

Your Paleo Blueprint



Aarthi Govidarajan

Reviewed by
Dr. Raghavi

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AARTHI SCANS & LABS



3 DECADES
10 STATES
100 + BRANCH

| Date: 22/10/2023 | NAME: MRS. AARTHI GOVIDARAJAN | | | AGE: 38 | CATEGORY: VEG |
|------------------------------------|-------------------------------|------|-------|---|-----------------|
| HEIGHT:170 | WEIGHT:80 | | | SEX: FEMALE | |
| DIABETIC PROFILE | | | | HORMONES PROFILE | |
| Test | Result | Min | Max | Test | Result Min Max |
| HBA1C | 10.2 | 0 | 5.6 | TSH (THYROID-STIMULATING HORMONE)-ULTRA | 4.186 0.55 4.78 |
| GLUCOSE FASTING (FBS) | 219.0 | 74 | 100 | TESTOSTERONE - TOTAL | 15.00 15 70 |
| METABOLIC PROFILE | | | | TOTAL-T3 (TRIIODOTHYRONINE-T3) | 104.5 70 204 |
| Test | Result | Min | Max | TOTAL-T4 (THYROXINE T4) | 11.0 5.5 11 |
| INSULIN (F) | 12.69 | 2 | 25 | | |
| INSULIN RESISTANCE(HOMA IR) | 2.0 | 0 | 1.22 | | |
| BETA CELL FUNCTION | 25.6 | 54.2 | 255 | | |
| INSULIN SENSITIVITY | 50.00 | 90 | 150 | | |
| HEART PROFILE | | | | LIVER & PANCREAS FUNCTION | |
| Test | Result | Min | Max | Test | Result Min Max |
| CHOLESTEROL | 209.0 | 50 | 200 | ALANINE AMINOTRANSFERASE(ALT/SGPT) | 90.0 0 34 |
| LDL CHOLESTEROL | 161 | 0 | 129 | ALKALINE PHOSPHATASE | 60.0 42 98 |
| HDL CHOLESTEROL | 29.0 | 40 | 140 | ASPARTATE AMINOTRANSFERASE(AST/SGOT) | 101.0 0 31 |
| TRIGLYCERIDES | 221.0 | 0 | 150 | BILIRUBIN DIRECT | 0.18 0 0.2 |
| CHO / HDL RATIO | 7.2 | 0 | 5 | BILIRUBIN TOTAL | 0.51 0.3 1.2 |
| LDL/HDL RATIO | 5.6 | 1.5 | 3.5 | ALBUMIN | 4.63 3.5 5.2 |
| VLDL CHOLESTEROL | 44.2 | 10 | 40 | TOTAL PROTEIN | 8.06 6.4 8.3 |
| CRP-HIGHLY SENSITIVE(HSCRP) | 3.80 | 0 | 1 | GAMMA GT | 144.0 0 38 |
| HOMOCYSTEINE | 15.6 | 5 | 15 | GLOBULIN | 3.43 2.3 3.5 |
| NON-HDL CHOLESTEROL | 180 | 0 | 160 | A/G RATIO | 1.3 0.8 2 |
| APOLIPOPROTEIN A1 | 106.2 | 110 | 189 | BILIRUBIN INDIRECT | 0.33 0.2 0.9 |
| APOLIPOPROTEIN B | 134.5 | 70 | 132 | AMYLASE | 63.0 28 100 |
| APOLIPOPROTEIN B/A1 RATIO | 1.27 | 0.3 | 0.9 | LIPASE | 56.0 6 51 |
| LIPOPROTEIN (A) | 5.8 | 0 | 30 | | |
| SMALL DENSE LDL CHOLESTEROL(SDLDL) | 60 | 5.1 | 64.89 | | |
| TGL/HDL RATIO | 7.6 | 0 | 2 | | |
| KIDNEY PROFILE | | | | VITAMINS & MINERALS | |
| Test | Result | Min | Max | Test | Result Min Max |
| CREATININE | 0.6 | 0.5 | 1.1 | SODIUM | 138.3 137 145 |
| E-GLOMERULAR FILTRATION RATE (GFR) | 121.6 | 0 | 90 | POTASSIUM | 4.2 3.4 5.1 |
| BLOOD UREA NITROGEN(BUN) | 7.0 | 6 | 20 | CHLORIDE | 99.3 98 107 |
| URIC ACID | 6.3 | 2.6 | 6 | IRON | 58.0 41 141 |
| BUN/CREATININE RATIO | 11.2 | 9 | 23 | VITAMIN D TOTAL 25(OH) | 4.76 30 100 |
| | | | | VITAMIN B 12 | 301.00 211 911 |
| | | | | MAGNESIUM | 1.9 1.7 2.4 |
| | | | | CALCIUM | 9.8 8.6 10.2 |
| | | | | ZINC | 176.2 60 120 |

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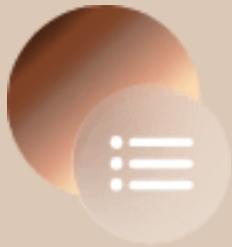
Please enter the values in the boxes provided and share/take a picture and load in the Facebook in the group in the following address

Note: Kindly refer your original (PDF) report also

Tamil group : <https://www.facebook.com/groups/tamilhealth>

English group : <https://www.facebook.com/groups/paleo.LCHF.Diet.India>





Healthspan Indicators

Your Functional Health Status



IMMUNE AND ALLERGY FUNCTION



Immune and allergy function determines immune health and its ability to fight infections, pathogens and allergens.

Above Optimal

Crp-highly sensitive(hscrp), Lymphocytes

Below Optimal

Platelet count, Absolute basophils count, Eosinophils

Biomarkers Considered

Crp-highly sensitive(hscrp), Total wbc count, Rbc (red blood cell count), Platelet count, Absolute lymphocyte count, Lymphocytes, Absolute monocytes count, Monocytes, Absolute basophils count, Basophils, Eosinophils, Absolute eosinophil count



BLOOD SUGAR REGULATION



Blood sugar regulation determines body's blood glucose levels. Optimal blood sugar levels reduces diabetes risk.

Above Optimal

Triglycerides, Glucose fasting (fbs), Hba1c, Cholesterol, Ldl cholesterol

Below Optimal

Hdl cholesterol

Biomarkers Considered

Triglycerides, Hdl cholesterol, Glucose fasting (fbs), Hba1c, Cholesterol, Ldl cholesterol, Insulin (f)





BONE HEALTH STATUS



Bone health determines the level of bone loss and risk of fracture. Optimal bone health is necessary for strength, movement and reducing the risk of fractures.

Above Optimal

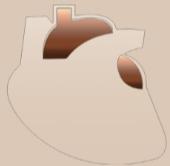
Crp-highly sensitive(hscrp), Total protein

Below Optimal

Blood urea nitrogen(bun), Vitamin d total 25(oh)

Biomarkers Considered

Crp-highly sensitive(hscrp), Calcium, Sodium, Potassium, Total protein, Alkaline phosphatase, Blood urea nitrogen(bun), Vitamin d total 25(oh)



CARDIOVASCULAR FUNCTION



Cardiovascular function determines functioning of the heart and blood vessels. Optimal cardiovascular function ensures healthy heart function, and reduces risk of cardiovascular diseases.

Above Optimal

Glucose fasting (fbs), Hba1c, Cholesterol, Ldl cholesterol, Triglycerides, Vldl cholesterol, Ldl/hdl ratio, Cho / hdl ratio

Below Optimal

Hdl cholesterol

Biomarkers Considered

Glucose fasting (fbs), Hba1c, Insulin (f), Cholesterol, Ldl cholesterol, Triglycerides, Hdl cholesterol, Vldl cholesterol, Ldl/hdl ratio, Cho / hdl ratio





GI FUNCTION



GI function determines the digestion and absorption of nutrients from food. Optimal GI function is necessary for healthy digestion, energy production and maintaining a strong immune function.

Above Optimal

Total protein, Uric acid, Gamma gt, Globulin

Below Optimal

Blood urea nitrogen(bun), Iron, Haemoglobin (hb), Eosinophils

Biomarkers Considered

Total protein, Blood urea nitrogen(bun), Albumin, Uric acid, Alkaline phosphatase, Gamma gt, Total wbc count, Iron, Haemoglobin (hb), Basophils, Eosinophils, Globulin, Calcium



INFLAMMATION STATUS



Inflammation status determines the extent of inflammation in the body and it also provides insight on potential health risks.

Above Optimal

Crp-highly sensitive(hscrp), Homocysteine

Biomarkers Considered

Crp-highly sensitive(hscrp), Homocysteine





LIVER FUNCTION



Liver function determines the liver health and its functions. Optimal liver function is necessary to maintain overall metabolism, improve digestion and remove toxins from the body.

Above Optimal

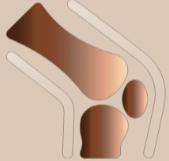
Triglycerides, Total protein, Alanine aminotransferase(alt/sgpt), Globulin, Aspartate aminotransferase(ast/sgot), Gamma gt, Cholesterol

Below Optimal

A/g ratio

Biomarkers Considered

Albumin, Triglycerides, Total protein, Alanine aminotransferase(alt/sgpt), Globulin, Aspartate aminotransferase(ast/sgot), Alkaline phosphatase, Gamma gt, A/g ratio, Bilirubin direct, Bilirubin total, Bilirubin indirect, Cholesterol



MUSCLE HEALTH STATUS



Muscle health determines overall health and functioning of muscles. Optimal muscle health is necessary for strength, movement and overall health.

Above Optimal

Alanine aminotransferase(alt/sgpt), Aspartate aminotransferase(ast/sgot)

Below Optimal

Vitamin d total 25(oh), Creatinine

Biomarkers Considered

Vitamin d total 25(oh), Alanine aminotransferase(alt/sgpt), Aspartate aminotransferase(ast/sgot), Creatinine





THYROID FUNCTION



Thyroid function determines thyroid health and its functions. Optimal thyroid function is necessary for hormonal balance, proper metabolism and weight management.

Above Optimal

Tsh (thyroid-stimulating hormone)-ultra

Biomarkers Considered

Total-t4 (thyroxine t4), Total-t3 (triiodothyronine-t3), Tsh (thyroid-stimulating hormone)-ultra



Healthspan Indicators

Your Nutritional Health Status



CARBOHYDRATE STATUS



Carbohydrate status indicates the dietary intake of carbohydrates. Optimal carbohydrate status reduces the risk of developing metabolic diseases.

Above Optimal

Glucose fasting (fbs), Cholesterol, Ldl cholesterol, Triglycerides

Below Optimal

Hdl cholesterol

Biomarkers Considered

Glucose fasting (fbs), Cholesterol, Ldl cholesterol, Triglycerides, Hdl cholesterol



FOLATE LEVEL



Folate level determines its amount of folic acid in the blood. Optimal folate level is important for growth, development and proper function of RBC and nerve tissues.

Above Optimal

Homocysteine, Rdw-cv(red cell distribution width-cv)

Below Optimal

Vitamin b 12

Biomarkers Considered

Vitamin b 12, Homocysteine, Mcv (mean corpuscular volume), Rdw-cv(red cell distribution width-cv)





HYDRATION STATUS



Hydration status indicates the body's fluid balance. Optimal hydration is necessary to transport nutrients, maintain body temperature, remove toxins and lubricate joints.

Above Optimal

Total protein

Below Optimal

Blood urea nitrogen(bun), Haemoglobin (hb)

Biomarkers Considered

Albumin, Blood urea nitrogen(bun), Sodium, Potassium, Total protein, Haemoglobin (hb)



IRON LEVEL



Iron level determines the amount of iron in the blood. Optimal iron level in blood ensures healthy hemoglobin, energy production and brain function.

Above Optimal

Rdw-cv(red cell distribution width-cv)

Below Optimal

Iron, Haemoglobin (hb), Pcv -(haematocrit-packed cell volume)

Biomarkers Considered

Iron, Haemoglobin (hb), Pcv -(haematocrit-packed cell volume), Mcv (mean corpuscular volume), Mch (mean corpuscular hemoglobin), Mchc (mean corpuscular hemoglobin concentration), Rdw-cv(red cell distribution width-cv), Rbc (red blood cell count)





PROTEIN STATUS



Protein status determines body's protein requirement. Optimal protein status is important for production of hormones, enzymes, muscle growth and repair.

Above Optimal

Total protein, Alanine aminotransferase(alt/sgpt), Aspartate aminotransferase(ast/sgot), Gamma gt

Below Optimal

Blood urea nitrogen(bun), Creatinine

Biomarkers Considered

Total protein, Albumin, Blood urea nitrogen(bun), Creatinine, Alanine aminotransferase(alt/sgpt), Aspartate aminotransferase(ast/sgot), Gamma gt



VITAMIN B12 LEVEL



Vitamin B12 level determines the amount of Vitamin B12 in the blood. Optimal Vitamin B12 level is important for RBC production, nerve function and gut function.

Above Optimal

Homocysteine, Rdw-cv(red cell distribution width-cv)

Below Optimal

Vitamin b 12, Haemoglobin (hb)

Biomarkers Considered

Vitamin b 12, Homocysteine, Haemoglobin (hb), Mcv (mean corpuscular volume), Mch (mean corpuscular hemoglobin), Rdw-cv(red cell distribution width-cv)





VITAMIN D LEVEL



Vitamin D level determines the amount of Vitamin D in the blood. Optimal Vitamin D level indicates good bone health and immune function.

Above Optimal

Vitamin d total 25(oh)

Biomarkers Considered

Vitamin d total 25(oh)



Fundamentals of Paleo Diet

The Blueprint of Ancestry: The Paleo diet takes inspiration from our ancestors' eating habits, focusing on whole, unprocessed foods that were available in the Paleolithic era.

The Rejection of Modern Intruders: Avoid modern processed foods, refined sugars, and artificial additives – elements that didn't exist in the Paleolithic menu.

The Embrace of Whole Foods: Prioritize consuming whole foods like fruits, vegetables, lean meats, seafood, nuts, and seeds.

The Omission of Grains and Legumes: Since our ancestors didn't cultivate grains like rice, wheat, or legumes like beans, or green peas, these food groups are typically excluded from a Paleo diet.

The Value of Quality Proteins: Emphasize on lean, high-quality proteins like grass-fed meats, and free-range eggs.

The Balance of Healthy Fats: Opt for healthy fats from sources like avocados, nuts, seeds, coconut oil, and olive oil, while avoiding trans fats and hydrogenated oils.

The Favoring of Low Glycemic Index Foods: Choose foods that have a low glycemic index to maintain steady blood sugar levels and sustained energy.

The Appreciation of Culinary Simplicity: Cooking at home is encouraged, allowing you to control the ingredients and keep your meals simple, wholesome, and Paleo-friendly.

Addressing Nutrient Deficiencies: Regular Blood Tests for Identifying and Managing Vitamin and Mineral Imbalances in the Paleo Diet.

The Acceptance of Individual Variations: Everyone is unique, so make adjustments as needed to fit your specific health conditions, body type, and lifestyle.



Sleep Protocol

| Practices | Rationale | How to do |
|-----------------------|--|--|
| Unwind routine | <p>Following healthy sleep habits can help in promoting quality and restful sleep.</p> | <ul style="list-style-type: none"> Always go to sleep at the same time even during rest days. Make your environment dimmer hours before bed. Use warmer red/orange spectrum lights. Avoid screen time an hour before bed. Sleep in complete darkness without any bright lights. Avoid viewing bright lights between 11 pm & 4 pm |
| Digital Break | <p>Reduces sensory and information overload to help relaxed.</p> | <ul style="list-style-type: none"> Give yourself some time barriers on when to use your electronic gadgets. Switch off the notifications of social media apps. Avoid using the electronic gadgets during your meals and before going to sleep. |
| Mouth taping | <p>The practice of taping your mouth closed at night before you fall asleep helps overcome the negative effects of breathing through your mouth such as snoring, fatigue and bad breath.</p> <p>Caution: Avoid using if you have nasal polyps</p> | <ul style="list-style-type: none"> Use a porous tape intended for use on human skin. Mouth taping involves taking porous tape and affixing it over both the upper and lower lips, so a person cannot easily open their mouth. |



Workout Protocol

| | |
|--|--|
| <p>Resistance Training:</p> <p>Do compound exercises in which the weight or resistance requires more than one set of joints to move.</p> <ul style="list-style-type: none">• Squats or leg press• Rows machine or barbell• Lat pull-downs or pull-ups/chin-ups• Bench or machine chest press• Overhead press | 20-30 minutes for 2x per week |
| <p>HIIT:</p> <p>Indulge in High Intensity Interval Training (HIIT)</p> <ul style="list-style-type: none">• Modified burpees• Jump squats | 1-2X per week |
| <p>Cardio Training:</p> <p>Indulge in 150 minutes per week of moderate- intensity aerobic activity or 75 minutes per week of vigorous aerobic activity or combination of both.</p> <ul style="list-style-type: none">• Walking• Dancing• Swimming• Water aerobics• Jogging and running• Bicycle riding | 30 minutes for 5X per week |



Recommended Routines

Your essential guidelines and practices that are highly beneficial for achieving optimal results.



Morning Routine

Practices

- Do HIIT
- Do Zone 2 cardio
- Practice Intermittent Fasting
- Get Sunlight Exposure
- Do Resistance Training

Supplements

- Omega 3 fatty acid
- Vitamin B12 Supplement
- Vitamin D Supplement
- Iron Supplement
- Vitamin C Supplement



Afternoon Routine

Supplements

- Take Psyllium Husk before meal



Evening Routine

Practices

- Practice Mindfulness - Guided Imagery



Sleep Routine

Practices

- Maintain Sleep Hygiene
- Practice Diaphragmatic Breathing

Know Your Practices



| Practices | Rationale | How to do |
|--------------------------------------|---|--|
| Do HIIT | <p>High-Intensity Interval Training (HIIT) has been shown to effectively reduce cholesterol levels in individuals. This is because HIIT has been found to improve insulin sensitivity, increase the production of HDL (good) cholesterol, and decrease the production of LDL (bad) cholesterol.</p> | <p>1.Modified burpees. 2.Jump squats</p> |
| Do Zone 2 cardio | <p>Cardio exercises enables the heart to pump blood efficiently and maintains the strength of the heart.</p> | <p>1.Walking 2.Dancing 3.Swimming 4.Jogging 5.Running 6.Bicycle riding</p> |
| Practice Intermittent Fasting | <p>Intermittent fasting reduces fat by utilizing the stored energy, this in turn improves insulin sensitivity which enhances metabolism. Also during fasting the body undergoes cellular repair.</p> | <p>1) Follow 16 hours of fasting and 8 hours of feeding for maximized effect.</p> |
| Get Sunlight Exposure | <p>Vitamin D is synthesized beneath the skin in response to sunlight exposure.</p> | <p>1. Avoid directly looking at sun. 2. Avoid wearing sun screen.</p> |
| Do Resistance Training | <p>Resistance training increases muscle strength,endurance and also boost metabolism.</p> | <p>1.Squats or leg press rows 2.Lat Pull-downs or pull-ups/chin-ups. 3.Bench or machine chest press. 4.Overhead press.</p> |



| | | |
|---|---|---|
| Maintain Sleep Hygiene | Poor sleep quality is linked with negative effects on glucose metabolism. Sleep plays an important role because during sleep the hormones which are necessary to regulate blood sugar are released. | 1. Stick on to consistent sleep schedule. 2. Get adequate sleep for at least 7-8 hours daily. 3. Create a relaxing bedtime practise by taking a warm bath, doing gentle stretches or listening to binaural beats. 4. Use blue light blockers and limit screen time atleast an hour before bed. 5. Set the temperature to 18-24 degree celcius and humidity to 30-45%. |
| Practice Diaphragmatic Breathing | Diaphragmatic breathing promotes relaxation and improves heart rate variability | 1. Avoid practicing any breathing exercises near a water body or elevated places as you may get dizzy. 2. Maintain an erect posture with your back and neck straight with relaxed shoulder - If sitting on chair, keep your lower back supported - If possible, sit cross-legged - If sitting on chair, ensure your feet are touching the ground |



Biomarkers to track

The table below outlines the biomarkers to track when adhering to the paleo diet.

| INDICATORS | BIMARKERS |
|---------------------|---|
| Blood Sugar | <ul style="list-style-type: none">• Hemoglobin A1c (HbA1c)• Glucose, Fasting (Plasma) |
| Lipid Profile | <ul style="list-style-type: none">• Cholesterol, Total• Direct LDL• HDL Cholesterol• Triglycerides• VLDL Chol, Calculated |
| Vitamins & Minerals | <ul style="list-style-type: none">• Vitamin D• Vitamin B12• Phosphorus• Calcium, Serum |



Book a blood test at Aarthi Scans & Labs after **three months** to gain insights into your current health status.

[**Click here to book a blood test**](#)

For any adverse conditions or concerns developed during the program, please get in touch with our care coordinator.



[**Click here to book a blood test**](#)

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