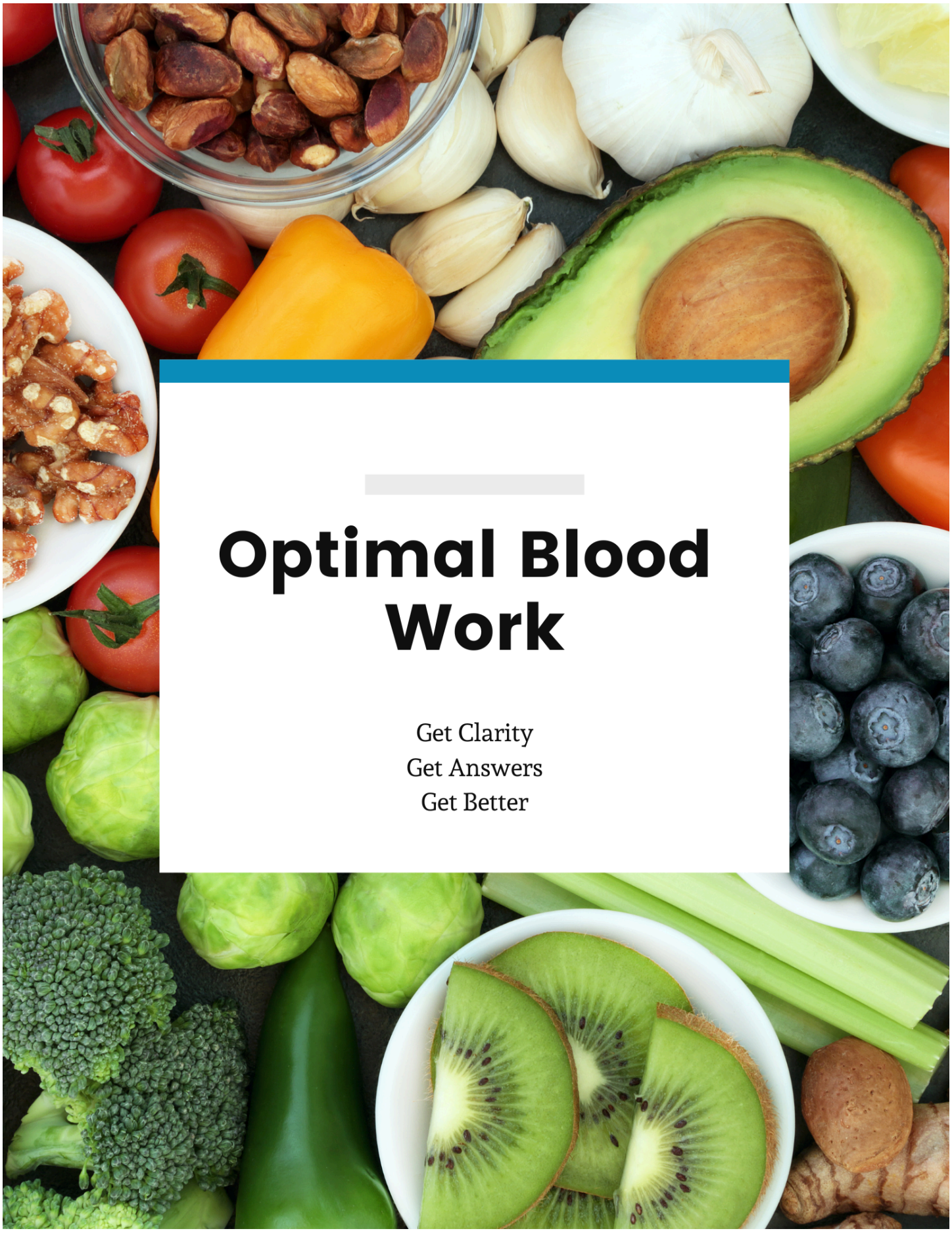


Optimal Blood Work

Get Clarity
Get Answers
Get Better

Dehydration	
Feeling thirsty	
Dark yellow, strong smelling urine	
Urinating less often than usual	
Feeling dizzy or lightheaded	
Feeling tired	
Dry mouth, lips and tongue	
Sunken eyes	
Total	

Potassium Deficiency	
Allergies	
Constipation	
Fatigue	
Irregular heartbeats	
Low blood sugar	
Muscle weakness or exercise intolerance	
Skin problems	
Water retention	
Slow oxidation	
Total	0

Sodium deficiency	
Allergies	
Apathy	
Anorexia (eating disorders)	
Abdominal bloating due to low HCl	
Depression	
Dizziness	
Fatigue - low energy during working out	
Low blood pressure	
Low HCl levels	
Poor protein digestion	
Weakness	
Slow oxidation	
Total	**0**

Sodium Excess	
Edmea (inflammation and water retention)	
Headaches	
High blood pressure	
Irritability	
Nervousness (drives up stress response and makes you feel anxious and nervous)	
Water retention	
Low calcium and magnesium levels	
Fast oxidation	
Total	**0**

Adrenals	
Feel "wired but tired"	
Difficulty waking and getting out of bed	
Tend to be a "night person"	
Afternoon fatigue	
Racing thoughts and trouble calming down	
Insomnia or poor sleep	
High blood pressure	
Low blood pressure	
Dizzy upon standing up	
Salt cravings	
Sweet cravings	
Feeling stressed out	
Weight gain or can't gain weight	
Low energy/fatigue	
Hate to exercise	
Eyes sensitive to light	
Anxiety, irritable, or depressed	
Total	**0**

Magnesium Deficiency	
Osteo-arthritis	
Osteoporosis	
Depression	
Calculi	
PMS	
Cardiovascular disease	
Noise sensitivity	
Adrenal insufficiency - do not handle stress well	
Diastolic hypertension	
Hypothyroidism	
Anxiety	
Hyperactivity	
Bone and mood issues	
Severe cases - Excessive sweating, convulsions, epilepsy, systolic hypertension, psychopathy	
Total	

B6 Deficiency	
Peripheral neuropathy	
Weakness	
Irritability	
Depression	
Insomnia	
Anxiety	
Dermatitis	
Nausea	
Vomiting	
Confusion	
Cheilosis	
Low glutathione	
Total	**0**

Nervous System	**s**
Startle easily	
Weak gag reflex	
Overly strong gag reflex	
Trouble sleeping	
Waking up tired	
Feeling wired but tired	
Feeling wired after to much conversation	
Easily stressed with changes	
anxiety or depression	
Loss of intestinal motility (chronic constipation or diarrhea)	
High or low blood pressure	
Light/sound sensitivities	
Supplement or medication reactions	
EMF sensitivities	
Mold sensitivities	
Sensitivity to perfume or cologne	
Chemical sensitivities (paint, gas, new clothing, new furniture, etc.)	
History of chronic lyme, bartonella, babesia, etc.	
Constant food reactions	
Mast Cell Activation Syndrome	
Autoimmunity	
Nothing you do works	
Total	**0**

The Stomach - H. Pylori & Low Stomach acid	
Bloating shortly after meals (within 30 minutes)	
Heartburn, acid reflux, or GERD	
Gastritis (stomach inflammation)	
Peptic or duodenal ulcer	
Nutrient deficiencies (especially iron and B12)	
Upper back pain between the shoulder blades	
Halitosis (bad breath)	
Lump feeling in the throat	
Feel like food is sitting in the stomach	
Chest pain	
Indigestion	
Stomach and abdominal pain	
Nausea or vomiting	
Constipation	
Diarrhea	
Nonspecific symptoms: fatigue, headache, brain fog, depression, anxiety	
Total	**0**

Zinc deficiency	
Psoriasis, acne, rashes	
Slow wound healing	
Diabetes	
Anorexia	
Visual changes	
Stretch marks	
More susceptible viral infections	
Fingernail white spots	
Total	**0**

Poor Bile Production & Flow	
Itching hands and feet	
Clay colored or pale stools	
Dark urine	
Ability to digest fatty foods	
Nausea and vomiting	
Pain in the right upper part of abdomen	
Yellow skin or eyes	
Small intestinal bacterial overgrowth	
Low fat soluble vitamins (A, D, E, K)	
Total	**0**

Liver Dysfunction Symptoms	
Feeling sluggish, tired and fatigued constantly	
White or yellow-coated tongue and/or bad breath	
Weight gain, especially around the abdomen	
Cravings and/or blood sugar issues	
Headaches	
Poor digestion	
Feeling nauseous after fatty meals	
Intolerance to strong smells such as perfumes	
Pain in the right side of your stomach	
Skin breakouts: acne and rashes	
Total	**0**

Liver Dysfunction Symptoms (Early)	
Feeling unwell	
Gassy sensations	
Confusion	
Fluid retention	
Dark urine	
Loss of appetite	
Itching	
Loss of muscle and muscle weakness	
Total	**0**

Liver Dysfunction (Later)	
Skin and eyes that appear yellow	
Abdominal pain and swelling	
Swelling in the legs and ankles	
Itchy skin	
Dark urine color	
Pale stool color	
Chronic fatigue	
Nausea or vomiting	
Loss of appetite	
Tendency to bruise easily	
Total	**0**

Non-Alcoholic Fatty Liver Disease (NAFLD)	
A dull or aching pain in the top right of abdomen	
Fatigue (extreme tiredness)	
Unexplained weight loss and loss of appetite	
Weakness	
Spider Like blood vessels on the skin	
Long-lasting itching	
Jaundice	
Fluid buildup and swelling in legs and abdomen	
Total	**0**

Molybdenum deficiency	
Tooth decay	
Impaired growth	
Male impotence	
Sensitive to scents	
Total	**0**

Metabolic Syndrome	
Excess weight around the waste	
High blood pressure	
Possible increase thirst and urination	
Fatigue	
Total	**0**

Insulin Resistance	
Increased thirst	
Frequent urination	
Increased hunger	
Blurred vision	
Headaches	
Vaginal and skin infections	
Slow healing cuts and sores	
Total	**0**

Anemia	
Feeling weak or tired more often than usual	
Fatigue with exercise	
Headaches	
Problems concentrating or thinking	
Irritability	
Loss of Appetite	
Numbness or tingling of hands and feet	
Total	**0**

Anemia (Worsening)	
Blue color to the whites of the eyes	
Brittle nails	
Desire to eat ice or other non-food things	
Lightheadedness when you stand up	
Pale skin color	
Shortness of breath with mild activity or at rest	
Sore or inflamed tongue	
Mouth ulcers	
Abnormal or increased menstrual bleeding in females	
Loss of sexual desire in males	
Total	**0**

Iron Deficiency	
Anemia	
Pica	
Chronic candida	
Recurrent herpes viral infections	
Difficulty swallowing	
Total	**0**

Small or Large Intestines - Candida/Fungi (Potential mold toxicity)	
Thrush (mouth/throat)	
Fungal infections of the nails or skin	
Food cravings (particularly sugar)	
Histamine intolerance	
Mood disorders (depression, anxiety, irritability, etc.)	
Skin conditions (itching, rashes, eczema, psoriasis)	
Ear and throat infections	
Thick white coating on the tongue	
Vaginal itching or burning	
Gas and Bloating	
Frequent urination	
Oxalate sensitivity	
Diarrhea and/or constipation	
Food or chemical sensitivity	
Asthma or hay fever	
Nasal congestion, sinusitis or chronic sinus infection	
Weight gain or loss	
Nonspecific symptoms - Fatigue, nausea, abdominal pain, nasal congestion, brain fog, headaches or migraines)	
Total	**0**

B1 Deficiency	
Increased heart rate	
Edema (lower ankles)	
Difficulty breathing	
Full sensation stomach	
Constipation	
Gastroparesis	
GERD	
Low Hydrochloric acid	
Neuritis	
Peripheral neuropathy	
Vertigo	
Lack of tears	
Excess sweat	
No Sweat	
Anxiety	
Nervous tension	
Brain fog	
Exercise intolerance	
insomnia	
POTS	
Sleep Apnea	
Panic Attack	
Nightmares	
Lack of stamina	
Buildup of lactic acid	
Recurrent ear infection	
Total	**0**

B12 Deficiency	
Neurological disturbances	
Pernicious anemia	
Shortness of breath	
Fatigue	
Weakness	
Ataxia neuropathy	
Rapid breathing or shortness of breath	
Headaches	
Indigestion	
Loss of appetite	
Palpitations	
Vision problems	
Diarrhea	
Memory problems	
Sore or red tongue	
Total	**0**

B6 Deficiency	
Peripheral neuropathy	
Weakness	
Irritability	
Depression	
Insomnia	
Anxiety	
Dermatitis	
Nausea	
Vomiting	
Confusion	
Cheilosis	
Low glutathione	
Total	**0**

B2 Deficiency	
Cracks on mouth/lips	
Dermatitis	
Light avoidance	
Inflammation or infection of the tongue	
Anxiety	
Loss of appetite	
Fatigue	
Total	**0**

Vitamin C	
Bruising	
Gum infection	
Lethargy	
Dental cavities	
Tissue swelling	
Dry hair/skin	
Bleeding gums	
Dry eyes	
Pitting edema	
Anemia	
Poor wound healing	
Total	**0**

Copper Deficiency	
Iron-deficiency anemia	
Hemosiderosis (associated with inflammatory disorders or RA)	
Arthritis	
Chronic Fungal infections (also seen with copper toxicity)	
Hodgkin's disease, scoliosis, Parkinson's disease, Celiac Disease	
Gout	
Hypertension	
Hyperactivity	
Emotional disturbances	
Insomnia (stimulates adrenaline)	
Total	**0**

Selenium Deficiency	
Cataracts	
Pre-make aging (lack of glutathione)	
Iron deficiency anemia	
Cancer	
Cystic fibrosis	
Crohn's Disease	
Hypothyroidism	
Total	**0**

Hypothyroidism	
Fatigue	
Weight gain	
Trouble tolerating cold	
Joint and muscle pain	
Dry skin	
Dry, thinning hair	
Heavy or irregular menstrual periods	
Fertility problems	
Slowed heart rate	
Depression	
Constipation	
Puffy face	
Hoarse voice	
Brittle nails	
Slow heart rate	
Sexual dysfunction	
Muscle aches, tenderness and stiffness	
Memory problems	
Total	**0**

Hyperthyroidism	
Anxiety	
Difficulty concentrating	
Frequent bowel movements	
Goiter or thyroid nodules	
Hair loss	
Hand tremor	
Heat intolerance	
Excessive sweating	
Excessive hunger	
Restlessness	
Difficulty falling asleep or insomnia	
Irregular menstruation	
Hyperactivity or irritability	
Protrusion or puffy eyes	
Weight loss	
Total	**0**

Estrogen Dominance	
Mood swings	
Tender breasts	
Water retention	
Nervousness	
Irritability	
Anxiousness	
Fibrocystic breast	
Weight gain in hips	
Low libido	
Changes in bleeding	
Histamine issues	
Total	**0**