enough minerals in your system. Your calcium, phosphorus, usable calcium, and calcium/phosphorus index are all lower. I would like you to take Calcium at 3/day, Vitamin D at 1/day, Magnesium at 4/day, and B6 at 2/day.

You have a low alkaline phosphatase. Take Zinc at 1/day.

Your red and white blood count is low as well as your serum iron. This is basically bone marrow depression. You need Sublingual B12 Plus at 6/day. This is a combination of B12 and Folic Acid specially formulated for our use here in the office. B12 is one of the hardest vitamins to digest. Be sure to chew this supplement up and hold it under your tongue for better absorption. I also want you to take 1/every other day of Iron. This should also help your high MCV, high MCH and high MCHC.

Your thyroid is actually lower than before. This is indicated by the low T3 and T7. I would like you to increase your Tyrosine to 5/day. Continue with your Chlorella at 2/day, Vitamin C at 2/day, Beta Carotene at 1/day, Vitamin E at 2/day, Co-Enzyme Q-10 at 4/day and Carnitine at 2/day.

Don, as of 4-24-00 your pulse was 79, and your blood pressure was 105/64 good job.

Don, you know the diet to follow, continue with that. Good job on the diet, you are making nice improvement. There are just a couple areas that need some work, but you are definitely headed in the right direction.

Please keep this report for future reference.

A re-test is desired in 2 months of your thyroid including your TSH as well as your red and white blood count. A complete blood test is desired in 1 year.