



# Patient Reference Manual

Your Guide to Successfully Completing your Program



# The HEALUS system utilizes our exclusive **8 Phases to Health.**

- This protocol has been tested, tried and proven for over 20 years.
- The system will successfully build, train and maintain the overall health and performance of any individual.
- You will be successful if you devote the time and effort and follow these time-tested, proven instructions.
- Momentum is imperative to achieve optimum results. This is the
- most important cornerstone in “toxin elimination before infestation.”



# The Full 8 Phase Program to Success:

- Phase 1 - Digestive Stabilization & Foods (2-3 weeks)
- Phase 2 - Yeast Cleanse (Candida) (4 weeks)
- Phase 3 - Parasite Cleanse (8 weeks)
- Phase 4 - Liver / Gallbladder Cleanse (4 Weeks)
- Phase 5 - Heavy Metals Detox (Min 12 weeks)
- Phase 6 - Hormone Balancing ( Forever )
- Phase 7 - Fitness (Forever)
- Phase 8 - Maintenance ( Forever )



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## **Phase 1 Digestive Stabilization & Foods (2-3 weeks)**

Our digestive tract is about 30 feet long, from mouth to rectum. The average person carries around 8 to 12 undigested meals within the intestinal tract. When the bowels are not properly eliminating, the undigested food turns into toxic waste, which can cause inflammation as well as a host of other issues. Nearly every system in your body is affected by your gut. Your brain, immune system, weight, and even hormones are all influenced by your digestive system.

The first step to improving gut health is eliminating toxic waste buildup, and reducing the inflammatory foods that cause damage to your intestines. This digestive cleanse will do just that! Over the course of these two weeks, this cleanse will help you detox, regulate your bowels, improve your microbiome, and reset your lifestyle.



## **Phase 1 Digestive Stabilization & Foods (2-3 weeks)**

**This part of the cleanse is built to:**

- Naturally removes toxins TRAPPED in colon & intestines
- Toxin removal which will result in weight loss
- Better food digestion with a blood type diets
- Increase veggie intake resulting in decreased body fat
- Increase good fat making it a fat burner
- Increase fiber and uncouple fat as fuel
- Balance pH building the immune system and lowers lactic acid



## Scientists Identify Unexpected Source of Good Cholesterol

Scientists at the University of British Columbia's Centre for Molecular Medicine and Therapeutics have provided the first definitive proof that the intestine, together with the liver, produce nearly all of the body's "good cholesterol." This discovery could lead to new therapeutic opportunities in patients with cardiovascular disease. 95% of North Americans suffer from Malabsorption Syndrome "Surgeon General"

Toxic Villi (Open Colon)

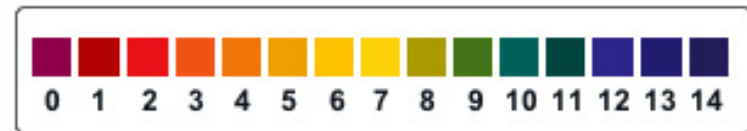
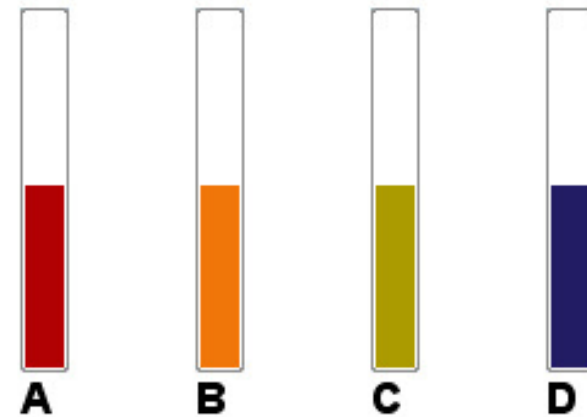
Healthy Villi (Open Colon)





**All cells, organs and fluids in the body have their own preferred pH values in order to operate at peak performance.**

- pH is a cornerstone of fat metabolism, health, energy production, waste elimination and weight management.
- **6.8 Urine is perfect!**



pH color chart

**CHECK YOURSELF:**



# When pH Goes Off..



Microbes in the blood can change shape, mutate or become pathogenic.



Organs of the body can become compromised, including your brain and your heart.



Enzymes that are constructive can become destructive.



Mineral assimilation can become diminished.



Oxygen delivery to the cell diminishes.



## Phase 1 Enzymes

Enzymes transform food into tiny nutrients that the body can absorb and use to renew aging cells and to provide energy. Each day muscles burn up several hundred grams of carbohydrate and fat for energy. Without enzymes, our bodies would cease to function.

These tiny substances are vital to all cellular activity in our bodies. Your heart, lungs, liver, eyes, skin, glands - every organ, tissue and cell in your body are dependent upon enzymes for every process and function. Enzymes help prevent degenerative disease, keep us youthful, increase our energy.

Digestive enzymes break down food and insure complete digestion and assimilation of nutrients. When our enzyme bank is depleted, we die, so we want to be sure they are not wasted. Learn about Enzymes and when you need them.



# Blood Type Diet

*Do you ever feel odd after eating a certain type of food like chicken or fish?*

Your blood type diet is the restoration of your natural genetic rhythm. Your blood type diet works because you are able to follow a clear, logical, scientifically researched plan based on your cellular profile. Each food groups are divided into three categories: Highly beneficial (food that acts like Medicine), Foods allowed (food that are no harm to the blood type) and Foods not allowed (food that acts like a Poison).



# The Blood Types

There are 4 blood-types: A, AB, B, and O. The O was the first type to evolve and was prevalent in the stone-age period. Here the diet was high in red meat and virtually void of grains and dairy. This hardy digestive tract has been passed on from one generation to another. As a result, the type O has a higher hydrochloric or stomach acid content that can breakdown meats better than the other blood types.

Foods such as, chicken, beef, turkey etc. may be beneficial at supporting lean muscle mass. As the diet is high in animal protein, the type O's require more intense physical exercise than the other blood types to help burn off the dense proteins or meat.



## **Blood Type A**

Type A was the second blood-type to evolve as populations settled into agrarian lifestyles. People with Type A do best on a vegetarian style diet especially the macrobiotic diet. The type A individual hardly produces much hydrochloric acid and therefore does poorly on meat and dairy. As the type A individual should not eat red meat, he/she should also refrain from intense exercise and focus more on dancing, yoga, meditation and stretch classes. High repetition exercises work best for this blood type.

## **Blood Type B**

The third blood-type to evolve was the B blood-type. The B's were nomads that traveled and adapted to different ethnic diets. As a result, the B individual does best on a dairy diet with some meat (no chicken) and few grains. The B's do best on a moderate exercise program.








## **Blood Type AB**

The rarest and newest blood-type to evolve was the AB blood-type. This blood-type is the most well adapted to moderate diet. The AB individual benefits from both the A and B type diets. Meat is not as well digested as seafood and wheat-free grains. Exercise prescription for the AB's is more yoga, meditation and mentally quieting exercise i.e. to calm and invigorate. Aerobic type, such as dancing, karate or aerobic exercise is fine as long as it is not done to the extreme.













## BLOOD TYPE A DIET

	Most Beneficial	Allowed	Not Allowed
 <b>MEAT</b>		Chicken, Cornish hen, Turkey	Beef, Pork, Lamb, Veal, Venison, Duck, Goose
 <b>FISH / SEAFOOD</b>	Carp, Cod, Grouper, Mackerel, Monkfish, Picklerel, Red Snapper, Rainbow trout, Salmon, Sardine, Sea trout, Silver perch, Snail, Whitefish, Yellow perch	All kinds except those listed as not allowed	Anchovy, Barracuda, Beluga, Bluefish, Bluegill bass, Catfish, Caviar, Clam, Conch, Crab, Crayfish, Eel, Flounder, Frog, Gray sole, Haddock, Hake, Halibut, Herring, Lobster, Lox, Mussels, Octopus, Oysters, Scallop, Shad, Shrimp, Sole, Squid, Striped bass, Tilefish, Turtle
 <b>DAIRY</b>		Yogurt, Mozzarella, Feta, Goat cheese, Goat milk, Kefir, Ricotta, String cheese	All other cheeses and milk
 <b>FAT</b>	Flaxseed oil, Olive oil	Canola oil, Cod liver oil	Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil
 <b>NUT</b>	Peanut, Pumpkin seed, Walnut	All kinds except those listed as not allowed	Brazil nut, Cashew, Pistachios
 <b>BEAN</b>	Aduke bean, Azuki bean, Black bean, Green bean, Pinto Bean, Red Soy Bean, Lentil, Black-eyed pea	All kinds except those listed as not allowed	Copper bean, Garbanzo, Kidney bean, Lima Bean, Navy bean, Red bean, Tamarind
 <b>GRAIN</b>	Amaranth, Buckwheat, Essene bread, Ezekiel bread, Soya flour bread, Sprouted wheat bread, Rice cake, Flour (oat, rice, rye), Soba noodle, Artichoke pasta	All kinds except those listed as not allowed	Cream of wheat, Familia, Farina, Granola, Grape nuts, Wheat germ, Seven grain, Shredded wheat, Wheat bran, Durum wheat, English muffin, High-protein whole wheat bread, Multi-grain bread, Matzo, Pumpernickel, Wheat bran muffin, Flour (white, whole wheat), Semolina or spinach pasta
 <b>VEGETABLE</b>	Garlic, Onion, Broccoli, Carrot, Collard greens, Kale, Pumpkin, Spinach, Artichoke, Chicory, greens (dandelion, swiss chard), Horseradish, Leek, Romaine, Okra, Parsley, Alfalfa sprout, Tempeh, Tofu, Turnip	All kinds except those listed as not allowed	Pepper, Olive, Potato, Sweet potato, Yams, All kinds of cabbage, Tomato, Eggplant, Mushroom, Rhubarb
 <b>FRUIT</b>	Berries, Plum, Prune, Fig, Pineapple, Cherry, Apricot, Grapefruit, Lemon	All kinds except those listed as not allowed	Melon, Cantaloupe, Honeydew, Mango, Papaya, Banana, Coconut Orange, Tangerine
 <b>SPICE / ADDITIVE</b>	Tamari, Miso, Soy sauce, Garlic, Ginger, Blackstrap molasses		Vinegar, Black pepper, Cayenne pepper, White pepper, Capers, Plain gelatin, Wintergreen
 <b>CONDIMENT</b>			Ketchup, Mayonnaise, Pickle, Relish, Worcestershire sauce
 <b>BEVERAGE</b>	Hawthorn, Aloe, Alfalfa, Burdock, Echinacea, Green teas, Red wine (1 glass / day), Ginger, Slippery elm, Coffee (1 cup / day)		Beer, Distilled liquor, Seltzer water, Soda, Black tea

## BLOOD TYPE O DIET

	Most Beneficial	Allowed	Not Allowed
 <b>MEAT</b>	Beef, Lamb, Mutton, Veal, Venison		Bacon, Ham, Goose, Pork
 <b>FISH / SEAFOOD</b>	Cod, Herring, Mackerel	Any fish or seafood except for those listed as not allowed	Barracuda, Pickled herring, Catfish, Smoked salmon, Caviar, Octopus, Conch
 <b>DAIRY</b>		Butter, Feta, Mozzarella, Goat cheese, Soy milk	All other dairy products and yogurts
 <b>FAT</b>	Olive oil, Flaxseed oil	Canola oil, Sesame oil	Corn oil, Peanut oil, Cottonseed oil, Safflower oil
 <b>NUT</b>	Pumpkin seed, Walnut	All kinds except those listed as not allowed	Brazil nut, Cashew, Peanut, Pistachios, Poppy seed
 <b>BEAN</b>	Aduke bean, Azuki bean, Black-eyed pea	All kinds except those listed as not allowed	Copper bean, Kidney bean, Navy bean, Tamarind, Green lentil, Red lentil, Pinto bean
 <b>GRAIN</b>	Essene bread, Ezekiel bread	Amaranth, Barley, Buckwheat, Rice, Kamut, Kasha, Millet, Rye, Spelt	Corn, Gluten, Graham, Wheat, Farina, Oat, Seven-grains, or any products such as flour, bread and noodles made with these grain products
 <b>VEGETABLE</b>	Kale, Collard greens, Romaine Lettuce, Broccoli, Spinach, Artichoke, Chicory, Dandelion, Garlic, Horseradish, Okra, Onions, Parsley, Parsnips, Red peppers, Sweet potato, Pumpkin, Seaweed, Turnip	All kinds except those listed as not allowed	Cabbage, Brussel sprout, Cauliflower, Mustard greens, Alfalfa sprout, Shiitake mushroom, Fermented olive, Eggplant, Potato, Avocado, Rhubarb, Leek
 <b>FRUIT</b>	Plum, Prune, Fig	All kinds except those listed as not allowed	Melon, Cantaloupe, Honeydew, Orange, Tangerine, Strawberry, Blackberry, Coconut
 <b>SPICE / ADDITIVE</b>	Kelp-based seasonings, Iodized salt, Parsley, Curry, Cayenne pepper		White pepper, Black pepper, Vinegar, Capers, Cinnamon, Cornstarch, Corn syrup, Nutmeg, Vanilla
 <b>CONDIMENT</b>		Chocolate, Honey, Cocoa	Ketchup, Pickle, Mayonnaise, Relish
 <b>BEVERAGE</b>	Seltzer water, Club soda, Tea	Wine	Beer, Coffee, Distilled liquor, Black tea

## BLOOD TYPE B DIET

	Most Beneficial	Allowed	Not Allowed
 <b>MEAT</b>	Lamb, Mutton, Venison, Rabbit	Beef, Pheasant, Turkey, Veal	Chicken, Cornish hen, Duck, Goose, Partridge, Quail, Pork
 <b>FISH / SEAFOOD</b>	Cod, Salmon, Flounder, Halibut, Sole, Trout	All kinds except those listed as not allowed	All shellfish (Crab, Shrimp, Lobster, Mussel, Oyster, Crayfish, Clam, etc), Anchovy, Barracuda, Beluga, Eel, Frog, Lox, Octopus, Sea bass, Snail, Striped bass, Turtle, Yellowtail
 <b>DAIRY</b>	Cottage cheese, Farmer, Feta, Goat cheese and milk, Kefir, Mozzarella, Ricotta, Milk, Yogurt	All kinds except those listed as not allowed	American cheese, Blue cheese, Ice cream, String cheese
 <b>FAT</b>	Olive oil		Canola oil, Corn oil, Cottonseed oil, Peanut oil, Safflower oil, Sesame oil, Sunflower oil
 <b>NUT</b>	Walnut	All kinds except those listed as not allowed	Cashew, Filbert, Pine nut, Pistachio, Peanut, Pumpkin seed, Sesame seed, Sunflower seed
 <b>BEAN</b>			Lentil, Garbanzo, Black-eyed pea, Pinto Bean, Aduke Bean, Azuki Bean, Black Bean
 <b>GRAIN</b>	Millet, Oatmeal (bran, flour), Puffed rice, Rice (bran, flour), Spelt, Brown rice bread, Essene bread, Ezekiel bread, Wasa bread, Fin crisp	All kinds except those listed as not allowed	Wheat (bran, germ bulgur, durum, whole and white), Shredded wheat, Rye, Buckwheat, Corn, Amaranth, Barley, Kasha, Seven-grain, Wild rice, Couscous, or any products such as flour, bread and noodles made with these grain products
 <b>VEGETABLE</b>	Green leafy vegetables	All kinds except those listed as not allowed	Tomato, Olive, Artichoke, Avocado, Pumpkin, Radish, Sprouts, Tempeh, Tofu, Rhubarb
 <b>FRUIT</b>	Pineapple, Banana, Cranberry, Grape, Papaya, Plum	All kinds except those listed as not allowed	Coconut, Persimmon, Pomegranate, Prickly pear, Starfruit
 <b>SPICE / ADDITIVE</b>	Ginger, Horseradish, Curry, Cayenne pepper	All kinds except those listed as not allowed	Barley malt sweetener, Corn syrup, Cornstarch, Cinnamon, Allspice, Almond extract, Gelatin, Pepper
 <b>CONDIMENT</b>			Ketchup
 <b>BEVERAGE</b>	Ginger, Peppermint, Raspberry leaf, Rose hip, Sage, Green teas, Ginseng, Licorice		Aloe, Coltsfoot, Corn silk, Fenugreek, Gentian, Goldenseal, Hops, Linden, Mullein, Red clover, Rhubarb, Senna, Shepherd's purse, Skullcap, Distilled liquor, Seltzer water, Soda



# pH Testing Instructions

## THE ACID/ALKALINE BALANCE

- Water is the single most important nutrient for sustaining human life. The body consists of 70% water and the blood 90%. The blood is responsible for transporting nourishment to every living cell and is the key to all bodily functions. Under normal conditions, the average person requires 1.5 to 3 liters of water a day.
- But just how pure is the water you are currently ingesting? The quality of our drinking water is steadily deteriorating because of pollutants, pesticides and acid rain.
- Water quality can become unhealthy because of bacteria, algae, chloroform (from chlorination), nitrates and the very dangerous metals such as cadmium and aluminum. These pollutants may come from factory discharges, agriculture, sewer pipes, water mains and the acid rain.
- Water treatment facilities chlorinate water in order to kill bacteria. But the pipes that carry the water to you may also be a culprit. The deteriorating network of water mains in a majority of the world's cities was most likely installed 25 to 75 years ago. This contributes to poor quality water and the possibility of asbestos being released.



## pH Testing Instructions (continued)

- Even with a water purification system in your home, your water may be clean but also "DEAD". To illustrate the value of balanced water, at an acid pH level of 6, crabs die, and fish and all living marine life die at a pH of 3.
- Our bodies are alkaline by design and acid by function. Maintaining alkalinity is essential for life health and vitality. All leading biochemists and medical physiologists have recognized pH or acid/alkaline balance as the most important aspect of a balanced and healthy body. They have long known that the maintenance of an alkaline pH is critical to cellular health.
- We live and die at the cellular level. In order to understand pH balance, it is necessary to realize that all the 75 trillion cells of the human body are slightly acidic and must exist in a slightly alkaline environment (the body fluid) if they are to remain healthy and product energy.
- Alkalinity is anabolic (builds up) and acidity is catabolic (tears down). As each cell performs its task of respiration, it secretes metabolic wastes which are acidic. These wastes are the end product of cellular metabolism and must not be allowed to build up. The body goes to great lengths to neutralize and detoxify these acids before they are in a position to act as poisons in and around the cell, changing the environment of the cell.
- Optimum alkalinity at cellular level equates to optimum health.



## Phase 2 – Yeast Cleanse (Candida)

- Chronic Fatigue
- Bloating
- Infection
- PMS
- Irritability
- Low Immune
- Jock itch
- Nail fungus
- Hyperactivity
- Low energy
- Hypothyroidism
- Athletes foot
- Gas
- Bladder Infection
- Vaginal Yeast
- Decreased Libido
- Intestinal Cramps
- Body Fat Retention
- Weight Related Issues
- Allergies
- Depression
- Craving Carbs
- Clogged sinuses
- Adrenal problems
- Arthritis
- Lack of concentration
- Hormonal Inadequacies
- Cravings for sweets after eating





# Systemic Yeast Overgrowth

Naturally, yeast inhabits your genital and intestinal tract at a safe level. When the immune system is not functioning, the yeast multiply and move to other parts of the body causing what's called a systemic infection. Eventually the yeast make their way out of the body and become visible on the surface of the skin like a plant growing from its roots.





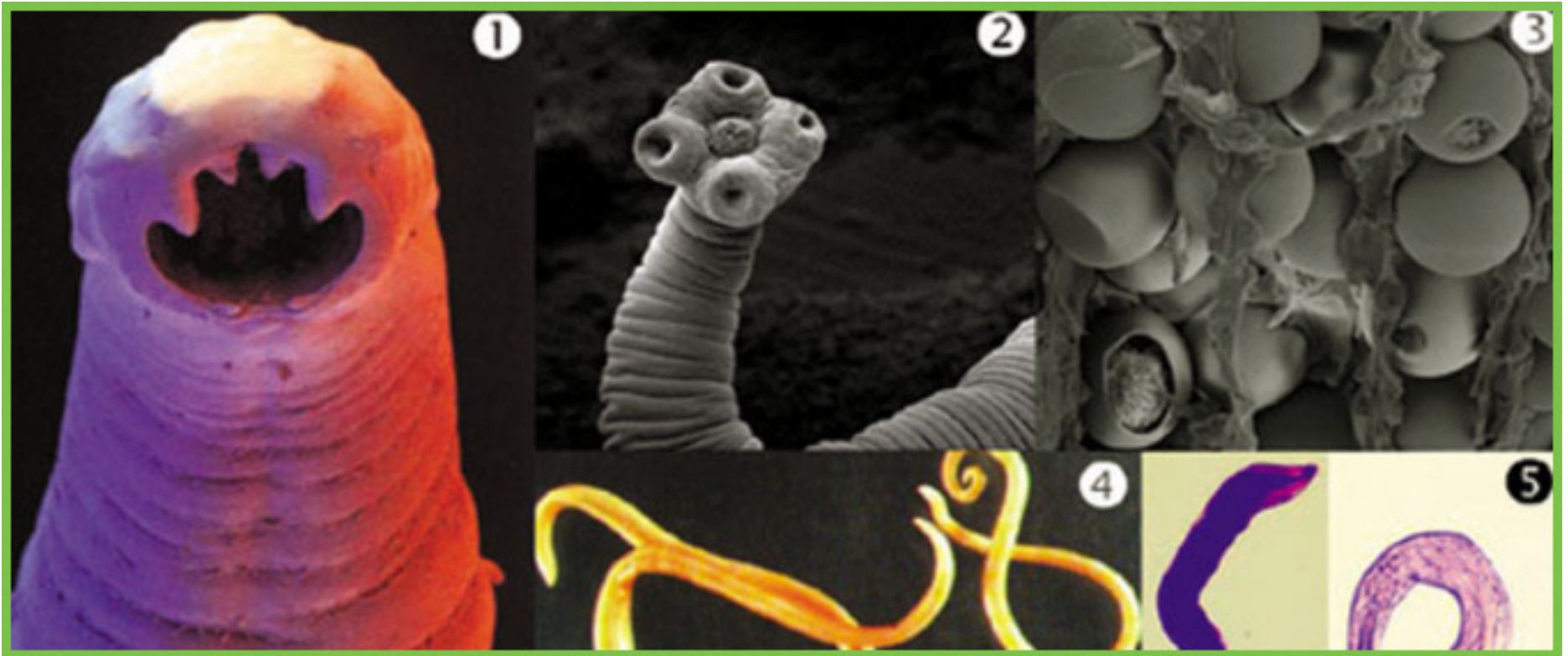
## Phase 3 – Parasite Cleanse (8 weeks)

- 95 % of all Americans have parasites. CDC states it's a “National Epidemic”
- 100% of people that consume sushi improperly or that own pets have parasites.
- “Feed your body not the worms”
- “Food is your fuel – Use it and burn it for energy”
- Underlying cause of Acid Reflux & other Gastrointestinal disorders.
- Unexplained itching, scalp, nose, ears, body including anus.
- Feeling a tingling throat?... might be PARASITES!!





# Parasites Inside Your Body



(1) The hookworm latches on the walls of the colon with its sharp teeth where it feeds on blood.

(2) The tapeworm is the longest parasite. A mature adult can lay a million eggs a day.

(3) Tapeworm eggs embedded in the colon.

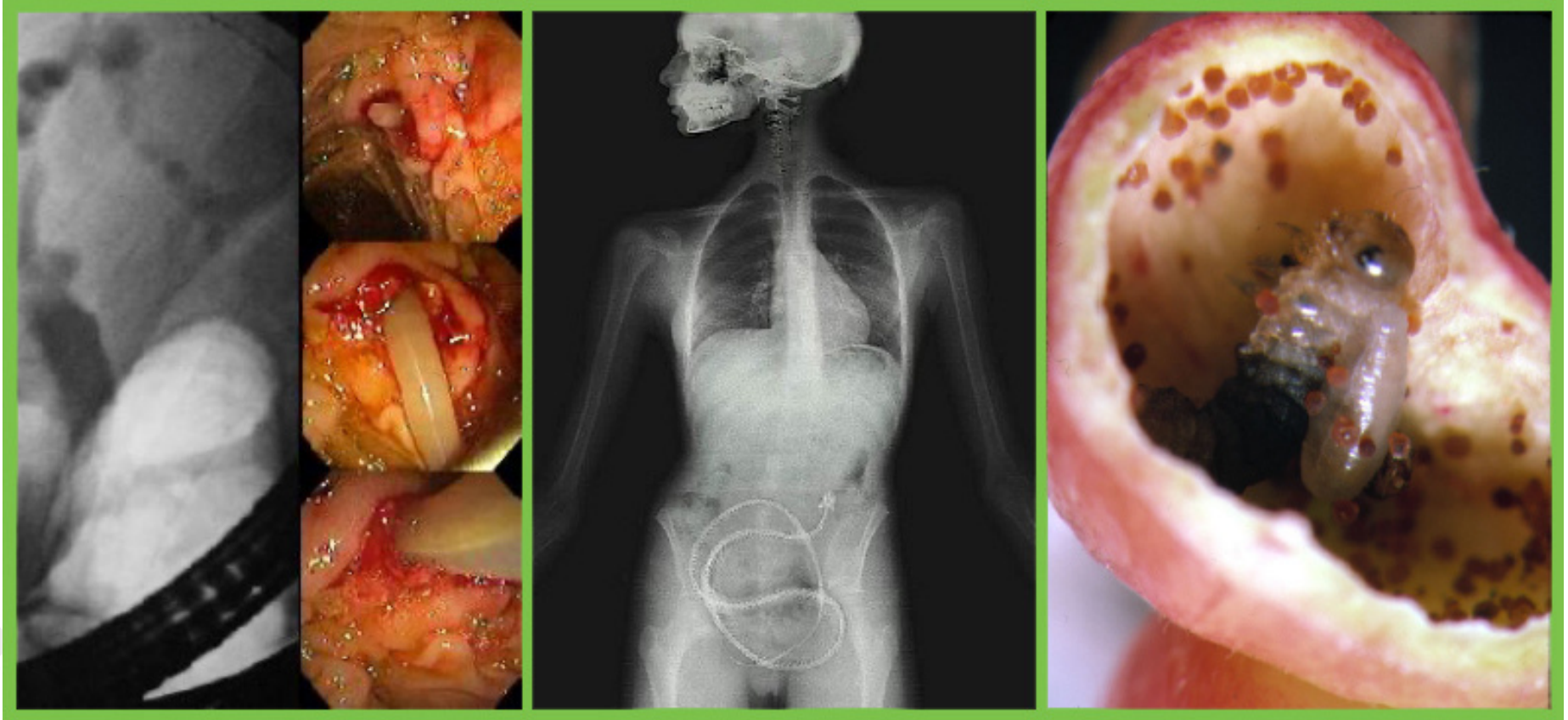
(4) The roundworm can grow to be 20 inches (50 cm) long and lay 200,000 eggs per day.

(5) Pinworms migrate outside the colon during the night to lay their eggs around the anus.

This causes the nightly itching of many unsuspecting victims.

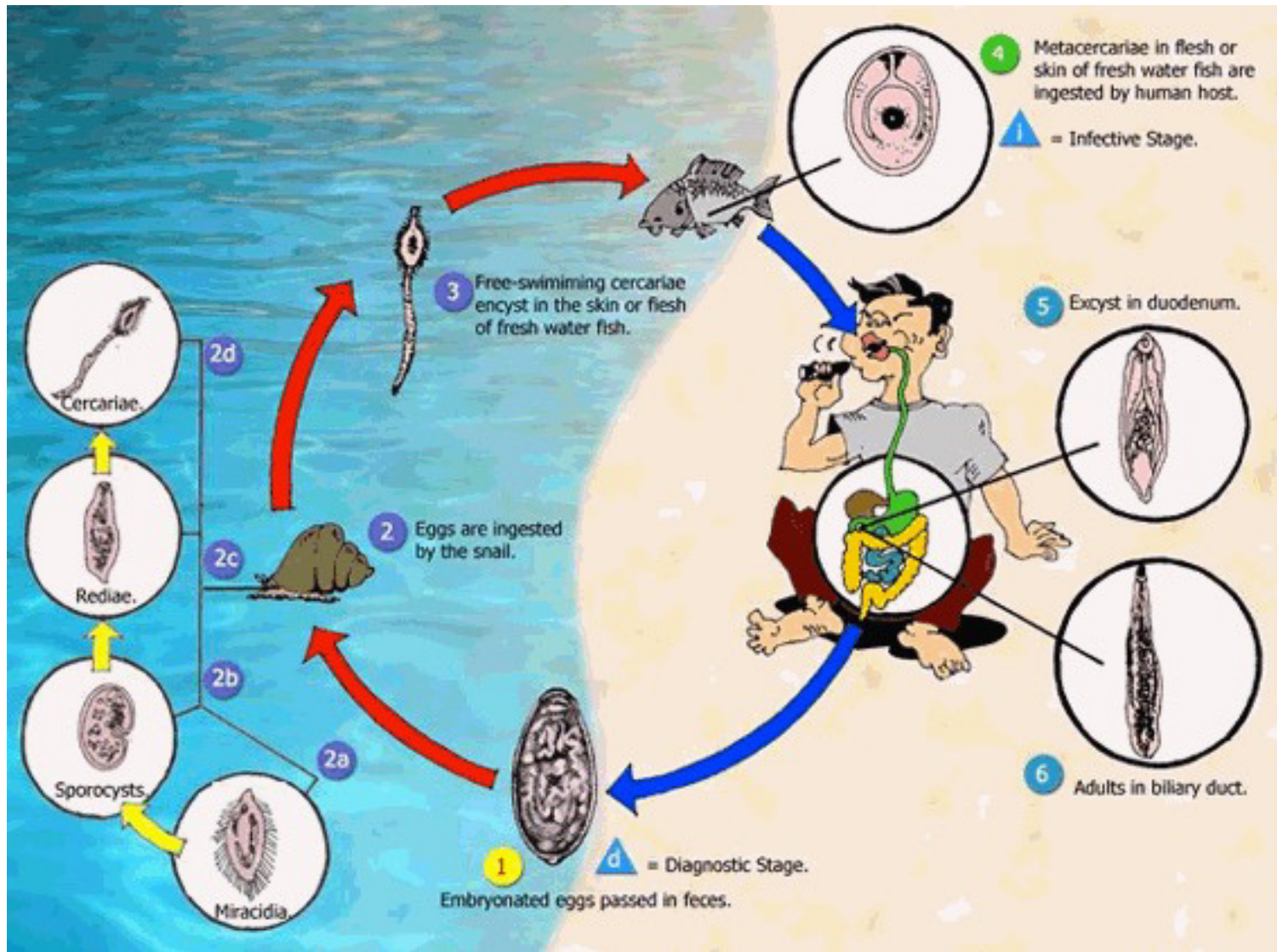


# Parasites in you tissues





# Life Cycle 8 weeks





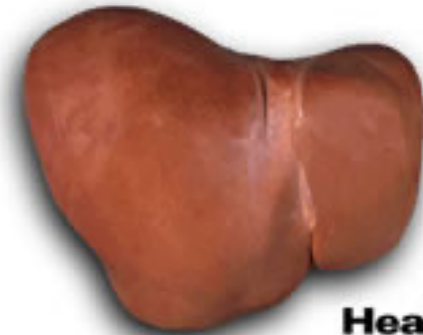
## Phase 4 – Liver Detox (4 Weeks)

- Liver is the main filter of the human body.
- The liver is responsible for metabolizing your sex hormones.
- Good idea to clean it out.
- It's in charge of the absorption and utilization of all nutrients, supplements and energy production.
- Alcohol highly impairs the functions of the liver. It takes approx. three days to recapture an alkaline environment.





# Normal, Fatty and Cirrhosis Livers



**Healthy**



**Cirrhosis**

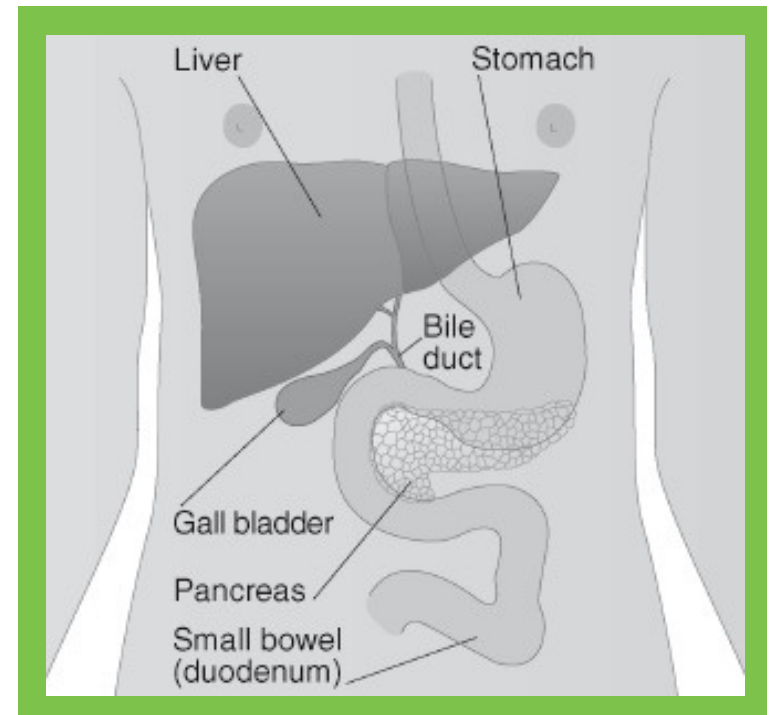
**Cirrhosis (Toxins Abuse)**



## You Need Your Gallbladder!

It's a pear-shaped organ that stores about 50 mL of bile until the body needs it for digestion. The gallbladder is about 7-10cm long in humans and it is connected to the liver and the duodenum by the biliary tract.

The gallbladder is key to utilizing fats as our source of energy. The gallbladder helps with insulin regulation. Gallstones are caused by low metabolism and an acidic environment.





## Gall Bladder Diseases



High Acidity pH off.  
Environment Bad.  
Nausea while eating.



Inflamed from chronic  
toxic environment.  
Should be almost flat.



## **Why you need Liver Cleansing**

The bile, which is stored in the gallbladder in a more concentrated form, is of extreme importance in all areas of the body. The gallbladder actually draws the bile into itself from the liver duct. Many back problems are the direct result of inadequate bile flow. The synovial fluid around all joints will decrease if bile flow is low, sometimes causing terrible pain. Many people will take cortisone injections for relief mistakingly believing the pain is caused by arthritis or some other inflammatory disease. The cure of course comes with liver cleansing.



## **Sinus is a common compromise of liver toxicity.**

This soothing lubricant ( bile ) keeps mucus membranes moist, otherwise they become dry and inflamed. Most allergy conditions can be traced to liver / gallbladder congestion. Avoiding foods and treating symptoms with medication bring temporary relief. Allergies and sinus conditions will often disappear after the liver / gallbladder has been cleansed.





## Effects of Poor Assimilation

- The body begins to suffer the effects of poor assimilation of fatsoluble nutrients, which may play a role in the development of eczema, psoriasis, dry skin, falling hair, tendonitis, night blindness, accumulations of calcium in tissues.
- Prostate enlargement in men has been linked to liver congestion.
- Hemorrhoids are often due to blockage of the portal vein draining the liver as the result of this congestion.
- Cancer can be viewed as a TOXIC CONDITION. Any elimination process that is designed to detoxify the body will benefit anyone who is either trying to prevent the disease or getting cured from it. Detoxification is regarded as an essential element for successfully treating cancer by complimentary / alternative cancer treatment specialists.



## Phase 5 – Chemical Cleanse (min 12 weeks)

Health problems caused by low level chronic exposure to heavy metals may take years to appear. Heavy metal in our liver's can alter conversion of cholesterol into sex hormones.

Mercury amalgam fillings expand and contract. Our teeth enamel does not, therefore causing cracked teeth and the driving of the toxins into the body with each bite. Small amounts can be extremely toxic and difficult to eliminate from your body. Antiperspirants are full of aluminum. Cookware and canned foods such as tuna are inundated with toxic chemicals.



# Heavy Metals: Arsenic Toxicity

- Symptoms include nausea or vomiting, abdominal pain, diarrhea, garlic odor on breath, excessive salivation, headache, vertigo, fatigue, parasthesia, paralysis, kidney failure, progressive blindness, and mental impairment.
- Visible signs include mottled brown skin, hyperkeratosis (increased pigmentation) of palms and soles, cutis edema, transverse striate Leukonychia, perforation of nasal septum, eyelid edema, coryza, limb paralysis and reduced deep tendon reflexes. Mental symptoms include apathy, dementia, and anorexia.



## Heavy Metals: Mercury

- Mercury toxicity has been linked to, among other things, mercury dental fillings, particularly when people have a large number of them.
- Symptoms include a metallic taste in the mouth, excess salivation, gingivitis, tremors, stomach and kidney troubles.
- Mental symptoms include shyness, irritability, apathy and depression, psychosis, mental deterioration, and anorexia.



## Heavy Metals: Lead

- Signs and Symptoms include combinations of gastrointestinal complaints, hypertension, fatigue, hemolytic anemia, abdominal pain, nausea, constipation, weight loss, peripheral neuropathy, cognitive dysfunction, arthralgias, headache, weakness, convulsions, irritability, impotence, loss of libido, depression, depression of thyroid and adrenal function, chronic renal failure, gout, among others.
- A patient with lead poisoning may have a combination of symptoms - or no symptoms at all until the condition has progressed into a debilitating disease. Mental symptoms include restlessness, insomnia, irritability, confusion, excitement, anxiety, delusions, and disturbing dreams.



# Findings of The Environmental Working Group, Washington D.C.

- Blood from the umbilical cords gathered from around the country show an average of 287 toxic chemicals in the samples, including 209 that have never been reported before in newborn blood.
- There were over 200 industrial compounds, pollutants, pesticides and other chemicals that are known toxins to humans and pets contained in the umbilical cord samples.



# The FDA and Heavy Metals

## New Food and Drug Administration Regulations on Aluminum Exposure

- Humans are exposed to aluminum through a variety of sources such as foods, drinking water, cooking utensils, cosmetics, and pharmaceutical products.
- The primary concern with exposure to aluminum is the potential for toxicity. Aluminum toxicity can occur when humans are exposed to excessive amounts resulting in deposition of aluminum to various tissues, specifically the bone, liver, lung, and brain.
- This concern has prompted the Food and Drug Administration (FDA) to establish regulations.



## Phase 6 Hormones (Lifestyle)

Hormones are the essential cornerstone to our health and happiness. It is NOT an option to think that your hormones are in balance. After 25 years of clinical experience and over 10,000 patients, NO ONE has balanced hormones. Maybe you may be the first? Testing is essential and the proper kind of testing with Saliva or Urine and NOT BLOOD!

“Hormones do not decline because we age – we age because hormones decline”

The most dynamic statement of your life.





# Women's common health challenges

The following is a list of health challenges that respond well to the system we have developed over the years utilizing a variety of complementary protocols, herbs, natural hormones and/or nutrients.

- PMS
- Perimenopause
- Menopause
- Hormone Headaches
- Hormone Disruptors
- Weight Control
- Candida
- Fibrocystic Breast Disease
- Estrogen Dominance
- Uterine Fibroids
- Ovarian Cysts
- Hypothyroid
- Hyperthyroid
- Adrenal Exhaustion
- Severe Depression
- Severe Mood Swings
- Fatigue
- Sleep Problems
- Decreased Libido (sex drive)
- High Cholesterol
- Yeast Infections,
- Vaginitis
- Acid pH Imbalance



# Depression

Unbalanced levels of cortisol, either too high or too low, alter the activity and chemistry of the brain and can result in depression. Of equal importance, 99% of the chemicals (neurotransmitters such as serotonin) that determine your mood are made in the intestinal tract from the food you eat, and only 1% of them are made in your brain.

So if your intestinal tract is inflamed and unable to function normally as it should, you may not be able to make enough of these chemicals to keep your moods stable.



# Men's common health challenges

The following is a list of health challenges that respond well to the system we have developed over the years utilizing a variety of complementary protocols, herbs, natural hormones and/or nutrients.

- Hormone Headaches
- Hormone Disruptors
- Estrogen Dominance
- Hypothyroid
- Hyperthyroid
- Weight Control
- Adrenal Exhaustion
- Fatigue
- Sleep Problems
- Decreased Libido (sex drive)
- High Cholesterol
- Yeast Infections
- Severe Mood Swings
- Severe depression
- Andropause



# Effects of Hormonal Therapy

(Recommended for anyone with a deficiency)

- **SEXUAL POWER** - Increased sexual potency and frequency.
- **CHOLESTEROL** - Lowers cholesterol levels.
- **ENERGY** - Increased energy, stamina and endurance.
- **MEMORY** - Improved mental functioning and ability.
- **MOOD** - Improves mood and feeling of well-being.
- **HEART** - Protects against heart disease.
- **CONCENTRATION** - Improved concentration and focus.
- **MUSCLE** - Increased muscle strength and mass.
- **SKIN** - Increased skin elasticity, texture, and tightness.
- **ENERGY** - Increased energy and emotional stability.
- **BONE** - Improved bone strength and density.



# Effects of Hormonal Therapy (cont'd)

(Recommended for anyone with a deficiency)

- **FAT** - Decreased fat tissue.
- **MEMORY** - Improved mental functioning and strength.
- **HEART** - Improved cardiovascular strength and lower blood pressure.
- **KIDNEY** - Improved kidney function.
- **IMMUNE SYSTEM** - Improved immunity and healing.
- **HAIR** - Improved hair texture.
- **CHOLESTEROL** - Elevated HDL, the good and lowered LDL, the bad.
- **ADOLESCENT** Short Stature problems & malabsorption issues.



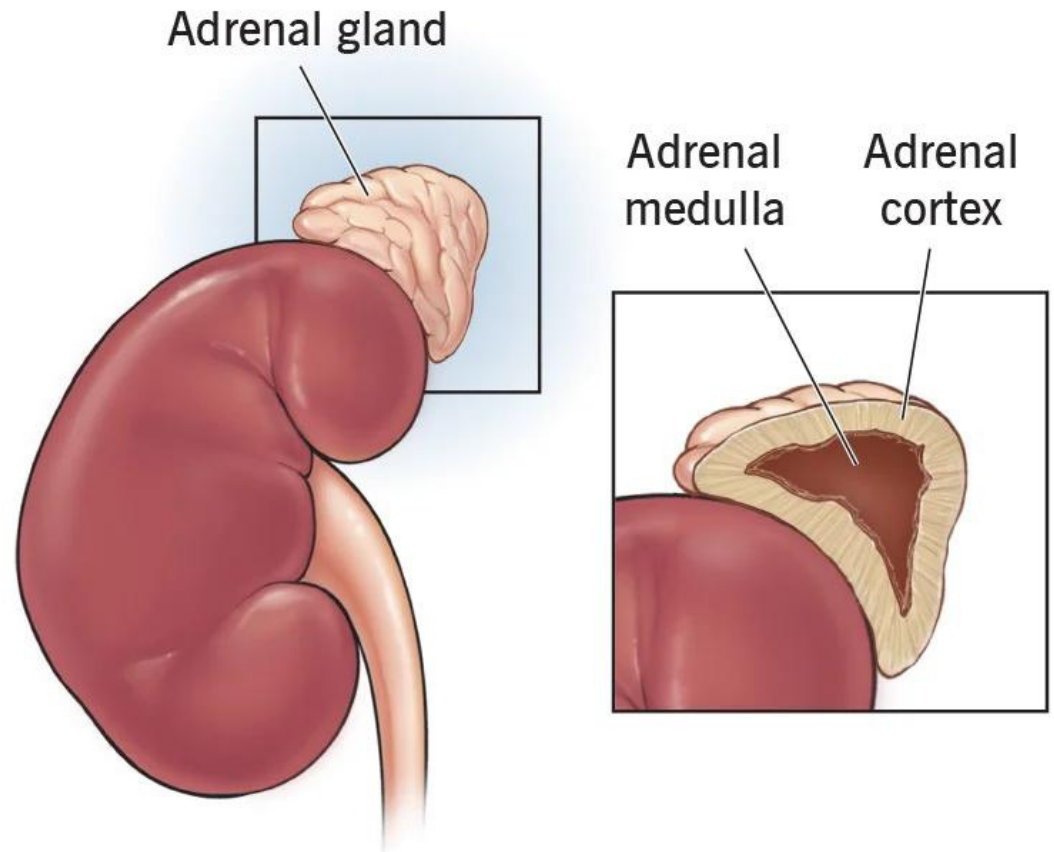
## **Blood test Vs. Saliva test**

- **Hormones detected in the common blood test are “bound” to blood proteins Therefore we suggest you use both saliva and blood as a check system.**
- **Hormones found in saliva represent the “free” unbound hormones – those that truly affect daily functioning.**
- **Today, salivary hormone analysis is recognized as the most accurate and relevant detection method available for measuring hormones.**



# Adrenal Balancing

- Reverse Body Breakdown
- Fat loss
- Muscle and Joint Repair
- Increased energy
- Better Sleep
- Healthy bone structure
- Boost the metabolism
- Better Sex Drive
- Back and Neck Pain

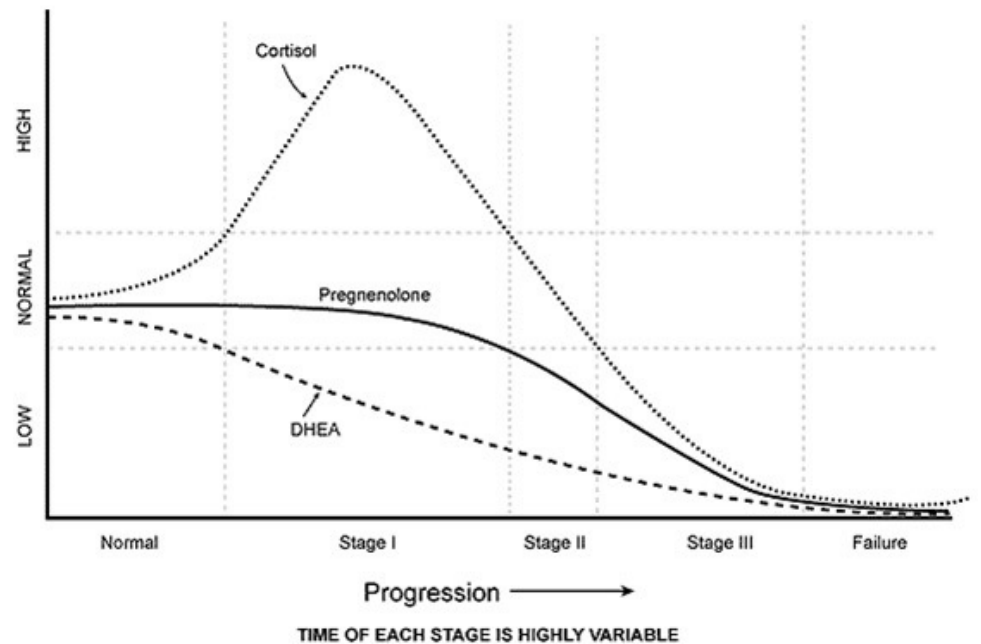






# 95% of all back pain is related to Adrenal Compromise

Cortisol is the most dangerous hormone in our body. If the Pregnenolone Hormone is not high enough due to problems with our Adrenal Glands, then the Cortisol will eat our lean muscle and create more body fat.





## Phase 7 Fitness (Lifestyle)

- Choose a training program that fits your goals of body composition and health.
- Walking is not positive and negative resistance training. It will NOT build lean muscle, unless walking up a mountain.
- Train according to your genetics. Endomorph, Ectomorph, and Mesomorph.
- Train Your Mind. Take time for yourself and quite the mind



## Phase 8 Maintenance (Lifestyle)

- Re-testing (Biomarkers) of all pertinent preventative medical markers.
- Gut health Stabilization. Important immunoglobulin support for disease mediation.
- Body Score re-test. Periodic health evaluations to insure maintenance of a healthy environment.
- New Science updates and proprietary product line available only to members.



## Phase 8 (Lifestyle)

- Digestive Cleanse Every 4th Month
- pH Test Strips daily until intuitive
- Test Microbial Ecology Panel 1x per year
- Hormone Panels every 6 months 2x per year
- Chemical Panel 1x or 2x per year
- NutraEval Panel as wanted



# Testing Modalities





# Testing Sequence

- Microbial Ecology Panel
- DNA Stool Panel For Bacteria, Fungus, Parasite
- Elements Hair Panel or Urine
- Heavy Metals, Environmental Toxins
- Male Hormone Panel
- Measure of Entire Androgen Pathway
- Female Hormone Panel
- Measure of Entire Cycle 11 Tube Sampling
- High Blood Spot Panel
- Measure of Pituitary Function Adrenal Panel
- Measure of Adrenal Function
- Nutraeval Test
- Multiple Internal Function Analysis



# Gastrointestinal DNA Panel

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### Learn about MyMedLab

**GI Effects Complete - MMX**

What's Included?

ONLINE PRICE **\$395.00** ADD TO CART

PHONE / RETAIL PRICE \$434.50

PANEL PRICE **\$385.00** CREATE MY PANEL (What Are Panels?)

NO FASTING IS REQUIRED

**This STOOL tests REQUIRES a KIT to be mailed to your home for a HOME COLLECTION.**

MyMedLab has partnered with Metamatrix Labs to bring their cutting edge tests directly to the public. Included in this test is the Doctor's Order required to access testing. There are no additional fees to access this testing.

The **GI Effects Complete** goes beyond "old technology" to bring you the most comprehensive stool analysis to date. The GI Effects Complete uses DNA analysis to identify microbial including anaerobes, a previously immeasurable area of the gut environment. DNA assessment is specific and accurate, avoids the pitfalls of sample transport, reports results as specific numbers, and is more sensitive than classic laboratory methods.

In addition to much more comprehensive bacteriology, mycology, and parasitology, GI Effects Profiles report drug resistance genes, antibiotic and botanical sensitivities, gliadin-specific *slgA*, *Elastase1*, plus other inflammation, digestion, and absorption markers clinicians requested.

[CLICK HERE for More Detailed Test Information](#)

MyMedLab Product ID: 740

ONLINE PRICE **\$395.00** ADD TO CART PHONE / RETAIL PRICE \$434.50 PANEL PRICE **\$385.00** CREATE MY PANEL

- Step One AUTISM Panel
- IgG 184 Food Allergy - Alleless
- IgG 96 Food Allergy - Alleless
- Organix (OAT) - MMX
- Acylcarnitine Plasma
- Amino Acid 20 - Blood Spot (MMX0113)
- Autism Immune System - Basic**
- Autism Immune System - Comp
- Autism IMMUNITY Panel
- Autism VITAMIN Panel
- Bone Resorption (MMX0018)
- Comp Parasitology x1 (CP1)
- Fibrinogen Activity
- Fibrinogen Monomer
- Follow-up Autism Panel
- G6PD Level
- GI Effects Complete - MMX**
- Glucose 6-Phosphate Dehydrogenase (G-6-PD)
- Hair Elements - Doctor's Data
- HNKI Panel

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### Learn about MyMedLab

**Microbial Ecology (MMX2105)**

What's Included?

ONLINE PRICE **\$225.00** ADD TO CART

PHONE / RETAIL PRICE \$247.50

PANEL PRICE **\$210.00** CREATE MY PANEL (What Are Panels?)

NO FASTING IS REQUIRED

**This STOOL tests REQUIRES a KIT to be mailed to your home for a HOME COLLECTION.**

MyMedLab has partnered with Metamatrix Lab to bring their cutting edge tests directly to the public. Included in this test is the Doctor's Order required to access testing. There are no additional fees to access this testing.

GI Effects is unlike any other stool analysis profile, going beyond the standard parameters for identifying gastrointestinal disorders.

The GI Effects Profile uses DNA analysis to identify microbial including anaerobes, a previously immeasurable area of the gut environment. DNA assessment is specific and accurate, avoids the pitfalls of sample transport, reports results as specific numbers, and is more sensitive than classic laboratory methods.

[CLICK HERE for More Detailed Test Information](#)

MyMedLab Product ID: 670

ONLINE PRICE **\$225.00** ADD TO CART PHONE / RETAIL PRICE \$247.50 PANEL PRICE **\$210.00** CREATE MY PANEL

- Step One AUTISM Panel
- IgG 184 Food Allergy - Alleless
- IgG 96 Food Allergy - Alleless
- Organix (OAT) - MMX
- Acylcarnitine Plasma
- Amino Acid 20 - Blood Spot (MMX0113)
- Autism Immune System - Basic
- Autism Immune System - Comp
- Autism IMMUNITY Panel
- Autism VITAMIN Panel
- Bone Resorption (MMX0018)
- Comp Parasitology x1 (CP1)
- Fibrinogen Activity
- Fibrinogen Monomer
- Follow-up Autism Panel
- G6PD Level
- GI Effects Complete - MMX







# Micro Ecology Panel Results (cont'd)

2105 Microbial Ecology Profile		Methodology: DNA Analysis, GC/MS, Microscopic, Colorimetric, Automated Chemistry, ELISA	
<b>Pathogenic Bacteria</b>		95% Reference Range	
Helicobacter pylori	3.2E+005 <b>H</b>	<=1.0E+005	
Clostridium difficile	<0.01	<=1.0E+005	
E.H.E. coli	<0.01	<=1.0E+005	
Campylobacter sp.	<0.01	<=1.0E+005	
<b>Yeast/Fungi</b>		Expected Value	
Rhodotorula sp.	<b>+1 =&gt; 100 pg DNA/g specimen</b>	Neg	
<b>Parasites</b>		Expected Value	
Blastocystis hominis	<b>Positive</b>	Neg	
Trichuris sp.	<b>Positive</b>	Neg	
<b>Adiposity Index</b>			
Firmicutes	41	----- <= 80	
Bacteroidetes	59	----- >= 20	
<b>Drug Resistance Genes</b>			
aacA, aphD	Neg	gyrB, ParE	Neg
mecA	Neg	PBP1a, 2B	Neg
vanA, B, and C	Neg		

**Yeast/Fungi**  
Yeast overgrowth has been linked to many chronic conditions, in part because of antigenic responses in some patients to even low rates of yeast growth. Potential symptoms include diarrhea, headache, bloating, atopic dermatitis and fatigue. Positives are reported as +1, +2, +3 or +4 indicating >100, >1000, >10000 or >100000 pg DNA/g.

**Parasites**  
Parasite infections are a major cause of non-viral diarrhea. Symptoms may include constipation, gas, bloating, increased allergy response, colitis, nausea and distention.

The **Adiposity Index** is derived by using DNA probes that detect multiple genera of the phyla Firmicutes and Bacteroidetes. Abnormalities of these phyla may be associated with increased caloric extraction from food.

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.



# Micro Ecology Panel Results (cont'd)

## 2150 Sensitivity - Bacteria

Methodology: DNA Analysis, ELISA

Pharmaceuticals	Sensitive	Resistant
Amoxicillin		R
Ampicillin		R
Cefuroxime		R
Ciprofloxacin		R
Clindamycin	S	
Erythromycin	S	
Levofloxacin		R
Potassium Clavula		R
Rifaximin	S	
Sulfamethoxazole		R
Tetracyclin	S	
Trimethoprim-Sulfa	S	

Bacterial growth suppression is measured in a liquid growth medium where fungal growth is suppressed and specific antibacterial agents are introduced before incubation. In contrast to the old isolation and culture techniques, such universal culturing more closely approximates the actions of antibacterials in the complex milieu of the colon.

Agents marked as "Sensitive" cause effective bacterial growth suppression. Those antibacterial agents are candidates for suppressing the growth of bacteria in the patient's colon. The results apply to all organisms reported under "Opportunistic Bacteria".

Agents indicated as "Resistant" have low effectiveness. If all tested agents are resistant, synergistic mixtures of antibacterial agents may be effective. Agents indicated as "Resistant" have low effectiveness. If all tested agents are resistant, synergistic mixtures of antibacterial agents may be effective.

Botanicals	Sensitive	Resistant
5-Hydroxy-1,4-naphthoquinone	S	
Black Walnut		
Alliin	S	
Garlic		
Arbutin		R
Uva Ursi		
Artemisinin		R
Wormwood		
Berberine	S	
Goldenseal		
Caprylic acid		R
Octanoic acid		
Carvacrol	S	
Oregano		
Oleuropein		R
Olive Leaf		
Quinic Acid		R
Cats Claw		
Thymol	S	
Oil of Thyme		
Undecylenic acid		R
Undecylenic acid		

For Botanical sensitivity testing the active ingredients are tested and an example of the available source is shown.

Sensitivities are not performed on "Pathogens" or "Parasites" because they do not grow in culture under normal laboratory conditions. Standard protocols are generally used for treatment of pathogens and parasites.

## 2155 Sensitivity - Fungi

Methodology: DNA Analysis, ELISA

Pharmaceuticals	Sensitive	Resistant
Amphotericin		R
Fluconazole	S	
Itraconazole		R
Ketoconazole		R
Nystatin	S	

Fungal growth suppression is measured in a liquid growth medium where bacterial growth is suppressed and specific antifungal agents are introduced before incubation. Growth inhibition is measured after incubation. In contrast to the older isolation and culture techniques, such universal culturing more closely approximates the actions of antifungals in the complex milieu of the colon.

Botanicals	Sensitive	Resistant
5-Hydroxy-1,4-naphthoquinone		R
Black Walnut		
Alliin		R
Garlic		
Arbutin		R
Uva Ursi		
Artemisinin	S	
Wormwood		
Berberine		R
Goldenseal		
Caprylic acid	S	
Octanoic acid		
Carvacrol	S	
Oregano		
Oleuropein	S	
Olive Leaf		
Quinic Acid		R
Cats Claw		
Thymol	S	
Oil of Thyme		
Undecylenic acid		R
Undecylenic acid		

Agents marked as "Sensitive" cause effective fungal growth suppression. Those antifungal agents are candidates for suppressing the growth of fungi and yeasts in the patient's colon. The results apply to all organisms reported under "Yeast/Fungi".

Agents indicated as "Resistant" have low effectiveness and can increase the risk of inducing drug resistant organisms. If all tested agents are "Resistant", synergistic mixtures of antifungal agents may be effective.


Sensitivities are not performed on "Pathogens" or "Parasites" because they do not grow in culture under normal laboratory conditions. Standard protocols are generally used for treatment of pathogens and parasites.

For Botanical sensitivity testing the active ingredients are tested and an example of the available source is shown.





# Chemical Panel Environmental


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Autism

- Step One AUTISM Panel
- IgG 184 Food Allergy - Alleless
- IgG 96 Food Allergy Alleless
- Organix (OAT) - MMX
- Acylcarnitine Plasma
- Amino Acid 20 - Blood Spot (MMX0113)
- Autism Immune System - Basic
- Autism Immune System - Comp
- Autism IMMUNITY Panel
- Autism VITAMIN Panel
- Bone Resorption (MMX0018)

### Hair Elements - Doctor's Data

[What's Included?](#)

[Facebook](#) [Twitter](#) [Email](#) [Share](#) [Print](#) 0

**REQUIREMENTS**

- **NO FASTING** is required
- **KIT MAILED** to your home
- **SMALL HAIR SAMPLE** collected at home

MyMedLab has partnered with Doctor's Data to bring their cutting edge tests directly to the public. Included in this comprehensive profile is:

- 1) The Doctor's Order required to access testing,
- 2) The collection kit for an in-home collection,
- 3) A summary of results. There are no additional fees to access this testing.

The **Hair Elements** includes the following test. Click the test name for more information.

[Hair Elements](#)

With respect to its contained elements, hair is essentially an excretory tissue rather than a functional tissue. Hair element analysis provides important information which, in conjunction with symptoms and other laboratory values, can assist the physician with an early diagnosis of physiological disorders associated with aberrations in

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PHONE / RETAIL PRICE **\$99.00**

PANEL PRICE **\$85.00** [CREATE MY PANEL](#) ([What Are Panels?](#))





# Chemical Panel Heavy Metals

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**Adrenal Stress - Saliva**

ONLINE PRICE **\$171.00** ADD TO CART

PHONE / RETAIL PRICE **\$188.10**

PANEL PRICE **\$165.00** CREATE MY PANEL (What Are Panels?)

There is no special preparation for this test

The Adrenal Stress Profile is offered through our partnership with Sabre Sciences Lab. It is designed to provide an evaluation of the stress hormones: Cortisol and DHEA-Sulfate.

The test includes - Six saliva samples collected in the privacy of your own home over a 24 hr. period at 8AM, 12PM, 4PM, 8PM, 12AM, and 4AM.

The profile includes Nine evaluations:

- 6 x Cortisol - Helps evaluate stress response.
- 3 x DHEA-s - Helps determine stress adaptation.

Many Endocrine related problems may be the result of stress. Simply put, stress is the sum total of all mental and physical input over a given period of time. The main markers used to measure stress are the adrenal steroid hormones, cortisol and DHEA-Sulfate. Stress, whether physical or emotional in origin, provokes a survival response by the adrenal glands. When the adrenal glands become exhausted due to overwork, adequate levels of the stress hormones DHEA-s and cortisol cannot be produced.

DHEA-s and cortisol are considered the major shock absorber hormones in the body. They buffer us to stress and the negative impact it can have on both mental and physical function. Long-term stress can have a serious impact on the adrenal glands and cause them to shrink and reduce production (Adrenal Dysfunction). This sets off a chain reaction that can influence the digestive, circulatory, respiratory, and nervous systems, along with many other functions of the body.

MyMedLab Product ID: 116

ONLINE PRICE **\$171.00** ADD TO CART PHONE / RETAIL PRICE **\$188.10** PANEL PRICE **\$165.00** CREATE MY PANEL

Step One HORMONE (F)  
Step One HORMONE (M)  
Step One MENOPAUSE  
17-Hydroxyprogesterone  
ACTH Serum  
**Adrenal Stress - Saliva**  
Androsteneclione  
Calcium, Iorized (Ca+)  
Cortisol, Blood  
Cortisol, Salva  
Cortisol, Urine Free  
DHEA Sulfate  
DiHydrotestosterone  
Essential Menopause Profile  
Essential Menopause W/Vit D  
Estradiol (E2)  
Estriol (E3)  
Estrogens Total (E1,E2,E3)  
Estrone (E1)  
Female Hormone - 30 Day  
Female Hormone - Blood  
Female Hormone - Saliva  
FSH

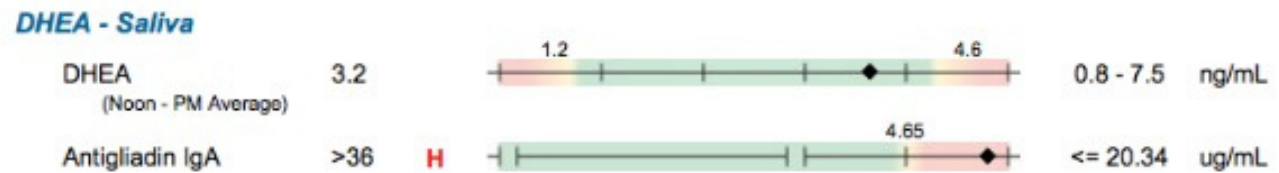
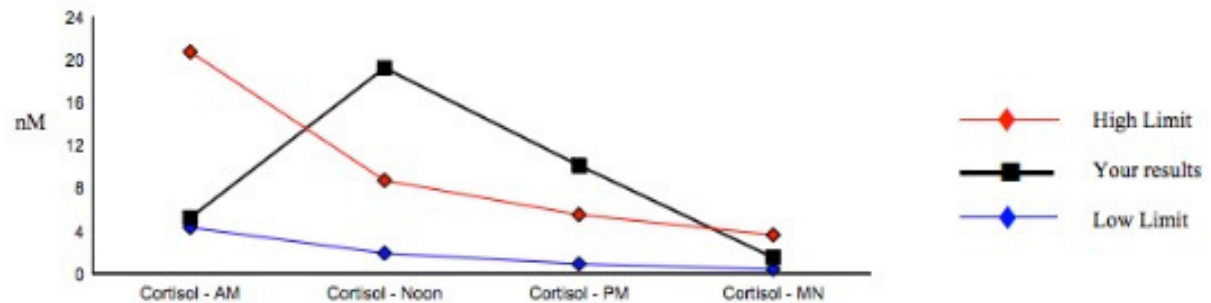
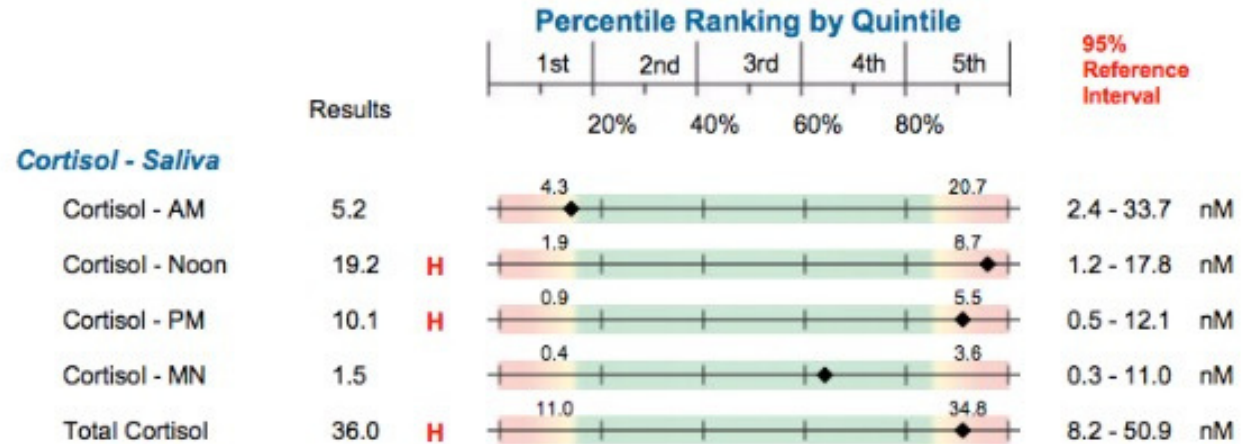




# Adrenal Stress Panel

0043 Adrenal Stress Plus

Methodology: EIA







# Male Hormone Panel Testosterone

The screenshot shows the MyMedLab website interface. At the top, there is a navigation bar with icons for Home, About, Tests, Locations, Privacy, and Personal Health Record. Below this is a location selector showing 'Boca Raton, Florida area' and a shopping cart with '0 items, \$0.00'. A progress bar indicates the current step is 'CHOOSE TESTS'. The main content area features a sidebar with a list of test panels, including 'Vitigen Male Hormone - Saliva', 'Vitigen Female Panel', and others. The main panel displays the 'Vitigen Male Hormone - Saliva' test details, including a 'What's Included?' section with social media icons, a 'REQUIREMENTS' section listing 'NO FASTING', 'NO LAB VISIT', 'KIT MAILED', and 'HOME COLLECT', and a 'Five Simple Steps to Get Started' section. Pricing information is shown on the right, with an online price of \$159.00 and a panel price of \$145.00. A 'HEALUS' logo is visible in the bottom right corner of the page.

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**Vitigen Male Hormone - Saliva**

ON LINE PRICE **\$159.00** ADD TO CART

PHONE / RETAIL PRICE \$174.90

PANEL PRICE **\$145.00** CREATE MY PANEL (What Are Panels?)

**REQUIREMENTS**

- NO FASTING is required
- NO LAB VISIT is required
- KIT MAILED to your home
- HOME COLLECT of a saliva sample

The **Vitigen Male Hormone** was created by hormone experts to provide a detailed look at 5 of the key hormone levels in men. This panel uses the latest technology to provide an accurate picture of your current hormone health from the privacy of your home. This panel includes the following tests.

Click the test name for more information.

[Cortisol](#)  
[DHEA Sulfate \(DS\)](#)  
[Estradiol \(E2\)](#)  
[Progesterone \(Pg\)](#)  
[Testosterone \(Tt\)](#)

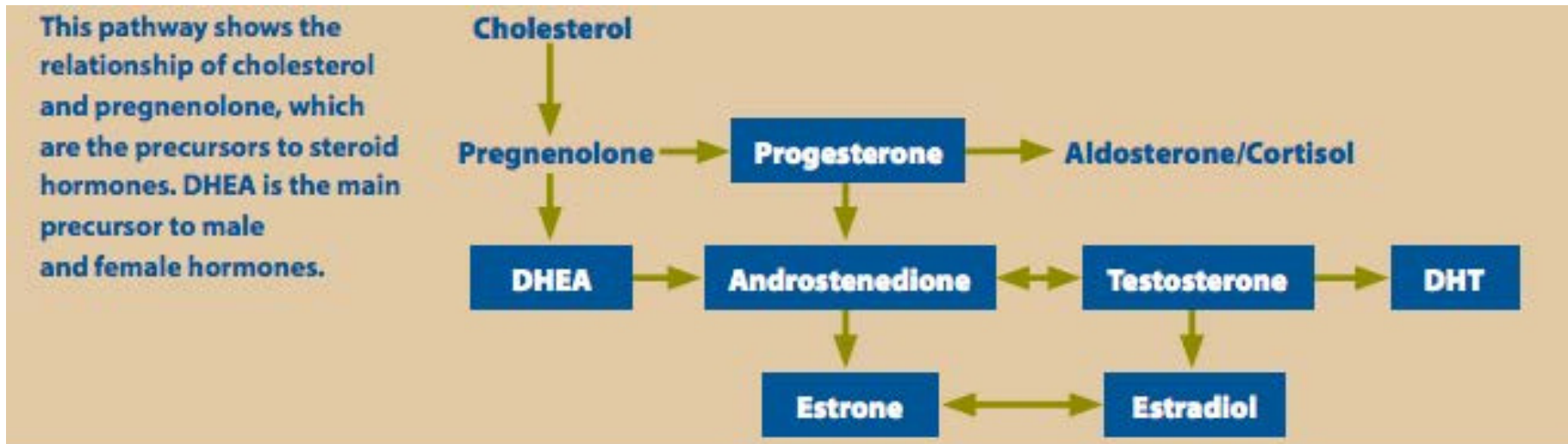
**Five Simple Steps to Get Started**

1. CLICK **Add to Cart**
2. Choose from other recommended international tests to **personalize your baseline**
3. CLICK **Checkout** to create your private health record account
4. Once your kit arrives, **collect the saliva samples** in the privacy of your home.
5. **Ship the saliva sample back to the lab** for testing in the pre-paid mailer provided.

**About Your Test Results**



# Androgen Pathway Importance





# Female Hormone Panel

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**Female Hormone - 30 Day**

What's included?

ONLINE PRICE **\$350.00** ADD TO CART

PHONE / RETAIL PRICE **\$385.00**

PANEL PRICE **\$325.00** CREATE MY PANEL (What Are Panels?)

**NO FASTING is required.**

**THIS TEST REQUIRES A KIT TO BE MAILED TO YOUR HOUSE for in-home collection over a month long period.**

The Female Comprehensive Hormone Panel is offered through our partnership with Sabre Sciences Lab. It is designed to provide an evaluation of the stress hormones: Cortisol and DHEA-Sulfate; sex hormones: Testosterone, Progesterone and Estradiol; electrolytes: Sodium, Potassium and Chloride.

The test includes - Thirteen saliva samples collected in the privacy of your own home over a month long period. Day 2 at: 8AM, 12PM, 4PM, 8PM, 12AM, and 4AM. Days 2, 10, 12, 14, 16, 18, and 24 at: 8am.

The profile includes 27 evaluations:

- 6 x Cortisol
- 3 x DHEA-s
- 1 x Testosterone
- 7 x Progesterone
- 7 x Estradiol
- 1 x Potassium
- 1 x Sodium
- 1 x Chloride

This simple, non-invasive saliva test can determine whether an imbalance in adrenal hormones, sex hormones and/or electrolytes exists. The six day 2-24 hr. salivary specimens are used to reconstruct the adrenal rhythm in the laboratory and determine whether the main stress hormones (cortisol and DHEA-S) are being secreted in proper proportion to each other and at the right times; and whether there is a state of sex hormone and electrolyte imbalance. The additional seven specimens collected throughout the month will track estradiol and progesterone levels/ratios.

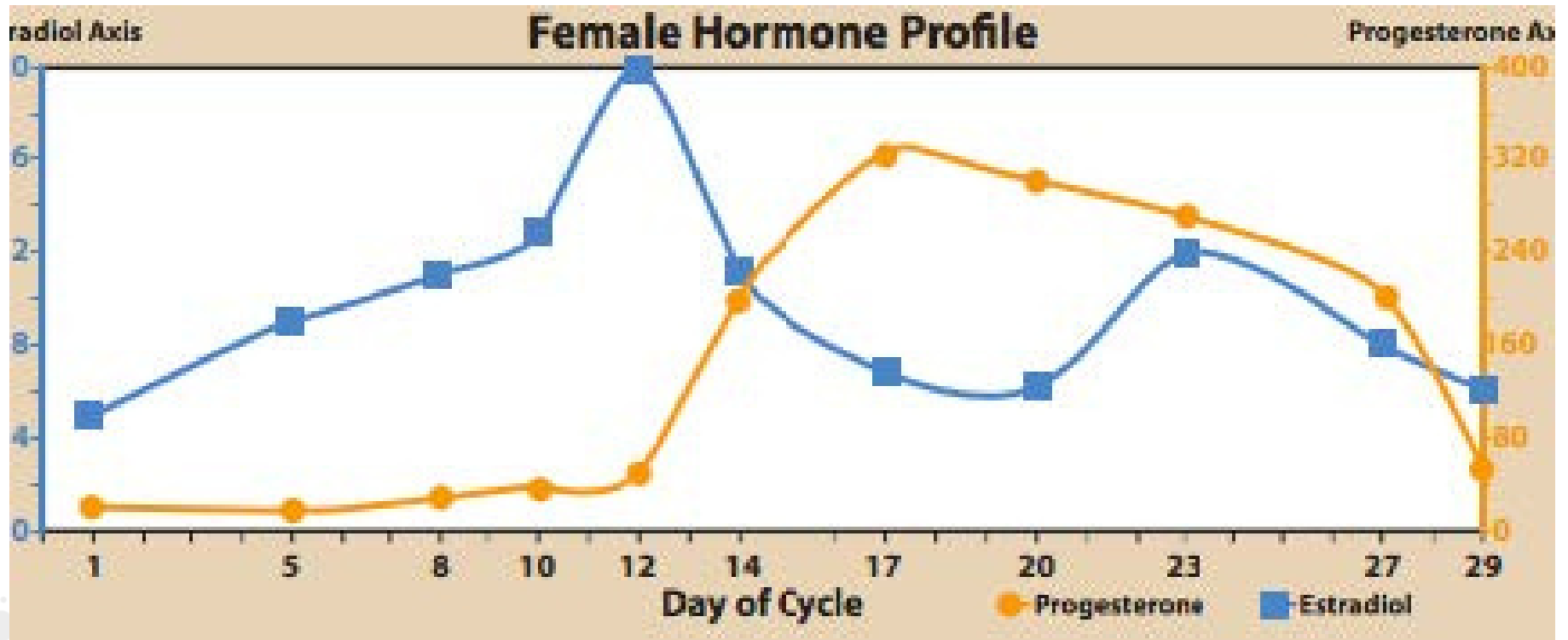
Both PMS sufferers and postmenopausal women usually experience significant health changes. Many of the conditions associated with PMS and menopause are commonly associated with adrenal dysfunction, which will lead to overall endocrine imbalance. The key to successfully overcoming these conditions are performing baseline and

**Hormone**

- Step One HORMONE (F)
- Step One HORMONE (M)
- Step One MENOPAUSE
- 17-Hydroxyprogesterone
- ACTH Serum
- Adrenal Stress - Saliva
- Androstenedione
- Calcium, Ionized (Ca+)
- Cortisol, Blood
- Cortisol, Saliva
- Cortisol, Urine Free
- DHEA Sulfate
- Dihydrotestosterone
- Essential Menopause Profile
- Essential Menopause W/Vit D
- Estradiol (E2)
- Estriol (E3)
- Estrogens Total (E1,E2,E3)
- Estrone (E1)
- Female Hormone - 30 Day**
- Female Hormone - Blood
- Female Hormone - Saliva



# Female Hormone Testing 30 Days







# Female Hormone Panel

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Accurate and Affordable Medical Tests Online

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### Hormone

- Step One HORMONE (F)
- Step One HORMONE (M)
- Step One MENOPAUSE
- 17-Hydroxyprogesterone
- ACTH Serum
- Adrenal Stress - Saliva
- Androstenedione
- Calcium, Ionized (Ca+)
- Cortisol, Blood
- Cortisol, Saliva
- Cortisol, Urine Free
- DHEA Sulfate
- DiHydrotestosterone
- Essential Menopause Profile
- Essential Menopause W/Vit D
- Estradiol (E2)
- Estriol (E3)
- Estrogens Total (E1,E2,E3)
- Estrone (E1)
- Female Hormone - 30 Day
- Female Hormone - Blood
- Female Hormone - Saliva

### IGF-1 (Somatomedin C)

[What's Included?](#)

Facebook Twitter Email Plus 0

There is no special preparation for this test.

IGF-1 is measured to help diagnose the cause of growth abnormalities and to evaluate pituitary function. This test, while generally ordered in children suspected of GH abnormalities, may also be used in adults with GH deficiency.

IGF-1 may be used to monitor the effectiveness of this therapy at regular intervals for years afterward to monitor GH production and to detect tumor recurrence. IGF-1 testing may be ordered, along with a GH stimulation test, when a child has symptoms of GH deficiency, such as a slowed growth rate and short stature.

IGF-1 also is ordered at regular intervals when a patient is undergoing the drug and/or radiation therapy that frequently follow tumor surgery. IGF-1 levels may be ordered at regular intervals for many years to monitor a patient's GH production and to watch for pituitary tumor recurrence.

[CLICK HERE for More Detailed Test Information](#)

MyMedLab Product ID: 131

ONLINE PRICE	ADD TO CART	PHONE / RETAIL PRICE	PANEL PRICE	CREATE MY PANEL
\$100.00		\$110.00	\$90.00	

ONLINE PRICE **\$100.00** ADD TO CART

PHONE / RETAIL PRICE \$110.00

PANEL PRICE **\$90.00** CREATE MY PANEL ([What Are Panels?](#))



# Growth Hormone Result



4855 Peachtree Industrial Blvd.  
Norcross, GA 30092  
770-446-5483 Fax: 770-441-2237

Ordering Physician  
Metamatrix  
4855 Peachtree Industrial Blvd.  
Suite 201  
Norcross, GA 30092

Accession Number: A0201230001  
Patient: Sample Report  
Age: 60 Sex: M  
Date Collected: 9/22/03  
Date Received: 9/23/03  
Report Date: 10/06/03  
Telephone: 770-446-5483  
Fax: 770-441-2237  
Reprinted:  
Comment:

## 0045 Insulin-Like Growth Factor-1 (IGF-1)

Methodology: EIA

	Results	Reference Limits	Low Limit	High Limit	
IGF-1	370	180 - 780	180	780	ng/mL





# Saliva vs. Serum Blood Tests

## Why Use Saliva & Not Blood for Hormone Testing

Saliva testing is an easy and noninvasive way of assessing your patient's hormone status and balancing needs and is proving to be the most reliable medium for measuring hormone levels. Appreciating the reliability of saliva testing is based on understanding the difference between steroid hormones in saliva and serum. This difference is based on whether or not the hormones are bound to proteins in the medium used for testing. The majority of hormones exist in one of two forms: free (5%) or protein bound (95%). It is only the free hormones that are biologically active, or bio-available, and available for delivery to receptors in the body.





## Saliva vs. Serum Blood Tests (cont'd)

Those which are protein bound do not fit those receptors and are considered nonbioavailable. This is why blood tests for hormones are grossly inaccurate. When blood is filtered through the salivary glands, the bound hormone components are too large to pass through the cell membranes. Only the unbound hormones pass through and into the saliva. What is measured in the saliva is the bioavailable hormone, the clinically relevant portion that will be delivered to the receptors in the tissues of the body.

Salivary hormone levels are expected to be much lower than serum levels, as only the unbound hormones are being measured. When health care providers measure serum hormone levels and prescribe hormone replacement therapy based on those results, patients are often overdosed. If the patients are then tested using saliva, the results are extraordinarily high, and confusion results from a lack of correlation between the two methods.



## Saliva vs. Serum Blood Tests (cont'd)

This discrepancy becomes especially important when monitoring topical, or transdermal, hormone therapy. Studies show that this method of delivery results in increased tissue hormone levels (thus measurable in saliva), but no parallel increase in serum levels. Therefore, serum testing cannot be used to monitor topical hormone therapy.

Saliva Measures the “Unbound” Biologically Active or Free Hormone Levels in the Body: When blood is filtered through the salivary glands, the bound hormone components are too large to pass through the cell membranes of the salivary glands. Only the unbound hormones pass through and into the saliva. What is measured in the saliva is considered the “free,” or bioavailable hormone, that which will be delivered to the receptors in the tissues of the body.

Serum Measures the “Protein Bound” Biologically Inactive Hormone Levels in the Body: In order for steroid hormones to be detected in serum, they must be bound to circulating proteins. In this bound state, they are unable to fit into receptors in the body, and therefore will not be delivered to tissues. They are considered inactive, or non-bioavailable.



## **Saliva vs. Serum Blood Tests (cont'd)**

Serum Measures the "Protein Bound" Biologically Inactive Hormone Levels in the Body: In order for steroid hormones to be detected in serum, they must be bound to circulating proteins. In this bound state, they are unable to fit into receptors in the body, and therefore will not be delivered to tissues. They are considered inactive, or non-bioavailable.

Only Saliva Testing Measures Topically Dosed Hormones: The discrepancy between free and protein bound hormones becomes especially important when monitoring topical, or transdermal, hormone therapy. Studies show that this method of delivery results in increased tissue hormone levels (thus measurable in saliva), but no parallel increase in serum levels. Therefore, serum testing cannot be used to monitor topical hormone therapy. Topical Hormones are NOT recommended because of the inconsistency of absorption and the dangerous aromatization potential.



# Commitment

- Every day, very sick people with probable debilitating disease, count on us and put their lives in our hands.
- Professional athletes depend on us and put their entire careers in our hands
- People looking for answers to health challenges rely on our research, advanced technologies, proprietary formulations and coaching staff to guide them on an optimum scientific, proven, healthier path, combining traditional medicine and complimentary medical processes.
- We are committed to improving your life. Will you be?
- The Healus System takes time and is individually tailored. Adjustments will
- be made during your program, so be prepared and be flexible. Take the time to complete each phase and follow the directions.
- **You have the Power to change.**



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