THE FUNCTIONAL SHIFT: LABORATORY INTERPRETATION WORKSHEET

Client Name: ____ Date: ___ Practitioner: _____ Session #: ____

SECTION 1: THE FUNCTIONAL SHIFT ANALYSIS

Use this section to identify biomarkers drifting toward the "Pathological Edge" before they reach conventional "Normal" limits.

Biomarker	Conventional Range	Functional Optimal	Client Result	Shift Level (Low/Opt/High)
Fasting Glucose	65 – 99 mg/dL	**75 – 86 mg/dL**		
TSH	0.45 – 4.5 uIU/mL	**1.0 – 2.0 uIU/mL**		
Ferritin	15 – 150 ng/mL	**50 – 100 ng/mL**		
GGT	0 – 60 U/L	**10 – 20 U/L**		
ApoB	< 100 mg/dL	**< 80 mg/dL**		

Primary Shift Identified: _____

SECTION 2: METABOLIC CLUSTER IDENTIFICATION (OAT)

Review Organic Acids Test (OAT) results and check the boxes that represent the client's physiological "bottlenecks."

[ ] The Mitochondrial Cluster * *Markers:* Elevated Citrate, Isocitrate, Adipate, Lactate, or Pyruvate. * *Indication:* Krebs cycle bottleneck; B-vitamin deficiency or heavy metal interference.

[ ] The Neurotransmitter Cluster * *Markers:* High HVA/VMA ratio or elevated Quinolinate. * *Indication:* Dopamine shunting toward Norepinephrine; chronic stress or neuro-inflammation.

[ ] The Detoxification Cluster * *Markers:* Elevated Pyroglutamate or 8-OHdG. * *Indication:* Glutathione depletion and oxidative DNA damage ("rusting").

SECTION 3: COMPARATIVE MAPPING (CONNECTING THE NODES)

Cross-reference markers from different tests to find the root cause.

The Connection	Markers Observed	Clinical Significance
Gut-Brain Node	High Quinolinate (OAT) + Low Butyrate (Stool)	Neuro-inflammation driven by gut-derived LPS.
Protein Node	High Indican (OAT) + Low Elastase-1 (Stool)	Malabsorption/Hypochlorhydria feeding dysbiosis.
Immune Node	High Arabinose (OAT) + High Secretory IgA (Stool)	Systemic fungal burden provoking mucosal immunity.

SECTION 4: BEHAVIORAL CHANGE ARCHITECTURE

The Financial Analogy: "Your _____ (Mitochondria/Liver/Heart) is like a savings account. Currently, your labs show you are withdrawing energy/resources faster than you are depositing them. If we don't change the 'spending' (stress/diet/habits), you are headed toward metabolic bankruptcy."

The "Aha!" Marker: (e.g., 8-OHdG showing DNA damage from alcohol/stress)

NEXT STEPS & TITRATION PLAN:

1. **Target Phase: _____**
2. **Nutraceutical Titration: _____**
3. **Behavioral Shift: _____**

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