Diagnos-Techs, Inc.

Clinical & Research Laboratory
PO BOX 389662, Tukwila, WA 98138-0662
Tel: (425) 251-0596
CLIA License # 50D0630141

Accession # 07-35334

Received : 04/25/2007
Completed: 05/01/2007
Reported : 05/02/2007

THE RED APPLE CLINIC
CAROLINE EDWARDS
26 SUMMERHILL AVE
NEWPORT, GWENT
SOUTH WALES NP19 8FP
UK Tel: 011441633262772

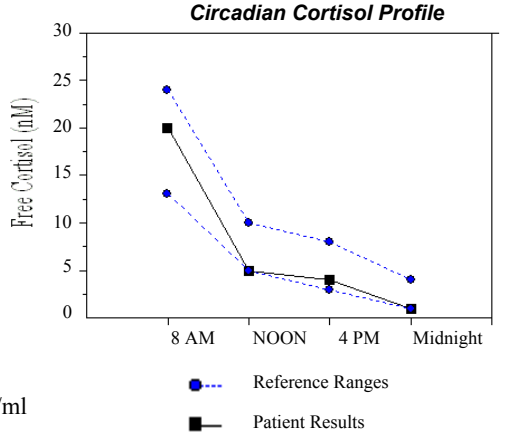
Results For: Number 59

Age: Not Provided

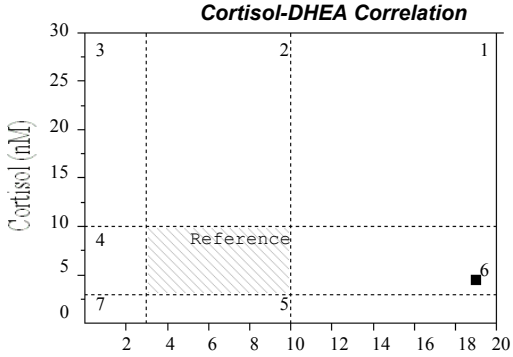
Patient's Tel: Gender: Male
Specimen Collected: 04/19/2007

Test	Description	Result		Ref Values
NLASI	**CUSTOM ASI**			
TAP	**Free Cortisol Rhythm**			
07:00 - 08:00 AM		20	Normal	13-24 nM
11:00 - Noon		5	Normal	5-10 nM
04:00 - 05:00 PM		4	Normal	3-8 nM
11:00 - Midnight		1	Normal	1-4 nM
	Cortisol Burden:	30		***23 - 42***
DHEA	**Dehydroepiandrosterone**	19	Elevated DHEA	Adults (M/F): 3-10 ng/ml

Circadian Cortisol Profile



Cortisol-DHEA Correlation



KEY: CORTISOL-DHEA CORRELATION

1. Adapted to stress.
2. Adapted with DHEA slump.
3. Maladapted Phase I.
4. Maladapted Phase II.
5. Non-adapted, Low Reserves.
6. High DHEA.
7. Adrenal Fatigue.

Low DHEA is a normal finding in children below age of 14 and DHEA augmentation is NOT APPLICABLE.
Patient Result Interpretations
Marginal HPA axis performance during the day may be associated with suboptimal hypothalamic pacing of adrenals.
Adrenal support suggested.

Diagnosis Code: Not Provided To The Lab.
Please Note: All examples of patient treatment or therapy are for illustrative and/or educational purpose. Use this report in context of the clinical picture before initiating hormone or other therapies.
COURTESY INTERPRETATION of test and technical support are available upon request, to Physician Only

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Subject:Number 59
R
Age: Not Provided Gender:Male

Patient's Tel:
Specimen Collected: 04/19/2007

Code	Test Name	Values	Provisional Ranges
STP	**Saliva Thyroid Study**		
fTSH	Thyroid stimulating hormone	42 Normal	*Borderline Low: 20-25 nIU/ml* *Normal: 26-85 nIU/ml* *Borderline High: 86-120 nIU/ml*
fT4	L-Thyroxine	0.17 Normal	*Normal: 0.17-0.42 ng/dl*
fT3	Triiodo-thyronine	0.49 Normal	*Borderline Low: 0.21-0.27 pg/ml* *Normal: 0.28-1.10 pg/ml*
TPO	Thyroid Microsomal Ab, SIgA	Negative	*Normal: Negative*

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Patient's Tel: Gender: Male
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Code	Test Name	Result / Notes	Reference Values/Key
ISN	Insulin	Fasting: <3 Post-prandial: <3 Depressed	*Normal: 3-12 uIU/mL* *Optimal: 5-20 uIU/mL* *Low: < 5 uIU/mL* *High: > 20 uIU/mL*

Depressed Post-prandial insulin within four hours after meal. This may be caused by a small carbohydrate load in the preceding challenge meal or a reduction in pancreatic insulin release or synthesis. Consider a closer examination of challenge meal composition to rule out pre-diabetic tendencies.

Why Test for Insulin?
Insulin activity is affected by the stress and cortisol responses. Chronic stress with cortisol elevation antagonizes insulin, and may cause functional insulin resistance. Furthermore, chronic hypercortisol causes hyperinsulin responses to carbohydrate intake. Chronic insulin resistance and overproduction lead to pancreatic exhaustion.

General information about insulin values.

Fasting: This insulin value is elevated in cases of insulin resistance.

Post Prandial: This insulin value varies with type of meal and time of sample collection. See figure 1b. Adapted, Br. J. Nutr. 2003, 90:853
To obtain the most meaningful results, instruct patient to eat 50g of carbohydrate or what is equivalent to 200 calories about 45-90 minutes before noon sample collection. Examples: 2 slices of white bread and 1 cup of orange juice OR 1 cup of cooked oatmeal and 1 cup of orange juice OR 2 ounces of corn flakes snack.

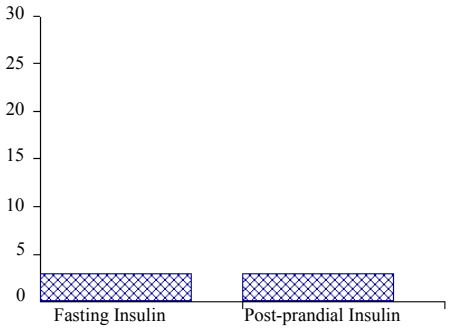

Figure 1a. Insulin Levels

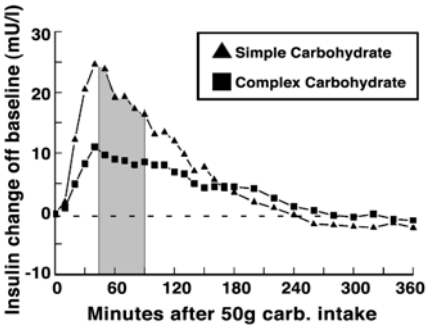

Figure 1b. Serum Insulin - Time Curve
Shaded area is optimal period of post-prandial collection.

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Code	Test Name	Result / Notes	Reference Values/Key
P17-OH	17-OH Progesterone	28 Normal	*Adults* *Optimal: 22-100 pg/ml* *Borderline: 101-130 pg/ml* *Elevated: >130 pg/ml*
MB2S	Total Salivary SIgA	17 Depressed 1. Secretory IgA (SIgA) is secreted by the various mucosal surfaces. It is mostly a dimeric molecule. Less than 2% of Saliva is of serum origin. The secretory component of SIgA stabilizes it against enzymatic and bacterial degradation. 2. The main functions of SIgA include Immune Exclusion, Viral and Toxin Neutralization, Plasmid Elimination, and Inhibition of Bacterial Colonization. SIgA immune complexes are not inflamatory to the mucosal surfaces. 3. Production of SIgA is adversely affected by stress which is mediated by increased cortisol and/or catecholamine levels.	*Normal: 25-60 mg/dl* *Borderline: 20-25 mg/dl*
FI2	Soy (Protein) Ab. SIgA	Negative	*Normal: Negative.*
FI4	Gliadin Ab, SIgA	1 Negative Gliadins are polypeptides found in wheat, rye, oat, barley, and other grain glutens, and are toxic to the intestinal mucosa in susceptible individuals. Healthy adults and children may have a positive antigliadin test because of subclinical gliadin intolerance. Some of their symptoms include mild enteritis, occasional loose stools, fat intolerance, marginal vitamin and mineral status, fatigue, or accelerated osteoporosis. Scan. J. Gastroenterol. 29:248(1994).	*Borderline: 13-15 U/ml* *Positive: >15 U/ml*

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