**Abunda Life’s**

**Naturopathic Doctors 1001**

# Nutritional Testing and Personal Health Evaluation

**Report of finding for:**

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## Name Date

This type of evaluation is designed to serve as an advanced preventative medicine educational tool. It represents the latest scientific breakthrough in laboratory diagnostics cross-correlated with the patients symptoms, body signs and history and the science of iridology using 21st century computer technology for nutrition, hormonal toxicity and metabolic assessment purposes.

This evaluation does not attempt to diagnose, treat or prescribe for any named medical condition. Its purpose is to assist proactive subscribers to Abunda Life’s natural healing philosophy and belief system into a more healthful way of life and to assist such responsible individuals to achieve their God given potential, nutritional optimization and high level wellness of body, mind and spirit.

### Abunda Life Church

**Of**

### Body, Mind and Spirit

## Medical Nutrition Testing Clinic

**208 third Ave. (steps to ocean) Asbury Park, NJ 07712**

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##### “I have come that Ye may have life and have it more abundantly” John 10:10

## Test Order

**Nutritional Testing and Personal Health Evaluation**

1. **– Glucose**
2. **– Bun**
3. **– Creatine**
4. **– Bun/Creatine Ratio**
5. **– Sodium**
6. **– Potassium**
7. **– Sodium/Potassium Ratio**
8. **– Anion Gap**
9. **– Chloride**
10. **– Carbon Dioxide**
11. **– Cholesterol**
12. **– Triglyceride**
13. **– HDL Cholesterol**
14. **– LDL Cholesterol**
15. **– VLDL Cholesterol**
16. **– cholesterol/HDL Ratio**
17. **– LDL/HDL Ratio**
18. **– Calcium**
19. **– Phosphorus**
20. **– Calcium/Phosphorus Ratio**
21. **– Alkaline Phosphatase**
22. **– SGOT (AST)**
23. **– SGPT (ALT)**
24. **– GAMMA – (GT)**
25. **– Lactate Dehydrogenase**
26. **– Bilirubin Total**
27. **– Uric Acid**
28. **– Total Protein**
29. **– Albumin**
30. **– Calcium/Albumin Ratio**
31. **– Globulin –**
32. **– (A/G Ratio) – Albumin Ration**
33. **– T3 Uptake**
34. **– T4 Total**
35. **– T4 Free**
36. **– Free Thyroxine Index**
37. **– Thyroid Stimulating Hormone**
38. **– Iron Binding Capacity**
39. **– Iron**
40. **– Percent Saturation**
41. **– Ferritin**
42. **– RBC**
43. **– Hemoglobin**
44. **– Hematocrit**
45. **– MCV**
46. **– MCH**
47. **– MCHC**
48. **– RDW**
49. **– Platelet Count**
50. **– MPV**
51. **– Absolute Neutrophils**
52. **– WBC**
53. **– Neutrophils**
54. **– Lymphocytes**
55. **– Monocytes**
56. **– Eosinophils**
57. **– Basophils**
58. **– Absolute Lymphocytes**
59. **– Bands**
60. **– Absolute Monocytes**
61. **– Mixed Cells**
62. **– Absolute Mixed Cells**
63. **– Eosinophil Count Absolute**
64. **– Basophils Absolute Count**
65. **– Atypical Lymphs**

## Urine Analysis

1. **– Ascorbic Acid 77. – Leukocytes**
2. **– Color 78. – Cast**
3. **– Specific Gravity 79. – Mucus**
4. **– PH – Negative = 0 80. – RBC**
5. **– Glucose 81. – Epithelial Cells**
6. **– Bilirubin 82. – Calcium Oxalate**
7. **– Keytone 83. – Triple Phosphate**
8. **– Blood 84. – Uric Acid**
9. **– Protein 85. – Amorphous**
10. **– Urubilinogen 86. – Bacteria**
11. **– Nitrite**

## In House Urine

1. **– Saliva PH**
2. **– Sugar Refractometor**
3. **– Conductivity**
4. **– Nitrate Nitrogen**
5. **– Ammonical Nitrogen**
6. **– Indican**
7. **Glucose**

###### **Stand alone indicator:** Pancreatic efficiency

Even flow of physical/mental energy

High and/or low = fatigue, mood swings, depression, nerve depletion, adrenal exhaustion, excess sugar, junk food nutritional deficiency.

Low = hypoglycemia, general weakness, psychomotor disturbances.

High = metabolic inefficiency, storing fat, loss of muscle, overeating, liver sluggishness,

colon toxicity, oxygen deficiency, vitamin deficiencies, syndrome X, diabetes

1. **Bun**

###### **Stand alone indicators:** Kidney efficiency

###### Protein utilization

Low = mal-absorption syndrome, liver sluggishness, colon toxicity, thyroid under

performance, posterior pituitary under performance, human growth hormone

deficiency, iodine deficiency, hypochlorhydria, enzyme deficiency, not enough raw

vegetables, protein and/or amino acid deficiency

High = dehydration, colon toxicity, protein mal absorption, overeating, autointoxication,

toxins building up faster than the kidney clearance, cellular oxygen deficiency

**3. Creatine**

**Stand alone indicators:** Kidney’s ability to efficiently filter creatine

and other toxins from the blood. Kidney clearance.

Low = dehydration, excess stress, low energy levels, lack of vigorous exercise

High = toxicity, poor blood flow, colon toxicity, poor digestion, under performing

thyroid, inflammation, diabetes, cellular oxygen deficiency, muscular exhaustion

**4. Bun/Creatine Ratio**

**A. Stand alone indicator:** Efficient protein utilization

Proper kidney function

Low = Muscle loss, protein/amino acid deficiency, kidney not filtering protein by-

products efficiently, under performing posterior pituitary, mal-absorption

syndrome, couch potatoism, muscle atrophy, lack of exercise

High = dehydration, kidney dysfunction, colon toxicity, toxic fluid retention, medication

excess junk foods, bad fats, nitrogen by-products building up faster than your

immune system can process them, toxicity, overloaded with morbific waste

material dumping onto vital organs, drug toxicity, colon impaction, kidneys not

filtering toxins efficiently, toxic fluid retention, bloating

**5. Sodium**

**Stand alone indicators:** Water and electrolyte balance

Outer cell efficiency

Transmit electric impulses throughout nervous system

Carries nutrients to and toxins out of cells

Low = nerve/adrenal exhaustion, stress, diabetes, hypothyroidism, drugs, diarrhea,

mineral deficiency

High = toxic fluid retention, weight gain, high blood pressure, dehydration, diabetes

insipidus high blood pressure, mineral deficiency, malnutrition, junk foods,

overeating toxicity

**6. Potassium**

**Stand alone indicators:** Inner cell efficiency – water balance

Acid/alkaline pH balance

Conductor of electric impulses and nerve fibers, including

muscle contraction and steady heart beat

Low = electrolyte deficiency, dehydration, heart beat irregularities, toxic fluid not

eliminating, weight gain, stress, diarrhea, nervousness, anxiety, hypermotion,

adrenal fatigue, drugs, swollen ankles, fingers, bloating, exaggerated PMS and/or

menopause symptoms, partial paralysis of hands or legs, cramps, lethargy, blood

pressure problems

High = adrenal exhaustion, heart problems, blood pressure problems, dehydration,

metabolic acidosis, sluggish adrenal glands, medications

**7. Sodium/Potassium Ratio**

**Stand alone indicators:** Electrolyte balance

###### Inner/outer ionic exchange efficiency

1. **Anion Gap**

**Stand alone indicator:** Electrolyte reserve account

1. **Chloride**

**Stand alone indicator:** Maintains a state of electrical neutrality

Low = adrenal exhaustion, colon impaction, metabolic acidosis, diabetic syndrome,

hypochlorhydria, metabolic alkalosis or acidosis, cellular oxygen deficiency

High = dehydration, tap water, medications, nervous exhaustion, toxins overwhelming

kidneys

1. **Carbon Dioxide/Bicarbonate**

**Stand alone indicator:** Blood acid/alkaline pH balancer

Low = junk foods, malnutrition, metabolic acidosis, toxicity, kidney toxin over-run, toxic

over-run of kidneys, anxiety, over training, cell breaking down

High = mal-absorption syndrome, hypochlorhydria, toxicity, lack of fitness, cellular,

respiratory problems and/or serious oxygen deficiency

1. **Cholesterol**

**Stand alone indicators:** Essential component for brain repair

Hormone production

Cellular function

Antibodies and enzyme production

Low = Omega 3 and/or 6 essential fatty acid deficiency, hypothyroid, hormone

deficiency, compromised immune system, pre-cancer marker, oxidative stress,

cells not regenerating, human growth hormone deficiency, vitamin D-3 deficiency

heavy metal and/or environmental toxicity

High = inflammation, hypothyroidism, lack of fitness, excess sugar, junk foods,

hydrogenated fats, Omega 6 essential fatty acid deficiency, cellular oxygen

deficiency, liver sluggishness, colon toxicity, coronary artery disease, storing fat,

nutrition deficiency syndrome

1. **Triglyceride**

**Stand alone indicators:** Blood fat, body fat monitor

Low = deficiency in Omega 6 essential fatty acids, hypoglycemia, protein deficiency,

mal-absorption, body not repairing, human growth hormone deficiency,

exhaustion, adrenal fatigue, anxiety

High = excess junk food, sugar, alcohol, hydogenated fats, hypothyroid, liver/gall bladder

sluggishness, bowel toxicity, amino acid deficiency, protein mal-absorption,

cellular oxygen deficiency, lack of fitness, coronary heart disease risk,

carbohydrate intolerance, over eating human growth hormone deficiency

1. **HDL Cholesterol**

**Stand alone indicator:** Healthy cholesterol

Low = lack of fitness, excess sugar, junk foods, bad fats, carbohydrates, human growth

hormone deficiency, serum and cellular oxygen deficiency, under performing

thyroid, sex hormone deficiency, lack of protectors against blocked artery disease,

increased risk of heart disease, bowel toxicity, fat gain, stress, blood pressure

problems

High = The higher the better – cardio, chemo, immune protective, brain, hormone

optimizer

1. **LDL Cholesterol**

**Stand alone indicator:** Potentially dangerous

artery plaque depositor

Low = The lower the better

High = lack of fitness, excess sugar, junk food, over eating, alcohol, cellular oxygen

deficiency, Omega 3 essential fatty acid deficiency, adult onset, human growth

hormone deficiency, forgetfulness, brain fog, attention deficit, under performing

thyroid, syndrome X, diabetes, pre-mature aging

1. **VLDL Cholesterol**

**Stand alone indicator:** Arteries gluing up

High - increased risk of coronary heart disease, plaque build up, lack of exercise, HGH

Deficiency, excess sugar, carbohydrates, junk food, alcohol, transfats, fried foods

1. **Calcium**

**Stand alone indicators:** Electrolyte balance

Mineral absorption

Bone integrity

Low = under performing thyroid, parathyroid and/or pituitary, kidney disorder, vitamin

D-3 deficiency, calcium deficiency, osteopenia, osteoporosis, mal-absorption,

nervousness, connective tissue pain, metabolic acidosis, teeth problems.

High = Hyperactive parathyroid, magnesium, boron, vitamin B complex deficiency,

kidney disorder, metabolic acidosis, calcium out of solution, diabetes mellitus,

dehydration, bone metastasis, heavy metal toxicity

1. **Phosphorus**

**Stand alone indicator:** Strong bones

Keeps calcium in solution

Burns fats and sugars

Low = Excess soda, sugar, alcohol, junk, foods, hypertension, calcium absorption

problems, hypochlorhydria, liver problems, nerve burnout, adrenal exhaustion,

elevated insulin, nutritional deficiencies, electrolyte imbalance

High = Diabetes, metabolic acidosis, mal-absorption, dehydrating, medications

**21. Alkaline Phosphatase**

**Stand alone indicators:** Bone, liver, adrenal, intestinal integrity

Low = Multiple nutrition deficiencies, nutritional anemia, zinc deficiency, hypothyroid,

adrenal depletion, arthritis, pre-mature aging, mal-absorption, amino acid, protein,

vitamin E, A, C, B-12, B-1, folic acid and enzyme deficiencies

High = osteoporosis, zinc deficiency, hypochlorhydria, intestinal inflammation, liver

dysfunction

1. **SGOT (AST)**

**Stand alone indicators:** Enzyme deficiency

Autointoxication

Organ tissue break down

Inflammatory marker

Low = Enzyme deficiency, liver sluggishness, tissues not repairing, pyridoxyl,

magnesium, bio-flavanoid, vitamin C deficiency

High = Autointoxication, liver sluggishness, colon toxicity, heavy metal and/or

environmental toxicity, allergies, hormonal deficiencies, deficiencies in alpha

lipoic acid, Vitamin C, Choline, inositol, taurine, muscle loss, break down of

heart muscle, liver, kidney muscle, brain tissue faster than it is regenerating due to

autointoxication, inflammation

1. **SGPT (ALT)**

**Stand alone indicators:** Enzyme, liver, heart, muscle health

Inflammatory marker

Low = multiple nutritional deficiencies, mal-absorption, amino acid and protein

insufficiency, kidneys overwhelmed with toxins, junk food addiction,

colon impaction, slow transition time, excess alcohol, sugar choline, magnesium,

folic acid, vitamin E, B complex, N-Acetyl cysteine deficiencies

High = liver sluggishness, indigestion, pancreas inefficiency, L-methionine, inositol,

taurine deficiencies, inflammation

**24. GAMMA (GT)**

**Stand Alone Indicators:** Alcoholism/caffeine addiction

Liver, gall bladder, pancreas efficiency

Inflammatory marker

Low = Sluggish liver, anemia, deficiencies in enzymes, zinc, B-6, citrus bio-flavanoid,

iron, folic acid, B-12, magnesium, N-Acetyl cysteine, glutathine, vitamin E

High = alcoholism, caffeine addiction, gall bladder, liver, pancreas sluggishness, drug

addiction, excess of sugar, bad fats, junk foods, medications, Tylenol, over

eating, colon impaction, autointoxication, bile duct blockage, pancreatitis,

hepatitis, deficiencies in enzymes, alpha lipoac acid, conjugated linoleie acid,

choline, insotol, glutathine, taurine, vitamin E, N-Acetyl cysteine, L-Methionine

1. **LDH**

**Stand alone indicator:** Carbohydrate tolerance

Low = Carbohydrate intolerance, hypoglycemia, hypotention, fatty liver, deficiences in

enzymes, zinc, vitamin E, N-Acetyl choline

High = Carbohydrate intolerance, heart stress, heart inflammation, magaloblastic anemia,

vitamin B-12, B-6, folic acid deficiencies, liver sluggishness, cellular oxygen

deficiency, heart disease seizures, junk food habit, deficiencies in alpha lipoic

acid, choline, inositol, L-Carnitine, N-Acetyl cysteine, taurine, vitamin E,

selenium

**26. Bilirubin Total**

**Stand alone indicator:** Liver function

Low = Liver sluggishness, cellular oxygen deficiency, enzyme deficiency, caffeine,

asprin, medications, drug use, deficiencies in Omega 6 essential fatty acids,

choline, inositol, L-Methionine, organic sulfur, N-Acetyl cysteine, taurine,

vitamin E

High = Liver overwhelm, toxicity, excess alcohol, caffeine, soda, sugar, fried foods, junk

foods, constipation, medications, drugs, liver inflammation, liver dysfunction,

gall bladder obstruction, liver disease, deficiencies vitamin C, organic sulfur,

choline, inositol, taurine

1. **Uric Acid**

**Stand alone indicator:** Gout related symptoms

Arthritis, stiffness

Low = Mal-absorption, digestive problems, hypochlorhydria, enzyme deficiency, heavy

metal toxicity, use of antacids, free radical stress, deficiencies in copper, folic

acid , B-6, B-12, B-complex, molybdenum, protein utilization

High = Connective tissue inflammation, joint pain, gout, muscle stiffness, arthritis

symptoms, kidney overwhelm drugs, over use of alcohol, junk foods, desserts,

rich foods, starches, meats, leaky gut syndrome, heart disorders

1. **Total Protein**

**Stand alone indicators:** Efficient transporters of nutrients

Overall nutritional status

Low = Protein mal-absorption, amino acid deficiency, fasting, poor diet, multiple

nutritional deficiencies, compromised immune system, hypochlorhydria, gastritis,

malnutrition, pancreatic insufficiency, heavy metal and/or environmental toxicity,

connective tissue breakdown, deficiencies in digestive enzymes, L-Arginine

High = Dehydration, collagen breakdown, diabetes insipidus, protein and amino acid

deficiency, collagen disease, rheumatoid arthritis, liver sluggishness,

deficiencies in digestive enzymes, bio-flavanoids

1. **Albumin**

**Stand alone indicator:** Cellular repair, degeneration/regeneration

Low = Protein/amino acid deficiency, excess junk food, sugar, hypochlorhydria, enzyme

deficiency, insufficient raw vegetables, cellular breakdown, cells not repairing,

kidney toxic over run, toxic fluid retention, bloating, liver sluggishness, immune

system compromise, loss of muscle tissue, human growth hormone deficiency,

deficiencies in vitamin B-12, folic acid, vitamin C, vitamin E, beta carotene,

calcium, boron, vitamin D-3, magnesium, choline, protein amino acids

High = Nerve depletion, burn out, adrenal exhaustion, reoccurring stress, tension,

anxiety, dehydration, inflammation, diabetes, G.I. problems, nutritional

deficiencies, deficiencies in choline, inositol. L-Methionine, taurine, iodine

1. **Calcium/Albumin Ratio**

**Stand alone indicator:** Parathyroid function

Low = Protein deficiency, loss of muscle tissue, dehydration, adult onset, human growth

hormone deficiency, vitamin D-3 deficiency, kidney overwhelm due to toxicity

mal-absorption, hyperparathyroidism, pancreatitis

High = Hypothyroidism, hyperparathyroidism, liver toxicity, dehydration, enzyme

deficiency

1. **Globulin**

**Stand alone indicators:** Defense agent

Cell degenerator/regenerator

Low = Weakened immune system, muscle loss, mal-absorption, protein/amino acid

deficiency, digestive disorders, pre-mature aging, aging diseases, cells breaking

down, not regenerating, hypochlorhydria, heavy metal toxicity, excess alcohol,

sugar, junk foods, deficiencies in Omega 6 and 3 essential fatty acids, vitamin E,

zinc, L-Arginine, L-glutimine, enzymes, amino acids, protein

High = toxicity, allergies, bowel impaction, infection, liver dysfunction, anemia, mal-

absorption syndrome, G.I. inflammation, nutritional deficiencies, enzymes, zinc,

vitamin A, sulfur

1. **AG Ratio**

**Stand alone indicator:** Blood viscosity

Low = Liver sluggishness, bowel toxicity, protein deficiency, mal-absorption,

deficiencies in digestive enzymes, choline, zinc, taurine, organic sulfur

High = Triggered immune system, dehydration, pancreatic insufficiency hypothyroid,

Deficiency in zinc, phosphatydol, choline

1. **Thyroid T-3 Uptake**

**Stand alone indicator:** Need for thyroid nutritional support

Low = Iodine/Iodene, tyrosine, protein, amino acid, vitamin E, D-3, selenium, N-Acetyl

cysteine, vitamin B-5, easy weight gain, adrenal exhaustion, adult onset, growth

hormone deficiency, male/female hormone deficiency, loss of animation for life,

loss of libido, loss of motivation, memory loss, hair loss, inability to concentrate,

hypothyroidism

High = Nervousness, sleep problems, sudden weight loss, stress, tension, worry, anxiety,

adrenal exhaustion, nerve burn out, pituitary under performance, excess

medications, hyperthyroidism, deficiencies in N-Acetyl cysteine, selenium,

vitamin D-3, vitamin E

1. **Thyroid Total T4**

**Stand alone indicators:** Hypothyroidism

Malnutrition

Pre-mature Aging

Low = Hypothyroidism, pre-mature aging, mal-absorption, junk food, sugar, fast food

excess, protein/amino acid deficiency, deficiencies in iodine/iodene, selenium,

N-acetyl cysteine, vitamin D-3, vitamin E, vitamin B-5

High = Liver problems, autointoxication, adrenal exhaustion, stress, birth control pills,

Medications, magnesium, vitamin D-3, L-Arginine, N-Acetyl cysteine

1. **Thyroid T4 Free Circulating T4**

**Stand alone indicator:** Optimum thyroid function

Low = Slow thinking, low mental/physical energy, sluggish, slow moving, creeping

weight gain, poor sleep, hair loss

High = Heart palpitations, hand tremors, increased perspiration, nervousness, jumpiness,

sudden weight loss

1. **Thyroid Free 4 Index T 7**

**Stand alone indicators:** Memory, anxiety

Mental tranquanimity

Low = Mental confusion, anxiety, depression, moodiness, worry, memory loss,

unexplained weight gain, hypothyriodism

High = Cold extremities, forgetfulness, jumpy feelings, nervous, sleep problems,

hypothyroidism

1. **TSH**

**Stand alone indicator:** Pituitary/Thyroid thermostat

Low = Under performing pituitary, adult onset, human growth hormone deficiency,

large appetite, hungry, coffee, soda, sugar, drug excess, hyperthyroidism,

deficiencies in boon, calcium, B-complex, N-Acetyl cysteine, selenium, vitamin

D-3, vitamin E, iodine/iodene

High = Hypothyroidism, no energy, no heat, no motivation, gradual unexplained weight

gain, hair brittleness, jumpiness, anxiety, heart palpitations, hand tremors, sleep

problems, forgetfulness, under performing pituitary, adult onset, human growth

hormone deficiency, deficiencies in iodine/iodene, selenium

1. **Iron Binding Capacity**

**Stand alone indicator:** The ability of iron to bind to its receptor site

and get into the cell

Low/High = Blocked receptor site, heavy metal toxicity, highly toxic condition,

environmental overload

1. **Total Iron**

**Stand alone indicators:** Tired Blood

Anemia

Oxygen

Low = Anemia, menstrual blood loss, hemorrhoids, Asprin use, junk food diet, pre-

mature aging, malnutrition, cells not repairing, inflammation, kidney disease,

infections, stress anxiety, worry, rheumatoid arthritis, Vegeterianism

High = Oral contraceptives, lead poisoning, heavy metal and/or environmental toxicity,

liver overload, well water, tap water, excess junk food, hemochromatosis

1. **% Transferrin Saturation**

**Stand alone indicator:** Too much or too little iron

Low = Iron deficiency, anemia, protein depletion, junk food habit, deficiencies in folic

acid, B-12, iron

High = High transferrin, deficiencies in bio-flavanoids, vitamin C

1. **Ferritin**

**Stand alone indicator:** Iron tissue reserve bank

Low = Nutrition deficiency anemia, low iron storage in cells, stress, protein deficiency,

blood loss, copper deficiency, hypochlorhydria

High = Liver problems, iron over load, inflammations, excess alcohol, junk foods, auto-

Intoxication, heavy metal or environmental toxicity

1. **Red Blood Cell Count**

**Stand alone indicator:** Oxygen carrying capacity

Low = Anemia, malaise, fatigue, dizziness, cold extremities, rapid heart beat,

deficiencies in citrus bio-flavanoid, folic acid, L-Arginine, L-Carnintine,

deficiencies in folic acid, B-12, B complex, clycine, iron, vitamin B-12, Vit. C

High = Poor blood circulation, high blood pressure, clotting with blood vessels, stroke,

dehydration, congenital heart disease, poor color to skin and nails, excess

medications, chemical exposure, heavy metal toxicity, environmental pollution,

autointoxication, liver problems, deficiency in vitamin E, C, N-Acetyle Cysteine

1. **Hemoglobin**

**Stand alone indicator:** Cellular/Blood oxygen deficiency

Bone marrow efficiency

Low = Cellular oxygen deficiency, iron deficiency anemia, hypochlorhydria, blood loss,

Toxicity

High = Excessive red blood cell production, excessive bone marrow activity,

Medications, asthma, adrenal fatigue, deficiencies in vitamin C, vitamin E, citrus

bio-flavanoid

1. **Hematocrit**

**Stand alone indicator:**  Determines the concentration of oxygen carrying

red blood cells in blood

Low = Nutritional deficiency anemia, cellular oxygen deficiency, toxicity

High = Colon toxicity, intestine inflammation, dehydration, over active spleen and

immune system, asthma, respiratory problems

1. **MCV – Mean Corpuscular Volume**

**Stand alone indicator:** Nutritional deficiency syndrome

Low = Mal-absorption syndrome resulting in multiple nutritional deficiencies, heavy

metal and/or environmental toxicity, oxygen deficiency, cellular oxygen

deficiency

High = Parasitic infections, mal-nutrition, megaloblastic anemia

1. **MCH**

**Stand alone indicators:** Cellular/Serum oxygen deficiency

Determines the type of anemia and nutritional deficiency

Low = Heavy metal toxicity, cellular/blood oxygen deficiency, internal bleeding, cells

not regenerating, deficiencies in iron, vitamin B-6, Vitamin C

High = Deficiencies in vitamin B-12, folic acid, parasite infestation

1. **MCHC**

**Stand alone indicator:** Cellular/Serum oxygen deficiency anemia

Low = Iron deficiency, mal-absorption, parasite infestation, junk foods, oxygen

deficiency, hypochlorhydria, deficiencies in iron, folic acid, vitamin C, L-

Glutamine

High = Deficiencies in vitamin B-12, vitamin C, enzymes, folic acid, citrus bio-

flavanoids, L-Arginine, L-Glutamine

1. **RDW**

**Stand alone indicator:** Measures blood cell volume

Low = Inflammation, vitamin C, zinc, enzymes

High = Toxicity, deficiencies in citrus bio-flavanoid, folic acid, B complex, glycine,

iron, B-12, viatmin C, digestive enzymes

1. **Platelets**

**Stand alone indicators:** Blood clotting factor

Vascular integrity

Vasoconstriction

Low = Bone marrow suppression, anemia, heavy metal and/or environmental exposure,

immune system challenge, deficiencies in Omega 6 and Omega 3 essential fatty

acid enzymes, Vitamin E

High = Inflammatory disorder, iron deficiency, vitaminB-12 deficiency, excess alcohol,

junk foods, medications, infections, bowel impaction, deficiencies in L-

Glutimine, L-Argenine, Omega 6/3 essential fatty acids, citrus vio-flavanoid,

vitamin E, zinc

1. **MPV**

**Stand alone indicator:** Cardio vascular risk detective

Low = Toxicity, chronic bacteria, cellular oxygen deficiency, heavy metal toxicity,

Chemical exposure, pancreatic deficiency, slow cell repair, adult onset, human

growth hormone deficiency, adrenal exhaustion

High = Multiple nutritional deficiencies, bone marrow suppression, immune system over

run with toxins

1. **Absolute Segs/Neutrophil/Poly #**

**Stand alone indicator: I**mmune systems standing army engulfs

bacteria and annihilates them

Low = Excess junk food, alcohol, medications, drugs, early onset, state of infections

High = Colon impaction, bacteria infection, exhaustion, excess medications, metabolic

acidosis, autointoxication, fear, stress, anxiety

1. **WBC**

**Stand alone indicator:** Thymus gland and immune system competency

Low = Immune system overwhelmed, toxicity, bone marrow suppression, enzyme

deficiency, junk foods, radiation, chemotherapy, excess medications,

malnutrition, pancreatic insufficiency, environmental exposure, cellular oxygen

deficiency, mal-absorption, bowel impaction, slow transition time of food,

allergies, adrenal exhaustion, multiple nutritional deficiencies

High = Nerves, stress, anxiety, depression, worry, negative mental attitude,

inflammatory conditions, viral/bacterial infections, toxicity, cellular oxygen

deficiency, heavy metal toxicity, multiple nutritional deficiencies

1. **Seg/Nutrophil/Pollys %**

**Stand alone indicator:** Bacteria neutralizer

Low = Bateria infection, viral infection, parasite infestation, colon toxicity, cellular

oxygen deficiency

High = Generalized inflammation, viral/bacterial infection, autointoxication

1. **Lymphocytes**

**Stand alone indicators:** Lymph system competency

Antibody production

Low = Trapped toxins in lymph system, lymph system not moving, highly toxic

condition, over eating, bowel toxicity, Hodgkin’s disease, stress, anxiety, fear,

worry, depression, negative mental outlook, under performing thyroid, couch

potatoism

High = Toxicity, stagnant lymph system, liver overloaded bowel toxicity, slow

metabolism, slow transition time of food, compromised immune system due to

toxicity, cold, flu, cough, viral bacterial overload, cellular oxygen deficiencies,

heavy metal toxicity, environmental/chemical overload, excess junk foods, sugar

alcohol, medications, drugs, antibiotics

1. **Monocytes %**

**Stand alone indicator:** Immune fighters

Low = Immune system compromised, toxic overwhelm, viral load, not enough immune

fighters, bone marrow depression, vowel toxicity, cellular oxygen deficiency,

multiple nutritional deficiencies, morbific material accumulation, excess

medications, radiation, chemotherapy, junk foods, alcohol, adult onset, human

growth hormone deficiency

High = Parasite, fungal, bacterial infections, autointoxication, constipation, slow food

transition, liver sluggishness, enzyme and multiple nutritional deficiencies,

cellular oxygen deficiency

1. **Eosinophils %**

**Stand alone indicators:** Protects the body from allergies,

lung, skin and G.I. tract reactions

Low = Ideal score is zero

High = Above zero – food and/or environmental allergies, hay fever, skin reactions,

bronchial asthma, parasitic infestation, candida albicanis, colon toxicity, over

medication, antibiotics, sugar, junk foods, alcohol, slow food transition, cellular

oxygen deficiency, over eating

1. **Basophils %**

**Stand alone indicator:** Intestinal tract toxicity

Low = Ideal score is zero

High = Above zero – colon toxicity, slow transition time of food, allergies, enzyme

deficiency, inflammation, hypochlorhydria, intestinal irritations, intestinal virus,

liver problems

1. **Absolute Lymphocyte #**

**Stand alone indicators:** Immune competency

Number of lymphocytes in circulation

Low = Toxicity, multiple nutritional deficiencies, immune system compromised by

toxins, infection, inflammation, excess medications, junk foods, drugs, sugar,

devitalized food, cellular oxygen deficiency, viral fungal bacterial load, pre-

mature aging, adult onset, growth hormone deficiency

High = Intestinal parasites, bowel impaction, toxicity, nerve burn out, hypothryoidism,

allergies, slow food transition, unfitness, adult onset, hypopituitaryism, multiple

nutritional deficiencies

1. **Bands**

**Stand alone indicator:** Immune system’s Army Reserve

Developing immune cells

Any number above zero is an indication of an emergency. The immune system is being compromised by toxins. Baby immune cells are being thrown into battle before they mature.

1. **Absolute Monocyte #**

**Stand alone indicators:** Pathogen distroyer

Immune system’s Paratroopers

Low = Immune system overwhelmed with toxins

High = Urinary tract infection, congestion, prostate hypertrophy, highly toxic condition,

parasites, candida

1. **Mixed Cells %**

**Stand alone indicator:** Immune system quick responder force

Ideal number is zero.

Above zero = immune system is activated due to toxicity

1. **Absolute Eosinophil #**

**Stand alone indicator:** Allergies/Parasite annihilator

Low = Adrenal over activity, allergies, hyper sensitivity, infectious process, parasite

infestations, excess medications, antihistamines. Adult onset, growth hormone

deficiency, enzyme and multiple nutritional deficiencies

High = Food and/or environmental allergies, highly toxic condition, bowel toxicity, liver

sluggishness, over eating, cellular oxygen deficiency, excess medications,

antibiotics, drugs, junk foods, alcohol, cellular oxygen deficiency, enzyme and

multiple nutritional deficiencies, mal-absorption syndrome

1. **Absolute Basophil #**

**Stand alone indicator:** Inflammation fighter

Low = Allergic reaction, hyperthyroid, infection, autointoxication, stress, excess alcohol,

tobacco, drugs, medications, radiation, chemotherapy, cellular oxygen deficiency

nutritional deficiencies

High = Parasite infestation, trapped lymphic toxins, bowel toxicity, cellular oxygen

deficiency, nutritional deficiencies

1. **Atypical Lymphocytes**

**Stand alone indicator:** Lymph node function

Low = Zero is the desired score at all times. Anything above indicates that your lymph

nodes are filled to capacity with toxins and fatigues

High = Compromised immune system, viral infection, trapped toxins in lymph system,

liver toxicity, impacted bowel, autointoxication, severe infection, toxins building

up faster than your immune system can process them, weak, multiple nutritional

deficiencies

Urine Analysis

1. **Ascorbic Acid**

**Stand alone indicator:** Vitamin C absorption

Low - Poor absorption, stress, immune system challenge, vitamin C deficiency,

bio-flavanoid deficiency, smoking, medications, sugar excess

High - Liver dysfunction, toxicity, kidney dysfunction

1. **Specific Gravity**

**Stand alone indicator:** Hydration

Low = Kidney not clearing, diabetes, kidney dysfunction

High = Dehydration, heart congestion, liver sluggishness, electrolyte depletion

1. **PH**

**Stand alone indicator:** Acid/Alkaline balance

High Alkalivity = Urinary tract infection, candida, bacteria, floria imbalance

High Acid = Toxicity, faulty diet

1. **Glucose**

**Stand alone indicator:** Blood sugar abnormality

High = Syndrome X, uncontrolled diabetes, pancreatic problems, severe metabolic

acidosis

1. **Bilirubin**

**Stand alone indicator:** Liver efficiency

High = Liver sluggishness, constipation, enzyme deficiency, toxicity, gall bladder/liver

dysfunction

1. **Keytone**

High = Acidosis, cells breaking down, severe psychological stress, fasting, over training,

fat cells burning fat converting to energy

1. **Blood**

**Stand alone indicator:** Capillary integrity

High = Kidney dysfunction, ulcer, excess Aspirin, vitamin C, bio-flavanoid deficiency,

Menstruation, cellular degeneration

1. **Protein**

**Stand alone indicator:** Protein utilization

High = Kidney’s not clearing protein by-products and urea

1. **Urobilinogen**

**Stand alone indicator:** Liver function

High = Liver disorder, colon impaction, toxicity

1. **Nitrite**

**Stand alone indicator:** Kidney function

High = Kidney not clearing efficiently, toxic overwhelm, constipation, slow food

Transition, dirty colon, autointoxication

1. **Leukocytes**

**Stand alone indicator:** Urinary tract health

High = Urinary tract infectoin, colon toxicity, autointoxication, candida albacans

**80. RBC**

**Stand alone indicator:** Red blood cells breaking down

High = Red blood cells dying off, nutritional deficiency, loss of fighting force

**81. Epithelial Cells**

**Stand alone indicator:** Immune

High = Immune system breaking down

**82. Calcium Oxalate**

**Stand alone indicator:** Stone formation

High = Stone formation, metabolic acidosis, faulty diet

**83. Triple Phosphate**

**Stand alone indicator:** Mineral imbalance

High = Bone depletion

**84. Uric Acid**

**Stand alone indicator:** Bad acid

High = Autointoxication, joint discomfort

**85. Amophous**

**Stand alone indicator:** Flora balance

High = Floral imbalance

**86. Bacteria**

**Stand alone indicator:** Immune competency

High = Autointoxication, candida, bacterial infection, dirty colon, immune system

over run

In House Urine/Salava Tests

**87. Saliva pH**

**Stand alone indicator:** Enzyme sufficiency

Digestive competency

Low = Deficiencies in enzymes, slow food transition time

High = Candida albicans, immune challenge, hypochlorhydria

**88. Sugar Refractometer Test**

**Stand alone indicator:** Blood sugar and bio-energy

Low = Hypoclycemia

High = faulty diet, excess junk food, sugar, alcohol, stress, lack of exercise, syndrome X

**89. Conductivity**

**Stand alone indicator:** Toxicity

Minerals

Hydration

High = Mineral deficiency, electrolyte imbalance, toxicity, dirty colon, dehydration

**90. Nitrate Nitogen**

**Stand alone indicator:** Protein utilization

High = Highly toxic condition, mal-absorption, hypochlorhydria, dirty colon

**91. Ammonical Nitrogen**

**Stand alone indicator:** Amino acid digestion

High = Poor ptortien to amino acid conversion, autointoxication, dirty colon

**92. Indican**

**Stand alone indicator:** Colon health

High = Colon toxicity, fermentation, slow transition time, autointoxication, dirty colon,

putrification backing up affecting other systems and organs

**The Naturopathic Doctor’s 1001**

**Personal Report of Findings**

The following information is based on a combination of laboratory diagnostics, medical history of past and present symptoms and the 200-year-old science of iridology, cross correlated and made possible with 21st century computer technology.

Abunda Life’s form of naturopathic medicine is based on a time tested and proven philosophy and belief system. Because we believe that every symptom is a sign of a nutritional deficiency and every named medical condition is a sign of a long-term deficiency ignored or worse suppressed with a drug, we do not treat or diagnose diseases. We focus rather on the nutritional causation of your condition.

Our philosophy looks to uncover what we believe is the common denominator of almost every named medical condition, namely toxicity, nutritional deficiency, hormonal imbalance, stress and spiritual life disconnect. Each person’s needs are different, even if their medical doctor’s diagnosis is exactly the same.

This report of finding is prepared for educational purposes for the patient/student and informational purpose for the patient’s primary care physician. This report is not a diagnosis, prescription or treatment for any named medical condition. Our opinion may not conform to those of the American Medical Association or your primary care physician and may even be contrary to the views held by the orthodox drug medical profession.

Our form of naturopathic medicine is understandingly not for everyone. It is designed for intelligent, proactive, health minded people seeking to optimize their nutrition and seek out their God given potential for high level wellness. We believe our system of medicine makes the most sense for thinking men and women not willing to wait for degenerate disease to gain a foothold or leave their future health to chance.

Abunda Life’s system represents an advanced form of preventative and anti-aging medicine by incorporating the Abunda Life Body, Mind and Spirit natural healing philosophy into a practical, sensible, healthful and successful way of life.

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Abunda Life’s system of naturopathic medicine is first a philosophy. This philosophy motivates our discipline that then becomes our new way of life and finally that wonderful way of life becomes the greatest medicine in the world. A true preventative medicine that in reality is high level wellness of body, mind and spirit.

Our goal at Abunda Life, at some point, is to become substance free. Free of all harmful substances including unnecessary medications and devitalized food. The naturopathic doctor’s 1001 is a computerized analysis that is highly specific and scientifically based. It is programmed to address your personalized needs. The system uses sophisticated technology to develop an accurate individual program based on your individual bio-chemistry.

The 1001 enables a proper and precise sequencing of your lifestyle changes, naturopathic detoxification, compatible/non-compatible foods, dietary nutritional saturation therapy, bio-identical hormone restoration, I.V. vitamin/chelation therapy, oxidative therapies, bodyfat loss, fitness medicine, stress relief and other appropriate clinical and home self help therapies that may be indicated based on your test results.

This approach uses over 200 different metabolic classifications to analyze the bottom line cause of your condition and to monitor, advise and coach you to higher levels of wellness using 100% natural therapies. Unlike main stream medicine that waits for a full blown named disease to set in before rendering its diagnosis and treatment plan, the 1001 program is designed to catch disease in the earliest state possible, which is the deficiency stage. The 1001 testing makes this possible by employing a much higher criterion in its evaluating process.

In our form of medicine we don’t want the diagnosis. Our job is to help you first of all prevent the diagnosis and then begin to build an indestructible immune system and to begin to push back the pre-mature aging process and its related degenerative diseases.

Unlike orthodox drug medicine, we will always find something you can improve on. You will never hear us utter the words, “Your problem is all in your head” or “You’re perfectly healthy” when you are experiencing symptoms. Most of the time we will be able to connect your symptoms to a deficiency and make a definitive recommendation of a natural remedy.

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Your test results are keyed against what your lab test scores should be if everything was working perfectly. We do not wait for a shocking diagnosis to begin working on your nutrition. We allow your body’s highest authority to determine what is best for you taking all the guess work out of your nutritional needs.

The naturopathic doctor’s 1001 report of finds indicates that the following metabolic and nutritional conditions are out of balance and need to be addressed naturopathically and nutritionally: