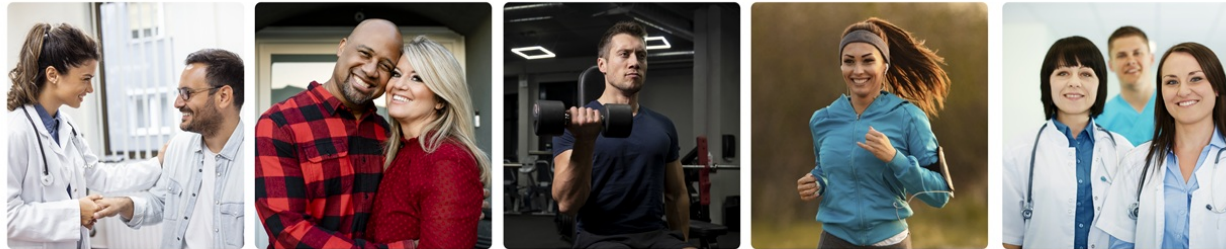




## LET US BRING OUT YOUR BEST



Christine Gambrell

My ennu Baseline Story ►

Christine Gambrell

## MEET YOUR PROVIDER



Jennifer Crowell

Jennifer is a Nurse Practitioner whose main goal is to empower her patients to become their best selves through education and providing collaborative care. Jen became a nurse later in life after raising her children and worked as an RN First Assistant in open heart surgery at St. Elizabeth Healthcare until she went back to school to become a Nurse Practitioner. While in school, she worked in Oncology Research, and this is where her passion for educating patients was born. She believes that the best way to thrive is to be informed about disease prevention and the things which impact your health both positively and negatively. She finds great joy in seeing how hormone therapy enhances the lives of her patients and motivates her to help them achieve optimal outcomes. When she is not at work, Jen lives to spend time adventuring and creating memories with her family.



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# What have you heard?



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ennu is a new kind of healthcare service that integrates technology, nutrition, wellness and prevention into cutting-edge primary care.

#### You Get:

- A **Dedicated** medical provider trained in functional medicine
- **Easy Access** to your provider and health coaching team
- **Age Management** - Look, feel & perform at your best
  - o Increase muscle tone and reduce visceral fat
  - o Increase strength, stamina & reduce joint pain
  - o Increase overall body function
- **Medical Weight Loss**



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**1. Significant decline in hormones begins in your late 30's**

**2. Optimizing hormones**

- a. Reduces Systemic Inflammation
- b. Prevents Disease
- c. Improves Symptoms

**3. Bioidentical hormones provide many advantages over synthetic hormones**

- a. Natural
- b. Effective
- c. Safe



BRING OUT YOUR BEST

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ABOUT YOU

Children:

Anastasia, Female  
Willow, Female

Physical Activities:

Weights

Name: Christine Gambrell  
Age: 38  
Marital Status: Married  
Gender: Female

Occupation: Medical

Pets:

Roman, Dog  
Bailey, Dog

Hobbies:

Violin  
Reading



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# FAMILY HISTORY

## Roadblocks to Optimal Health

Anxiety

Depression

Diabetes

High Blood Pressure

High Cholesterol

Obesity

Thyroid Disease

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### Symptoms

Bloating After Meals  
Decreased interest in sex even when exposed to erotic stimuli  
Decreased Sex Drive  
Dry Skin or Scalp  
Inability to Shutdown Mind  
Irritability  
Little interest in sex  
Moody  
Stress Emotional  
Unable to Stay Asleep All Night  
Weight Gain

### Medical Conditions

Anxiety

## WHY YOU ARE HERE

You can't just let life happen to you,  
you have to make life happen.

### Risk Factors

Exercise Less Than 3x a Week



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# YOUR AESTHETICS GOALS



BRING OUT YOUR BEST

HORMONE FACTS	ABOUT YOU	FAMILY HISTORY	WHY YOU ARE HERE	YOUR AESTHETICS GOALS	YOUR HEALTH GOALS	CBC	CMP	FSH AND LH	TOTAL TESTOSTERONE	FREE TESTOSTERONE
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## YOUR HEALTH GOALS



Improve Focus/Concentration

Improve Sleep

Increase Muscle Tone



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## CBC (Complete Blood Count)

Test Name	Result	Units	Reference Range
NRBC			
WBC	8.3	x10E3/uL	3.4-10.8
RBC	4.27	x10E6/uL	3.77-5.28
Hemoglobin	13.2	g/dL	11.1-15.9
Hematocrit	40.4	%	34.0-46.6
MCV	95	fL	79-97
MCH	30.9	pg	26.6-33.0
MCHC	32.7	g/dL	31.5-35.7
RDW	12.6	%	11.7-15.4
Platelets	289	x10E3/uL	150-450

A CBC test measures blood counts.

We check these values to evaluate your overall health and look for abnormalities that may be causing your symptoms.



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Test Name	Result	Units	Reference Range	
Glucose	86	mg/dL	70-99	
BUN	22	mg/dL	6-20	■
Creatinine	1.00	mg/dL	0.57-1.00	
BUN/Creatinine Ratio	22		9-23	
Sodium	139	mmol/L	134-144	
Potassium	4.2	mmol/L	3.5-5.2	
Chloride	99	mmol/L	96-106	
Carbon Dioxide, Total	23	mmol/L	20-29	
Calcium	9.6	mg/dL	8.7-10.2	
Protein, Total	7.3	g/dL	6.0-8.5	
Albumin	4.9	g/dL	3.9-4.9	
Globulin, Total	2.4	g/dL	1.5-4.5	
Bilirubin, Total	0.3	mg/dL	0.0-1.2	
Alkaline Phosphatase	87	IU/L	44-121	
AST (SGOT)	26	IU/L	0-40	
ALT (SGPT)	24	IU/L	0-32	

# CMP (Comprehensive Metabolic Panel)

A CMP test measures sugar, kidneys, electrolytes, biliary system and liver numbers.



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## FSH and LH (Follicle-Stimulating and Luteinizing Hormones)

**FSH** 6.1

**LH** 7.9

These tests measure your pituitary hormone levels.

- It is important to make sure that your hormone deficiencies are not related to a pituitary gland problem.
- For women, these hormones help us understand how close you are to menopause or if you have finished going through menopause.



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## TOTAL TESTOSTERONE

Current Level

5

- Although commonly checked, this level is not the most accurate way to determine a deficiency.
- This number includes testosterone that is bound to protein in the blood and thus not usable.



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YOUR HEALTH GOALS	CBC	CMP	FSH AND LH	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM
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# FREE TESTOSTERONE

Current Level

0.12

Optimal Level

Between 2 and 5 ng/dL

Warning: Your levels are non-optimal. This can lead to fatigue, reduced mental clarity/focus, decreased sex drive and function, loss of muscle, decreased exercise tolerance and decreased mood and motivation. You may be at a higher risk of many diseases such as heart disease, Diabetes, Osteoporosis and Alzheimer's.

Symptoms

- Decreased Sex Drive
- Inability to Shutdown Mind
- Irritability
- Stress Emotional
- Unable to Stay Asleep All Night
- Weight Gain

Medical Conditions

- Anxiety

Family History

- Depression
- Diabetes



BRING OUT YOUR BEST

CBC	CMP	FSH AND LH	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)
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DHEA

Current Level

151.0

Optimal Level

Between 200 and 250 ug/dL

Warning: Your levels are non-optimal. This can lead to fatigue, reduced mental clarity/focus, decreased mood and joint pain. You may be at a higher risk of cancer, depression, heart disease and high cholesterol.

Symptoms

Irritability

Medical Conditions

Family History

Depression



BRING OUT YOUR BEST



CMP	FSH AND LH	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP
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# ESTROGEN

Current Level

48.6

Optimal Level

Between 60 and 80 pg/mL

Warning: Your levels are non-optimal. This can lead to hot flashes, vaginal dryness, decreased skin elasticity and memory loss. You may be at a higher risk of heart disease, stroke, Alzheimer's Disease, cancer, osteoporosis and fractures.

Symptoms

Irritability

Medical Conditions

Family History



BRING OUT YOUR BEST

FSH AND LH	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION
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## PROGESTERONE

### Current Level

0.1

### Optimal Level

Between 3 and 14 ng/mL

Warning: Your levels are non-optimal. This can lead to insomnia, night sweats, high estrogen/PMS symptoms, anxiety and decreased mood. You may be at a higher risk for uterine and breast cancers, heart disease and osteoporosis.

### Symptoms

Bloating After Meals  
Decreased Sex Drive  
Inability to Shutdown Mind  
Irritability  
Stress Emotional  
Unable to Stay Asleep All Night  
Weight Gain

### Medical Conditions

Anxiety

### Family History

Depression



BRING OUT YOUR BEST

TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID
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Current Level

43.4

Optimal Level

Between 60 and 80 ng/mL

Warning: Your levels are non-optimal. This can lead to fatigue, decreased mood, muscle pain and decreased immune system. You may be at a higher risk for Osteoporosis, Alzheimer’s disease and cancer.

Symptoms

Irritability

Medical Conditions

Family History

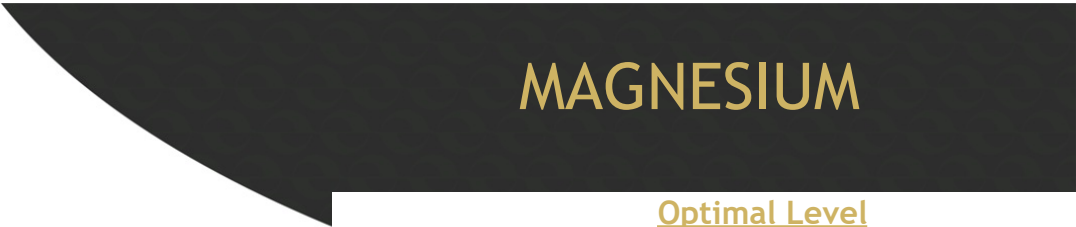
Depression



BRING OUT YOUR BEST

FREE TESTOSTERONE	DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %
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Current Level

2.3

Optimal Level

Greater than 2 mg/dL

Congratulations! You are protecting your long term health and reducing your risk for Osteoporosis, Hypertension, Diabetes and depression.

Symptoms

Medical Conditions

Family History

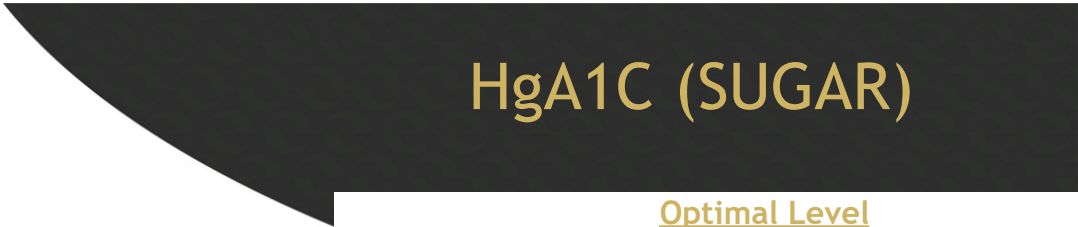
- Depression
- Diabetes
- High Blood Pressure



BRING OUT YOUR BEST

DHEA	ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT
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Current Level

4.9

Optimal Level

Less than 5.7%

Congratulations! You are protecting your long term health and reducing your risk of diabetes, heart disease, and peripheral neuropathy.

Less Than 5.7  
Between 5.7% and 6.4%  
Greater than 6.4%

Normal  
Pre-Diabetes  
Diabetes



BRING OUT YOUR BEST

ESTROGEN	PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %
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## CRP (C-Reactive Protein)

Current Level

<1

Optimal Level

Less Than 1 mg/L

Congratulations! You are protecting your long term health and reducing your risk of developing heart disease, cancers and diabetes.

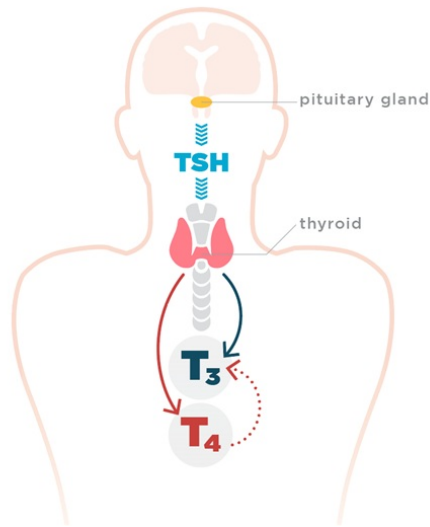


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PROGESTERONE	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN
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# THYROID FUNCTION



- T4 (essentially inactive form) is produced in abundance.
- The body has to convert T4 to T3 (active form).
- This pathway does not work well as you age.
- So even though your body has plenty of thyroid hormone, it is mostly T4, which is not useful.
- Your body has a functional thyroid deficiency.



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VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN
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# THYROID

Free T3

2.7

T4

1.17

TSH

1.5

Free T3 Optimal Level

Between 3.4 and 4.4 pg/mL

Warning: Your levels are non-optimal. This can lead to fatigue, hair loss, cold hands/feet, inability to lose weight, decreased mental clarity/focus, joint pain and decreased mood. You may be at a higher risk for heart disease, obesity, memory loss and high cholesterol.

Symptoms

Medical Conditions

Family History



BRING OUT YOUR BEST



MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY
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Current Level

24.4

Optimal Level

Between 19 and 22%

Warning: Your reading is non-optimal. An increased body fat % increases risk of heart disease, diabetes, high blood pressure and cancers.



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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## BMI - WAIST - WEIGHT

BMI  
21.0

Optimal BMI Range  
Between 18.5 and 25

Waistline  
26

Optimal Waistline Range  
Less than 32"

Weight  
127.6

### BMI - Waist - Weight

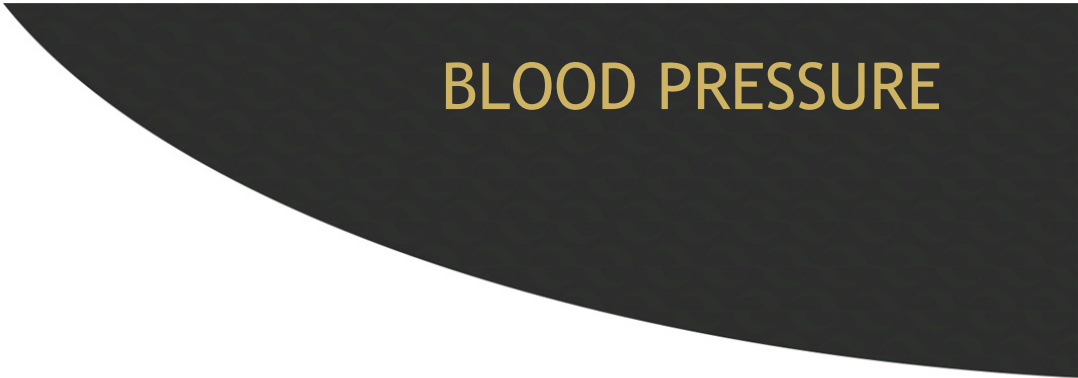
Congratulations! You are protecting your long term health and reducing your risk of health conditions such as heart disease, stroke, diabetes, cancers, high blood pressures, joint problems and sleep apnea.



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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# BLOOD PRESSURE

Current Levels  
 Systolic 106  
 Diastolic 69

Optimal Levels  
 Less than 130  
 80

Congratulations! You are protecting your long term heath and reducing your risk for heart attack, heart disease, stroke, diabetes and vascular problems.



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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# YOUR AESTHETIC PLAN

Symptoms

Dry Skin or Scalp  
Fine Lines  
Hooded Eyes or Hooded Eye Lids  
Wrinkles

Recommended Aesthetic Consults

Aesthetics Consult  
Skin Consult

Recommended Aesthetic, Skin Services

Chemical Peel  
Curalieve [60]  
Filler  
Medical Grade Facial  
Medical Grade Skin Care  
Microneedling  
Neurotoxin



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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## YOUR HEALTH PLAN

### Symptoms

Bloating After Meals  
Decreased interest in sex ev..  
Decreased Sex Drive  
Dry Skin or Scalp  
Inability to Shutdown Mind  
Irritability  
Little interest in sex  
Moody  
Stress Emotional  
Unable to Stay Asleep All Nig..  
Weight Gain

### Risk Factors

### Medical Conditions

Anxiety

### Family History

Depression  
Diabetes  
High Blood Pressure

### Recommended Hormone Therapy

DHEA	Between 200 and 250 ug/dL
Estrogen	Between 60 and 80 pg/mL
Free T3 (Thyroid)	Between 3.4 and 4.4 pg/mL
Free Testosterone	Between 2 and 5 ng/dL
Progesterone	Between 3 and 14 ng/mL
Vitamin D3	Between 60 and 80 ng/mL

### Recommended Supplement Therapy

5-HTP [60] - Vegetarian \*  
Bio-Zyme® [100] \*  
Buffered Vitamin C [60]  
Cortisol Manager™ [90] - Vegetarian  
Curative [60]  
DHEA 5mg [60] - Vegetarian  
Indoplex® [60] - Vegetarian \*  
Krebs Magnesium-Potassium Chelates [120] - Vegetarian \*  
Lavela WS 1265™ [60]  
NAD+  
Panplex 2-Phase [60] \*  
Pro-Thrivers Wellness Sleep [60]  
Pure Omega HP [120]  
Sermorelin  
Tadalafil  
Women's Scream Cream (Sildenafil/ Aminophylline/ Arginine HCl)



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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Christine Gambrell



#### ennu Membership

- Exclusive ennu Story Report Given at each Medical Review
- Comprehensive History and Physical
- Minimum of Four (4), 30-60 Minute Medical Reviews
- Primary Care
- Medical Weight Loss
- Vitamin Injections



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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## YOUR MEDICAL TEAM



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**New Vitalis Pharmacy**

**Medical Team Plan of Care &  
Appointment Questions**

**Medical Assistant:** Lauren Locke  
**Number:** 859-878-1468  
**Email:** llocke@ennu.co



**Your Clinic**

**Clinic Name:** ennu - Crestview Hills  
**Provider:** Jennifer Crowell  
**Address:** 330 Thomas More Parkway  
Crestview Hills, KY 41017-3427  
**Number:** 859-878-1468

**Your Pharmacy**

**Number:** 502-890-2030  
**Website:** NewVitalis.com

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