

BioCellular Analysis Report

The Essential Test for
Improving Your Health!



BIOCELLULAR ANALYSIS TEST RESULTS Lab Services Report Sheet

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VALUES TESTED	NORMAL VALUES	PATIENT VALUES
SALIVA pH:	6.8 – 7.2	5.6 L
URINE pH:	5.8 – 6.2	5.4 L
CONDUCTIVITY (salts):	12 – 15	28 H
CARBOHYDRATE METABOLISM (sugars):	3.5 – 5.0	2.3 L
PROTEIN METABOLISM (nitrogen):	8 – 11	4L
AMMONIA (metabolic toxicity):	5 – 8	12 H
SURFACE TENSION (anabolic or Catabolic):	66 – 68	66
rH2 URINE (cellular energy production):	22.5 – 24.5	20 L
rH2 SALIVA (oxidative stress):	22.0 – 23.5	22
SPECIFIC GRAVITY	1.015-1.020	1.015
VITAMIN C (Deficiency):	No	No
LIVER STRESS	No	Yes
GALLBLADDER STRESS:	No	No
KIDNEY STRESS	No	No
ADRENAL STRESS	No	No
PANCREAS STRESS	No	No
THYROID STRESS	No	No
THYMUS (Immune) STRESS	No	No
GASTROINTESTINAL STRESS	No	No
SPLEEN- IMMUNE STRESS:	No	Yes
HYDRATION:	Yes	No

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INDICATIONS:

Saliva pH indicates efficiency and utilization of metabolic and digestive enzymes. Acidic saliva indicates an acidosis condition which means that acidity is breaking down body tissues. It is created by metabolic, dietary, and environmental waste that have a very negative influence on mitochondria function, hormone receptor sites, oxygen delivery, and enzyme activities. If the acidic environment is left unregulated, it will eventually result in abnormal cell growth. The acidic saliva pH will greatly disrupt the body's mineral balance. Over-acidity and overgrowth of microbes, fungi, viruses, and parasites are inextricably linked. These create more acidic waste products that further pollute the body. There will be a deficiency of the alkaline enzymes that can lead to a skeletal deficiency because the body will take calcium and minerals from the bones to compensate. So it is important to change the acidic saliva so that a healthy environment is created for normal cell, bone and skeletal growth.

Urine pH indicates assimilation of buffering minerals. The buffering minerals are potassium, magnesium, sodium and calcium and are needed to buffer acids in the body. If the pH is too acidic, it creates a welcoming environment for viruses and bacteria to flourish causing a lack of energy, frequent illness and pains. Prolong acidic pH can lead to degenerative diseases such as osteoporosis, diabetes, cancers, arthritis caused primarily by acidosis. High acid level of the urine pH shows deeper levels of acidity in the intestines. These produce putrid soft stools with smelly gas. The greater the acidity of the urine pH, and the older the individual, then symptoms such as ulceration of the stomach, increased heart rate, kidney stress; dry skin and dry mouth, may develop. High mineral loss to the organism leads to many deficiency type problems especially bone and muscle loss. **Double Acid PH must be corrected – very important.**

CONDUCTIVITY OF SALTS

Salt Conductivity is high indicating that the sympathetic nervous system is on overdrive and triggering a fight or flight situation driving up the senses causing sensory overload and burning out the adrenals leaving great fatigue, stress and anxiety. The high salts are not only and specifically due to dietary issues, however, once the salts are high, the tendency is to crave salts. Take heed not to eat salty, dry

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or processed foods, which are high in salts and addictive. More foods high in potassium would be helpful. The salts elevate due to toxins in the kidneys, which elevate a hormone in the adrenals called Aldosterone. This causes the potassium to waste and the sodium to elevate. It also shifts the body into Metabolic Alkalosis zone or Metabolic Acidosis zone, which is a high viral, bacteria, yeast, and fungus environment. Bringing down the salts and treating the GI tract will hopefully move the biochemistry into a more protective zone which doesn't create viruses, bacteria, yeast overgrowth, systemic Candida and fungus.

Carbohydrate Metabolism (sugar level) is low which indicates low blood sugar, mood swings, high anxiety, GI tract and digestive issues with high yeast, fungus, and Candida.

It is very important to regulate the blood sugar so that hypoglycemia does not develop. Low blood sugar can cause adrenal exhaustion and fatigue as well as triggering sugar cravings, irritability, acid indigestion and behavioral issues such as non compliance, melt downs and uncontrollable anger. Low blood sugar can be symptomatic of neurological problems such as depression (Bipolar) and addictions. In order to help stabilize blood sugar levels, protein levels need to be adequate. More frequent small meals with protein sources rather than sugar sources to stabilize the blood sugar rather than feed into it (which eventually leads to hypoglycemia). With small protein meals, you will feel a feeling of strength rather than a false high which helps to overcome the feeling of fatigue as well.

AMMONIA (Metabolic Toxicity)

Ammonia is a toxic byproduct of normal cell function. Because ammonia is normally converted to urea before excretion, the level of ammonia in the urine provides an evaluation of the body's ability to process wastes efficiently. A high level of ammonia may also be indicative of the body's inability to buffer acid produced by the digestive process leaving high fermentation in the GI tract. If an enzyme or transporter in the urea cycle is deficient, ammonia may build up in the blood and reach toxic levels. An elevated ammonia level disrupts normal brain and central nervous system functioning. It will cause brain fog and spaciness. Some of the physical symptoms may include lack of appetite, irritability, heavy or rapid breathing, low energy, disorientation, anger and inappropriate verbal responses. High or low, the kidneys and liver may be affected.

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Low Protein:

Nitrogen Levels (Protein) are low indicating that more protein is needed and/or adequate protein absorption needs to increase for improved muscle production. Proteolytic enzymes are required in order to absorb protein and should be taken with meals or predigested protein can be used which ensures protein absorption. Predigested protein can also be taken because it is very digestible and easy to give. Some protein should be eaten with every meal. Note that red meat creates an acidic condition, so it is best to avoid red meat and choose other forms of protein that are suggested.

Adequate protein levels are extremely important because protein keeps the body calmer, reduces anxiety, gives more energy, stabilizes and maintains carbohydrate metabolism (sugar) levels normal and helps increase the muscle tone throughout the body.

Low Cellular Production indicates that the mitochondria do not have sufficient energy to produce enough ATP for adequate muscle tone throughout the body. The Mitochondria helps the cells metabolize the fats, proteins and carbohydrates – it provides energy to the cells, also known as the powerhouse of the cell; the Mitochondria provide the location for the production of ATP (adenosine triphosphate): Glycolosis, the Krebs cycle and electron transport produce ATP, and, ATP in turn provides energy for the cell at the molecular level. When Cellular Energy is low and not functioning adequately there will be low muscle tone, low stamina, fatigue, muscle wasting and low energy level.

The Liver is showing some stress, which could be from the high level of yeast, fungus, Candida etc. in the gastrointestinal tract inhibiting proper functioning of the detoxification breakdown process in the GI tract causing the liver to be overworked. Liver enzymes can be elevated due to a possible previous viral infection over the years such as undetected mononucleosis etc. This can raise the liver enzymes many years later causing abnormal liver metabolism. If the GI tract is not sufficiently removing the unwanted toxins and wastes, then the liver's job is compromised. Liver stress can also trigger a histamine reaction in persons suffering from allergies, so it's important to reduce the liver stress to stop the allergic reactions whether acute, internal or neurological. Liver stress can also lead to impatience, more anger and behavioral issues.

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SPLEEN STRESS:

The Spleen is an organ involved in the production and maintenance of red blood cells, the production of certain circulating white blood cells, and is a part of the lymph system and the immune system. In Chinese medicine the spleen is known as the “mother organ”. Because of its wide variety of functions, the spleen may be affected by many conditions involving the blood or lymph system, and by infection, malignancies, liver disease, and parasites. In ancient times the spleen was considered the seat of emotions and feelings. The spleen takes a lead role in the assimilation of nutrients and maintenance of physical strength. Symptoms of imbalance include lack of appetite, fatigue and anemia, muscular atrophy (muscle wasting), indigestion, abdominal fullness, bloating, jaundice, inappropriate bleeding and bruising. In Chinese medicine the Spleen is said to be nourished by sweet food. This does not mean sugar but rather the deep sweet taste of grains or root vegetables as in rice pudding or pumpkin soup. Generally speaking the Spleen likes well-cooked food such as thick soups or stews which are easy on the digestion; it has more difficulty with raw and cold food. The weaker the Spleen, the more it benefits from well-cooked meals.

Hormone imbalance – Low Progesterone levels

Both dietary and supplementary nutritional recommendations have been made to help improve these issues.

RECOMMENDATIONS

1. Alkalize both pH's:
 - Lemon juice and distilled water- 8 glasses per day
 - Eat Apricots
 - Eat Cauliflower
 - Eat Corn

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- Ultra Green Capsules – Spirulina 2 capsules 2 times daily
2. Lower Salts
- Magnesium Citrate- 2 capsules 2 times daily
3. Lower Ammonia (metabolic toxicity):
- NH 4 Redox 1 capsule 2 times daily
4. Increase Cellular Production
- Interferon(homeopathic) – 10 drops under tongue- 2 times daily on empty stomach(do not use any mint flavoring ½ hr before or after administering the drops) This will also aid in helping liver enzyme problem
 - Start morning with protein for breakfast – such as a PROTEIN shake.
 - Take Proteolytic Enzyme (pancreatin)-with all meals to digest and absorb protein.
Theragest - Take 1 with dinner and lunch if possible when eating protein. You should have protein with every meal.
5. Liver Stress:
- SamE- 200 mg- 1 in morning. Will help in methylation process of the liver as well as raise your mood level.
6. Spleen Stress-
- B- Cell Formula – -1 capsule 2 times daily – helps body to fight off virus
7. Hydration
- Colloidal Minerals- 2 dropper full's 2 times daily
8. Progesterone -
- Progesterone Liquid – 10 drops orally 1 time daily. Take on day 14 of cycle and stop on day 27. Repeat each month.

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9. Strengthen Immune System

- Take Probiotic - 1 pill each morning

10. Blood Pressure –

- Pressure Norm natural supplement for blood pressure- 2 tabs morning and 2 tabs evening on empty stomach

11. High Cholesterol –

- Red Yeast Rice – 2 capsules twice daily