



MEDICAL CLINIC™

PATIENT PLAN

Vicki Kimball

62

04.17.1958

Female

Dr. Laura Jimenez, ND

08.18.20

Patient

Age

Date of Birth

Gender

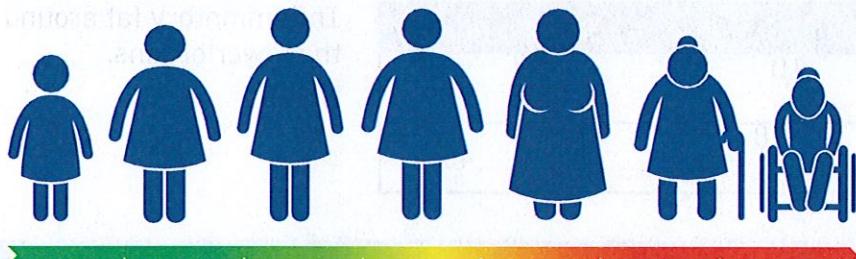
Physician

Date

Health Goals

1. Lose weight 2. Improve Diabetes Control 3. Increase Energy 4. Reduce pain

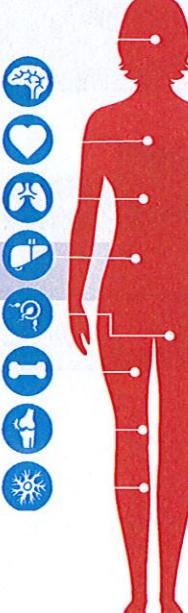
Normal Decline



- ✓ Decline in hormones
- ✓ Decline in growth factors
- ✓ Excess body fat
- ✓ Loss of muscle mass
- ✓ Sexual dysfunction
- ✓ Shorter Telomeres
- ✓ Poor diet and nutrition
- ✓ Depletion of nutrients

Labs: Your Areas of Concern

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> Testosterone | <input type="checkbox"/> Thyroid (TSH) | <input type="checkbox"/> Triglyceride |
| <input checked="" type="checkbox"/> Estradiol | <input checked="" type="checkbox"/> HbA1c | <input type="checkbox"/> Vitamin D |
| <input type="checkbox"/> Progesterone | <input type="checkbox"/> Insulin | <input type="checkbox"/> Visceral Fat |
| <input type="checkbox"/> Pregnenolone | <input type="checkbox"/> Homocysteine | <input type="checkbox"/> APoE/Genetic Markers |
| <input type="checkbox"/> DHEA-S | <input type="checkbox"/> C-Reactive Protein | <input type="checkbox"/> Telomeres |
| <input type="checkbox"/> IGF-1 | <input type="checkbox"/> Cholesterol | |



Risks: Your Areas of Concern

- | | |
|---|--|
| <input type="checkbox"/> Sexual Dysfunction | <input type="checkbox"/> Disordered Sleep / Sleep Apnea |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Chronic Fatigue |
| <input checked="" type="checkbox"/> Prediabetes/Diabetes | <input checked="" type="checkbox"/> Chronic Inflammation |
| <input checked="" type="checkbox"/> Osteoporosis/Osteopenia | <input type="checkbox"/> Chronic Pain |
| <input type="checkbox"/> Hyperlipidemia / Dyslipidemia | <input type="checkbox"/> Autoimmune Diseases |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Cognitive Decline/Dementia | <input type="checkbox"/> Other: _____ |

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Telomere

Result

Length

Below

Average

Above

74

Short telomeres are linked with premature aging and many diseases.

Notes:



ApoE Genetic Analysis

2-2	Highest Risk*	3-3	Moderate Risk**
2-3	High Risk*	3-4	Higher Risk**
2-4	Moderate Risk*	4-4	Highest Risk**

* Immune System

** Alzheimer's Disease & Cardiovascular Disease



Visceral Fat & Body Fat %

Result

Visceral Fat	1	10	20	20
Female % Body Fat	1	18	28	50

Inflammatory fat around the lower organs.

Notes:

Patient Vitals					
Weight (lbs)	243	Height (inches)	69	Blood Pressure	
Pulse		Temperature	97.8	BMI	35.9
Waist Circumference	45	Hip Circumference	49.5	Waist/Hip Ratio	0.909
Left Grip (lbs)		Right Grip (lbs)			



Inflammation Analysis

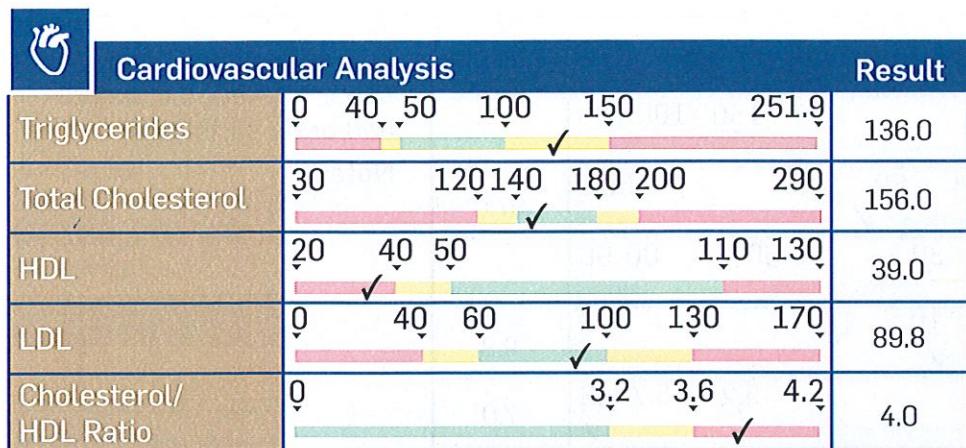
Result

Homocysteine	0	5	6.7	✓	15	20	8.8
C-Reactive Protein	0	1	3+	✓			3.76

Identify risk based upon inflammation related disease.

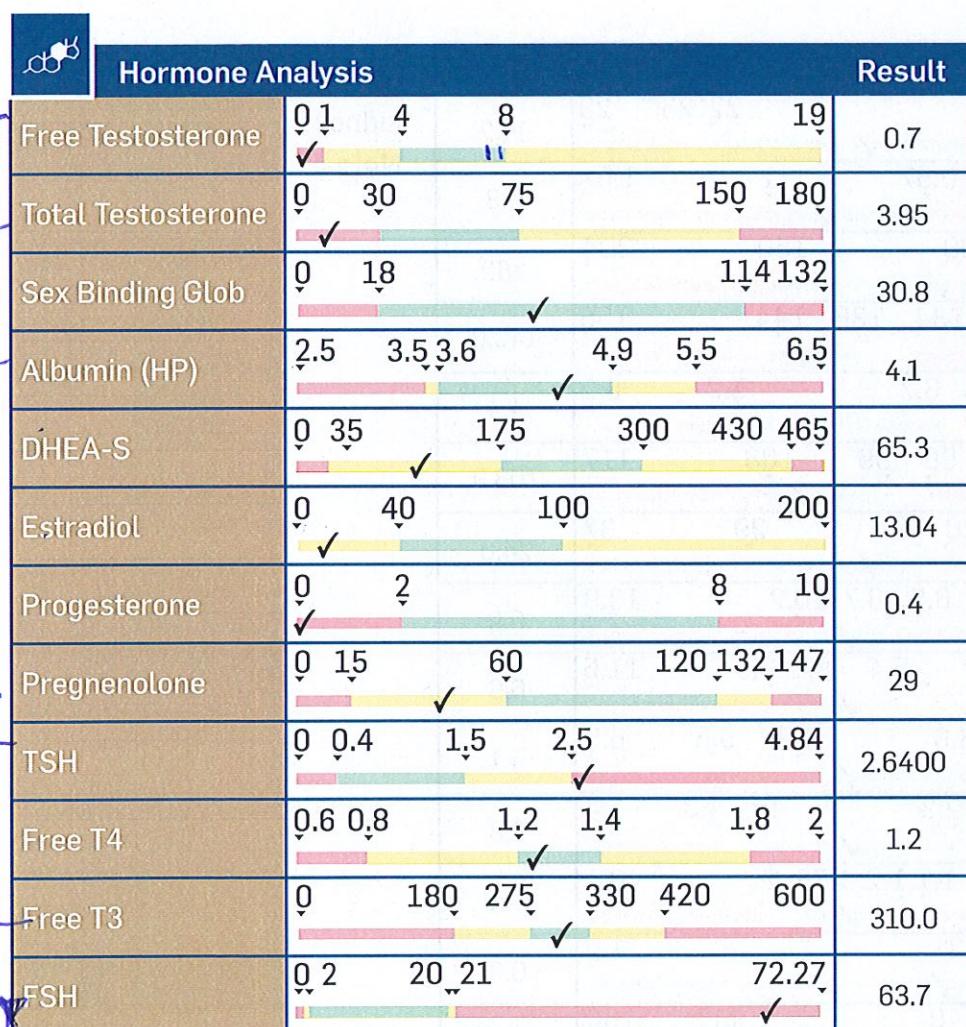
Notes:





Identifies potential cardiovascular risks to avoid heart disease and strokes.

Notes:



Properly balanced hormones are critical for optimal mental and physical function.

Notes:





Sugar Metabolism Analysis

	Result				
GL Glucose	40	55	70	150	180 195
Glucose	50	74	89	100	155.1
GL Insulin	0	10	30	60	80 90
Insulin	0	10	15	29	9.8
Hemoglobin A1c	3.9	4	5.2	5.7 5.8	7.0

Identifies risk of high blood sugar related to diabetes and brain shrinkage.

Notes:



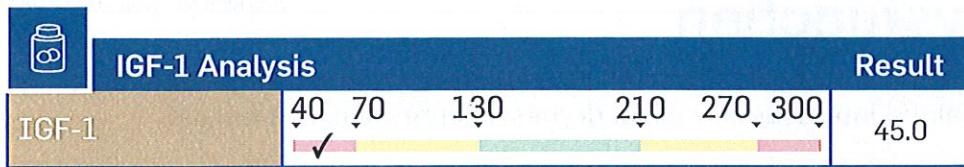
Metabolism Analysis

	Result				
BUN	0	5	7	22	23 29
Creatinine	0	0.57	1	1.57	0.8
eGFR	0	55	60	150	204 >60
Sodium	120	134	138	144	158 143.0
Potassium	2.5	3.5	3.7	5.2	6.2 4.4
Chloride	85	96	99	106	117 103.9
CO ₂	12	20	21	29	37 24.0
Calcium Serum	5	8.5	8.7	10.2	13.9 9.9
Total Protein	3	6.4	8.1	8.5	11.5 6.9
Albumin	2.5	3.5	3.6	4.9	5.5 6.5 4.1
Globulin	1	2.1	2.3	4.1	4.3 5.4 2.8
A/G Ration	0	1.1	1.2	1.75	2 3.1 1.46
Total Bilirubin	0	0.3			1.2 0.3
Alkaline Phos	0	39	40	117	156 124.0
AST	0	10			44 17.0
ALT	0	15			40 20.0

Focuses on understanding the health of the liver and kidneys.

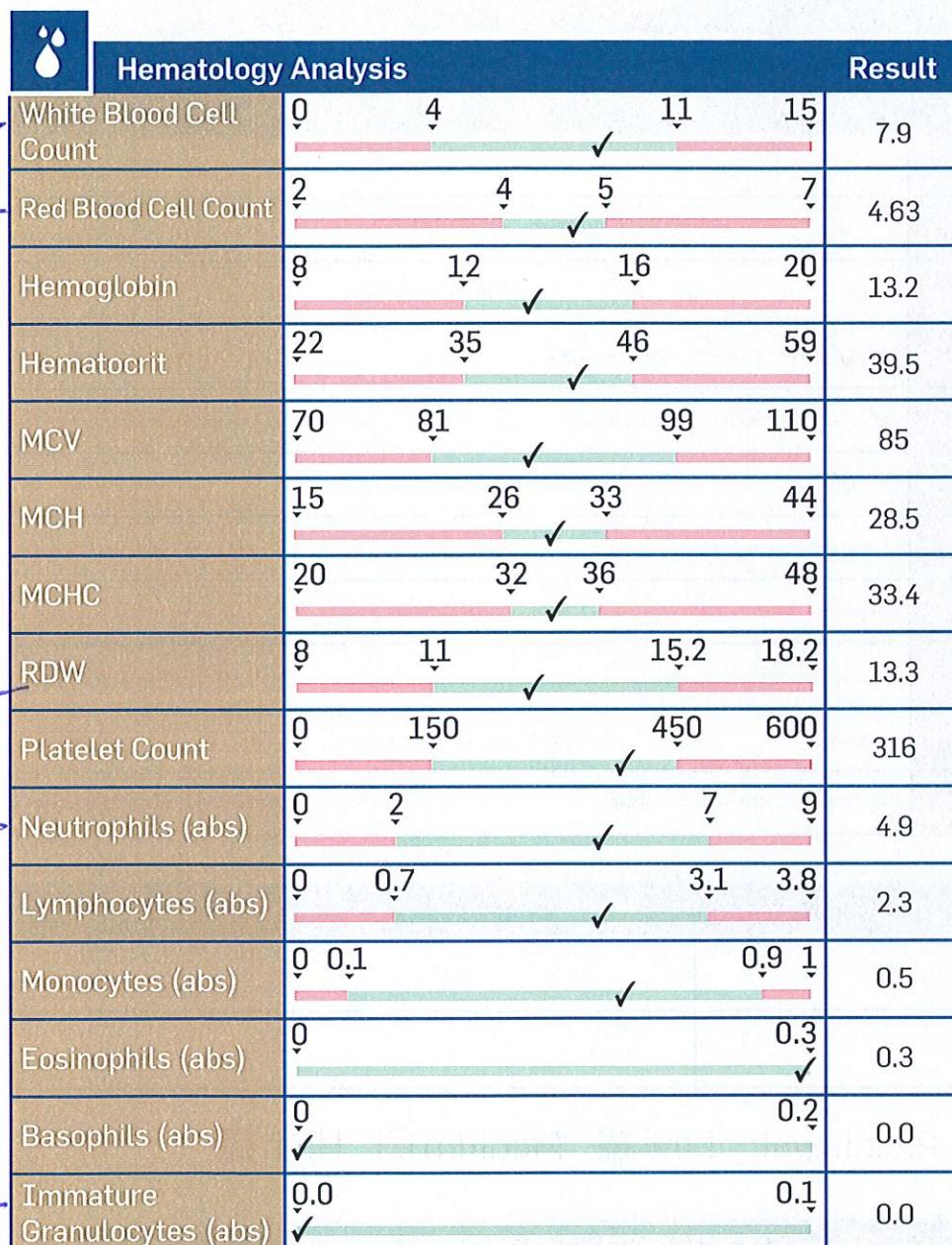
Notes:





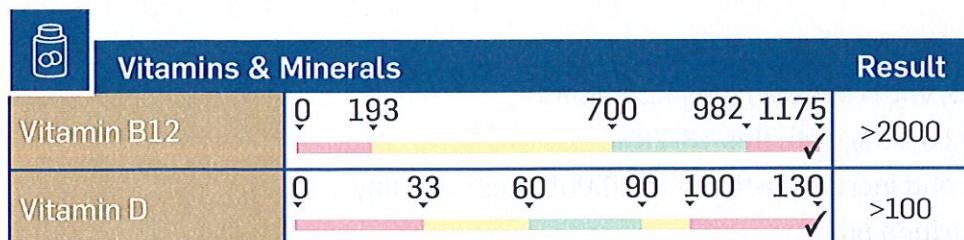
Elevated levels can indicate risk of cancer.

Notes:



Identifies possible risks based upon information from red and white blood cells.

Notes:



Essential for strengthening body systems to resist disease and build immunity.

Notes:





Sexual Dysfunction

Vicki Kimball DOB 04.17.1958

Libido is impacted by virtually every hormone in the body, as well as inflammation, erectile disorder, painful intercourse, vaginal dryness, depression, and fatigue.

Levels of Risk

Analysis	
HbA1c	✓
Estradiol	✓
DHEA-S	✓
Testosterone	✓
Progesterone	✓
IGF-1	✓
C-Reactive Protein	✓
Vitamin D	✓
Visceral Fat	✓
GL Insulin Resistance	✓
Insulin Resistance	✓

Primary Health Risks	

Your Overall Risk Level: Low █ Medium █ High █



Personal Action Plan

- ✓ Balance hormones to increase libido and sexual potency
- ✓ Decrease visceral fat level to 5, with repeated measurements
- ✓ Percentage of body fat: Males 10-20%, Females 18-28%
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Develop anti-inflammatory nutrition plan
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Obesity

Vicki Kimball DOB 04.17.1958

Excessive fat is an active and destructive tissue that produces inflammation and increases your risk of dementia, heart disease, stroke, diabetes, cancer, and joint degeneration.



Levels of Risk

Analysis	
HbA1c	█ (pink) █ (green) █ (yellow) ✓
Estradiol	✓ █ (green) █ (yellow)
DHEA-S	█ (pink) ✓ █ (green) █ (yellow) █ (pink)
Testosterone	✓ █ (green) █ (yellow) █ (pink)
Progesterone	✓ █ (green) █ (yellow) █ (pink)
IGF-1	✓ █ (green) █ (yellow) █ (pink)
C-Reactive Protein	█ (green) █ (yellow) █ (pink) ✓
Homocystiene	█ (pink) █ (green) ✓ █ (yellow) █ (pink)
Visceral Fat	█ (green) █ (yellow) █ (pink) ✓
GL Insulin Resistance	█ (pink) █ (green) █ (yellow) █ (pink)
Insulin Resistance	█ (green) ✓ █ (yellow) █ (pink)
Metabolic Syndrome	█ (pink) █ (yellow) █ (green) █ (yellow) █ (pink)
Total Cholesterol	█ (pink) █ (yellow) █ (green) █ (yellow) █ (pink)

Primary Health Risks

Your Overall Risk Level: Low █ Medium █ High █



Personal Action Plan

- ✓ Reduce visceral fat level to 5, with regular measurements
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Follow Longevity Fitness Plan and increase fiber and water intake
- ✓ Increase activity to 15,000 steps per day
- ✓ Percentage of body fat: Males 10-20%, Females 18-28%
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment



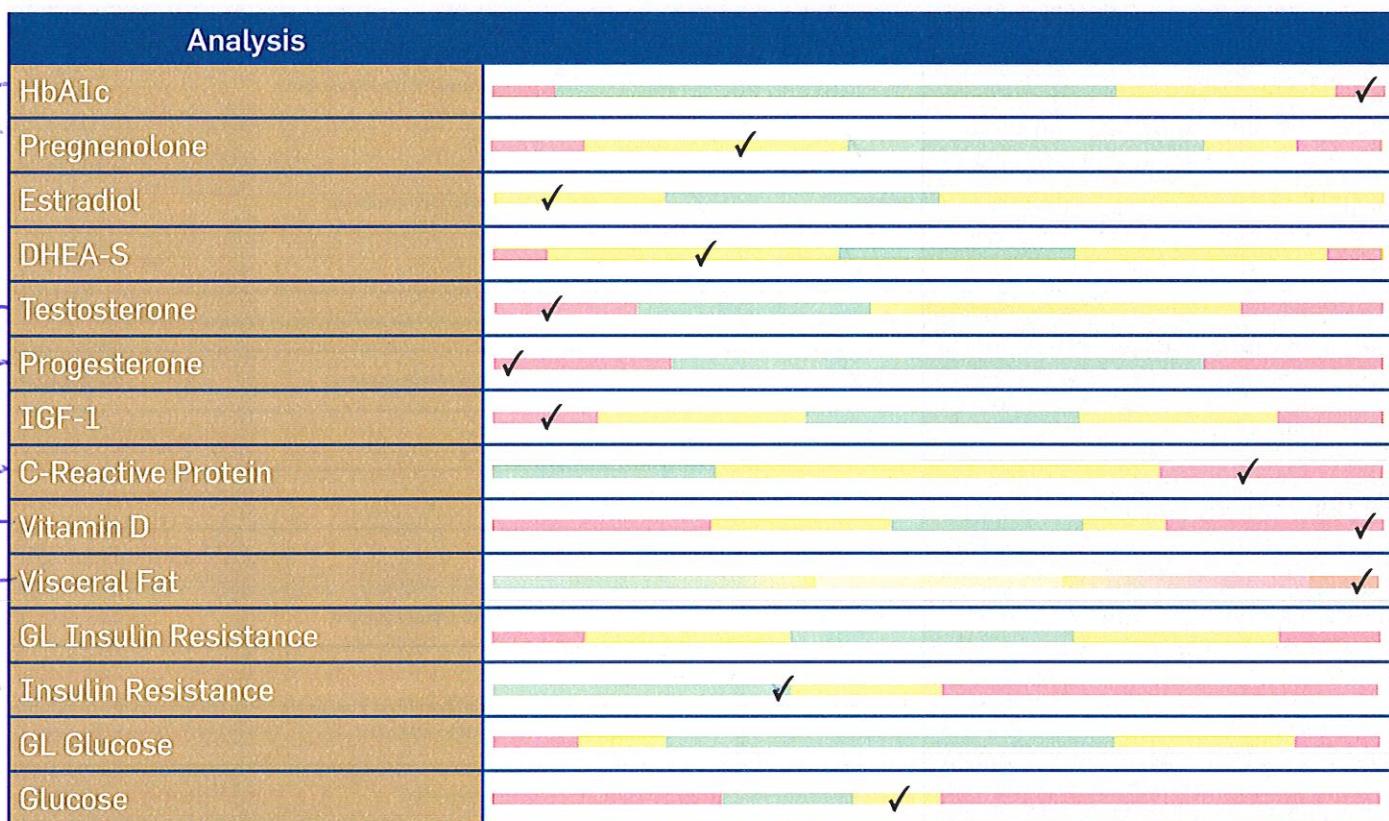


Prediabetes / Diabetes

Vicki Kimball DOB 04.17.1958

Glucose levels directly impact brain volume shrinkage, heart disease, diabetes, Alzheimer's, cancers, the rate of joint degeneration, and fat storage.

Levels of Risk



Primary Health Risks

Your Overall Risk Level: Low █ Medium █ High █



Personal Action Plan

- ✓ Balance hormones including free and total testosterone to lower blood sugar
- ✓ Increase vitamin D levels to optimal and measure regularly
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





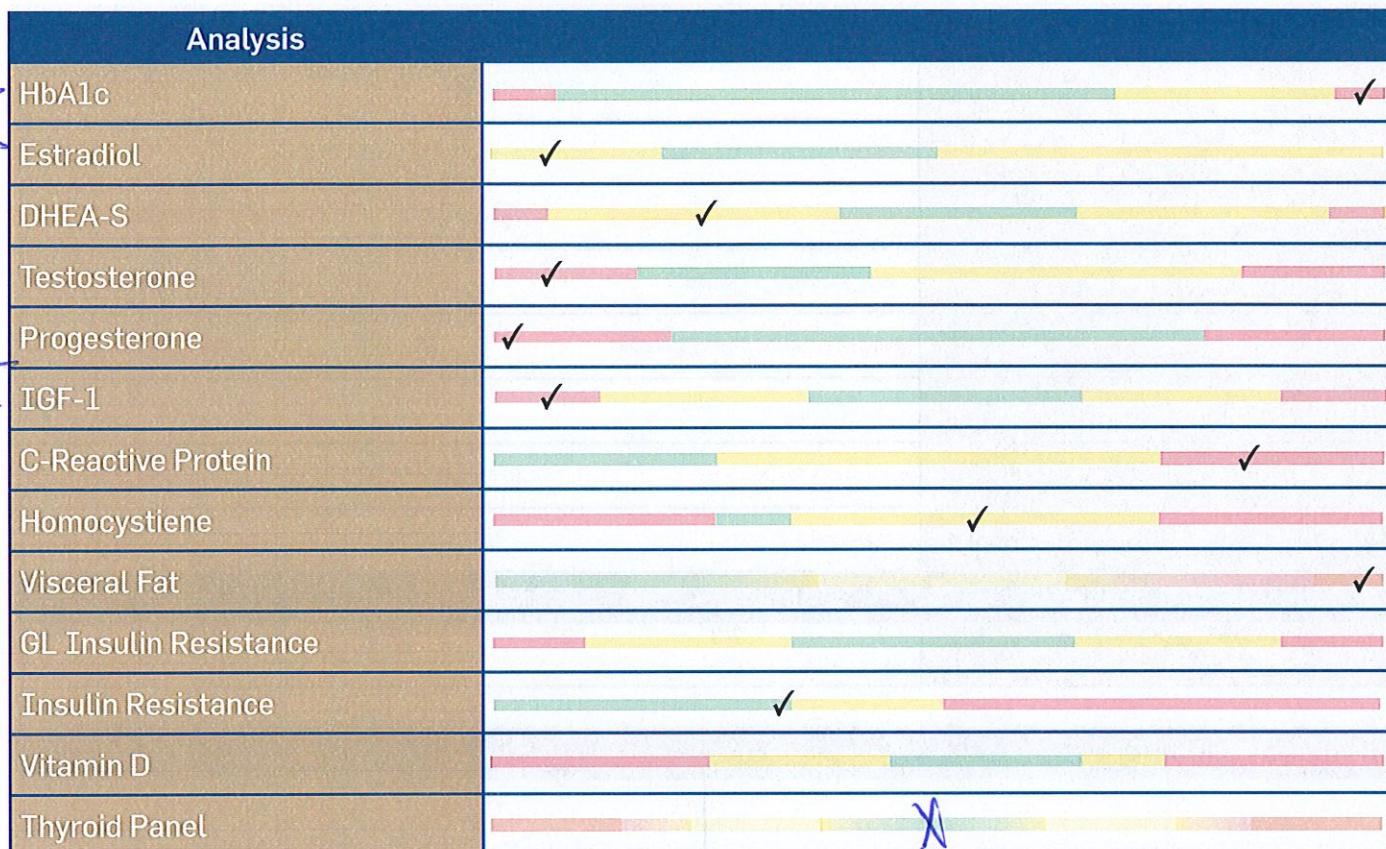
Osteoporosis / Osteopenia

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Estradiol inhibits bone loss; testosterone stimulates new growth; DHEA-S enhances hormone production within bones; IGF-1 helps accelerate recovery.



Levels of Risk



Primary Health Risks

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones including Estradiol, DHEA-S, IGF-1, & Testosterone
- ✓ Add Longevity Essentials for overall bone and nutritional health
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment



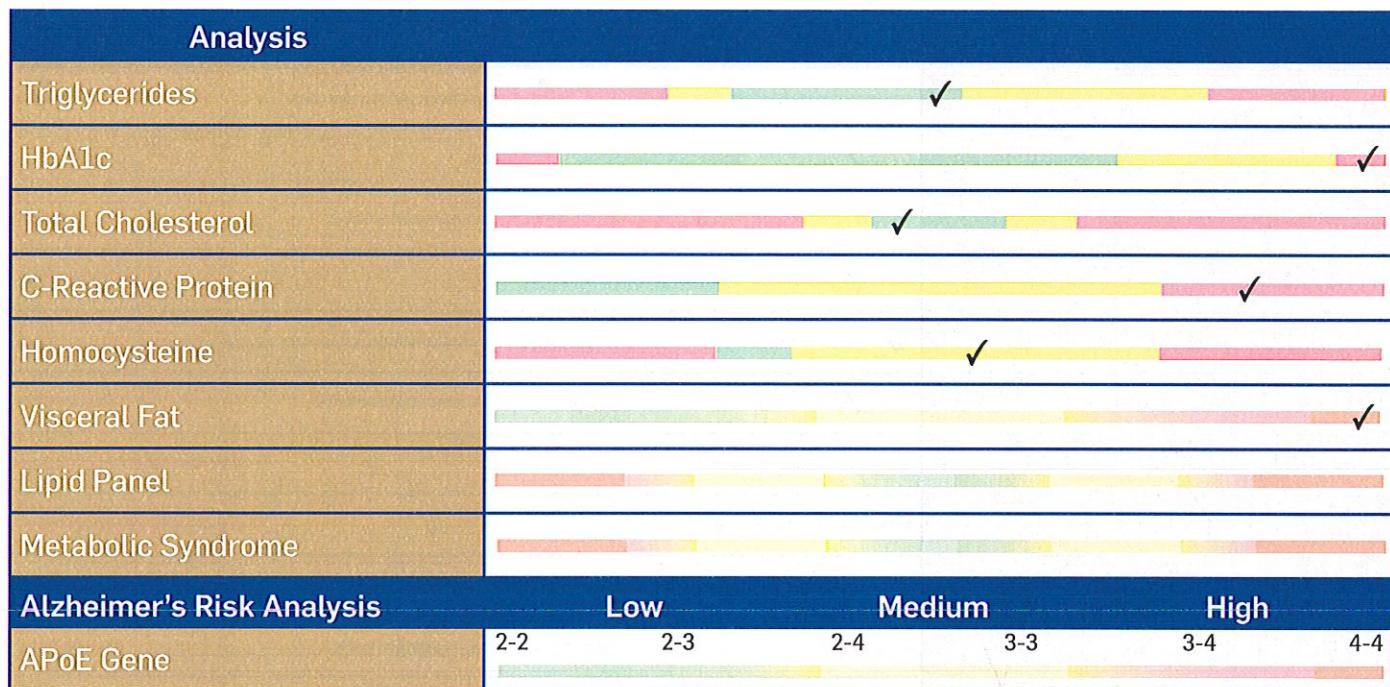


Hyperlipidemia / Dyslipidemia

Vicki Kimball DOB 04.17.1958

Genetic propensity, plus high levels of inflammation, fat storage, and LDL Cholesterol, increase the risk of cardiovascular disease.

Levels of Risk



Primary Health Risks	

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones to increase healthy lean tissue production
- ✓ Optimize Triglycerides and Cholesterol levels
- ✓ Add Longevity Vessel Protection to strengthen arterial walls
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat and body fat percentage
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment



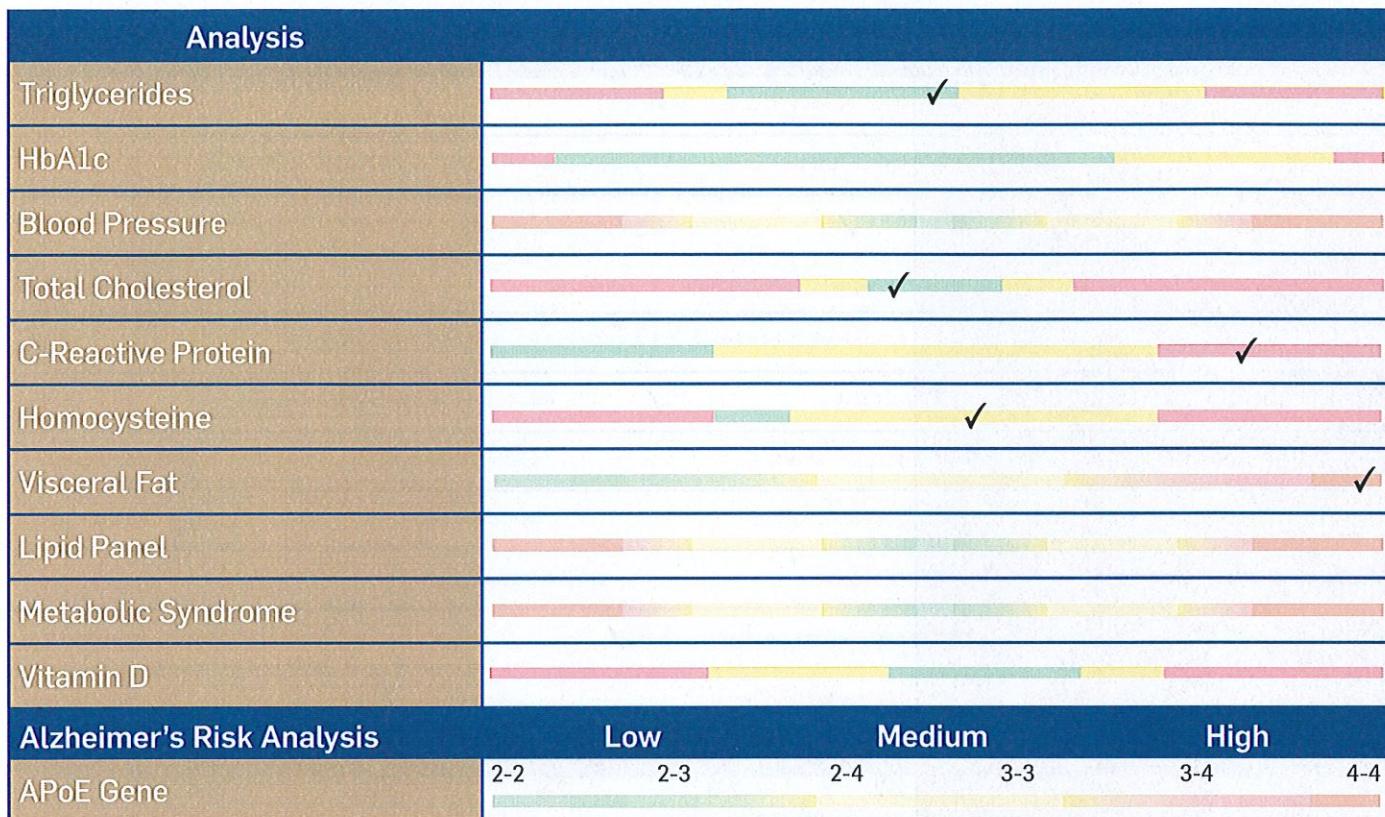


Hypertension

Vicki Kimball DOB 04.17.1958

High blood pressure increases risks for heart attacks, stroke, sexual dysfunction, dementia, caused by many factors including disorder sleep, thyroid, diet, and lifestyle.

Levels of Risk



Primary Health Risks	

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones to increase healthy lean tissue production
- ✓ Blood Pressure below 130/80
- ✓ Add Longevity Vessel Protection
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat and body fat percentage
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Cognitive Decline / Dementia

Vicki Kimball DOB 04.17.1958

Inflammation, toxins, and latent viral infections can result in lean tissue damage in the brain, leading to cognitive decline.



Levels of Risk

Analysis		Low	Medium	High
Homocysteine			✓	
Progesterone	✓			
Estradiol	✓			
C-Reactive Protein				✓
HbA1c				✓
Pregnenolone		✓		
Metabolic Syndrome				X
Lipid Panel				X
GL Insulin Resistance				
Insulin Resistance		✓		
Thyroid Panel			X	
Alzheimer's Risk Analysis		Low	Medium	High
APoE Gene	2-2	2-3	2-4	3-3
	3-4	4-4		

Primary Health Risks	

Your Overall Risk Level: Low ■ Medium ■ High ■



Personal Action Plan

- ✓ Balance hormones to support brain health
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Add Longevity Memory for comprehensive supplementation
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat and body fat percentage
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Disordered Sleep

Vicki Kimball DOB 04.17.1958

Disordered sleep is having difficulty going to sleep or staying asleep. The goal is to get adequate rest to awaken refreshed.

Levels of Risk

Analysis					
	Low	Medium	High		
Homocysteine			✓		
Progesterone	✓				
C-Reactive Protein				✓	
HbA1c					✓
Pregnenolone		✓			
Metabolic Syndrome					
Lipid Panel					
GL Insulin Resistance					
Insulin Resistance		✓			
Alzheimer's Risk Analysis	Low	Medium	High		
APoE Gene	2-2	2-3	2-4	3-3	3-4
					4-4

Primary Health Risks

Your Overall Risk Level: Low ■ Medium ■ High ■



Personal Action Plan

- ✓ Balance hormones to support brain health
- ✓ Increase melatonin levels to optimal
- ✓ Follow Longevity Fitness Plan and increase physical activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Chronic Inflammation

Vicki Kimball DOB 04.17.1958

Long term alteration in the immune system increases risks of cancer, heart disease, dementia, diabetes, degenerative arthritis, cardiovascular disease and chronic pain syndromes.

Levels of Risk

Analysis	
HbA1c	✓
Estradiol	✓
DHEA-S	✓
Testosterone	✓
Progesterone	✓
IGF-1	✓
C-Reactive Protein	✓
Vitamin D	✓
Homocysteine	✓
Visceral Fat	✓
GL Insulin Resistance	
Insulin Resistance	✓

Primary Health Risks	

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones to support brain health
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Add Relief Factor for comprehensive supplementation
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Chronic Pain

Vicki Kimball DOB 04.17.1958

Chronic pain is caused by a combination of increased inflammation, altered neurotransmitters in the brain, and decreased ability to repair progressive tissue damage.



Levels of Risk



Primary Health Risks

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones to support brain health
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Add Relief Factor for comprehensive supplementation
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Chronic Fatigue

Vicki Kimball DOB 04.17.1958

The normal decline in both metabolism and muscle strength, results in progressive fatigue, loss of ambition and emotional enthusiasm resulting in chronic low grade depression.

Levels of Risk

Analysis	
HbA1c	█ (Red) █ (Green) █ (Yellow) ✓ (Red)
Estradiol	✓ (Yellow) █ (Green) █ (Yellow)
DHEA-S	█ (Red) █ (Yellow) ✓ (Green) █ (Yellow) █ (Red)
Testosterone	✓ (Red) █ (Green) █ (Yellow) █ (Red)
Progesterone	✓ (Red) █ (Green) █ (Red)
TSH	█ (Red) █ (Green) █ (Yellow) ✓ (Red)
T4	█ (Red) █ (Yellow) ✓ (Green) █ (Yellow) █ (Red)
T3	█ (Red) █ (Yellow) █ (Green) ✓ (Yellow) █ (Red)
IGF-1	✓ (Red) █ (Yellow) █ (Green) █ (Yellow) █ (Red)
C-Reactive Protein	█ (Green) █ (Yellow) █ (Red) ✓ (Red)
Homocysteine	█ (Red) █ (Green) █ (Yellow) ✓ (Red)
Visceral Fat	█ (Green) █ (Yellow) █ (Red) ✓ (Red)
GL Insulin Resistance	█ (Red) █ (Yellow) █ (Green) █ (Yellow) █ (Red)
Insulin Resistance	█ (Green) █ (Yellow) █ (Red)

Primary Health Risks

High Risk	Low Risk

Your Overall Risk Level: Low █ Medium █ High █



Personal Action Plan

- ✓ Balance hormones to increase energy levels including thyroid
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Autoimmune Disease

Vicki Kimball DOB 04.17.1958

Defects in your immune response results in your own body attacking your tissues as if they were foreign materials, resulting in conditions such as Rheumatoid arthritis, Scleredema, autoimmune thyroid disease and others.

Levels of Risk

Analysis	
HbA1c	Low ✓
Estradiol	Medium ✓
DHEA-S	Medium ✓
Testosterone	Medium ✓
Progesterone	Medium ✓
IGF-1	Medium ✓
C-Reactive Protein	Medium ✓
Vitamin D	Medium ✓
Homocystiene	Medium ✓
Visceral Fat	High ✓
GL Insulin Resistance	Medium ✓
Insulin Resistance	High ✓
Thyroid Panel	Medium ✓

Primary Health Risks

Your Overall Risk Level: Low Medium High



Personal Action Plan

- ✓ Balance hormones to support immune system
- ✓ Decrease inflammatory foods
- ✓ Add Relief Factor to lower inflammation and boost immune function
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





Cancer

Vicki Kimball DOB 04.17.1958

High levels of inflammation and disordered hormone balance over long periods of time, lead to increased risks of cancer and other inflammatory related diseases.

Levels of Risk

Analysis	
HbA1c	█ (red) █ (green) █ (yellow) ✓ (red)
Estradiol	✓ (yellow) █ (green) █ (yellow)
DHEA-S	█ (red) ✓ (yellow) █ (green) █ (yellow) █ (red)
Testosterone	█ (red) ✓ (yellow) █ (green) █ (yellow) █ (red)
Progesterone	✓ (red) █ (green) █ (red)
IGF-1	█ (red) ✓ (yellow) █ (green) █ (yellow) █ (red)
C-Reactive Protein	█ (green) █ (yellow) █ (red) ✓ (red)
Vitamin D	█ (red) █ (yellow) █ (green) █ (yellow) █ (red) ✓ (red)
Homocysteine	█ (red) █ (green) ✓ (yellow) █ (red)
GL Insulin Resistance	█ (red) █ (yellow) █ (green) █ (yellow) █ (red)
Insulin Resistance	█ (green) ✓ (yellow) █ (red)
Thyroid Panel	█ (orange) █ (yellow) █ (green) █ (yellow) █ (orange)

Primary Health Risks

Your Overall Risk Level: Low █ Medium █ High █



Personal Action Plan

- ✓ Balance hormones to reduce inflammation
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Add Longevity TMG, Relief Factor, and other supplements that reduce inflammation
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment



Health Membership

Goals	Risks
Lose weight	
Improve Diabetes Control	
Increase Energy & Reduce pain	

Life Style

Nutrition

Prescription Estimate	\$	\$
Estradiol		
Progesterone		
Testosterone		

Supplementation	\$	\$
Chromium		
Digestive enzymes		
DHEA		
NAC		
Pregnenolone		

Health Membership



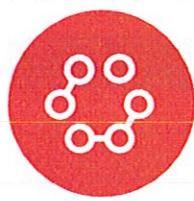
Our Precision Care Includes:



Test, Assess, Adjust
(Repeat)



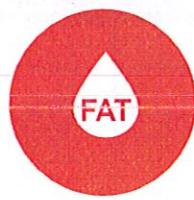
Comprehensive
Lab Analysis



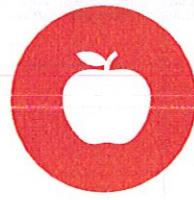
Supplementation



1-hour Appointments



Body Composition
Testing



Nutrition Plan



Cognitive Testing



Fitness Plan



Inflammation Testing



Lifestyle Choices