

Pathology Analysis and Reporting Tool

v1.2.2

Clinic Details

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Client Details

Client name Doris Vaarwerk
 Age 71

Date of report	8/2/2024	Date of test (1)	2/2/2024	Fasted?*	F	Date (2)	11/1/2023	Fasted?*	F	(Y/N)
Allergies/Autoimmune?	N	(Y/N)	Upper GIT Sx?	N	(Y/N)	Lower GIT Sx?		N	(Y/N)	
Reason for these tests	heart palpitation									

* some test results cannot be interpreted accurately if not done in a fasted state

Pathology analysis information

Interpretation of the results: The "reference range" given in pathology tests is a statistical average of people who get blood tests at that lab. As healthy people generally don't get blood tests, the reference range is really just an average of previous test results **of many sick people**. The reference range used by doctors is generally **not** a healthy range. The optimum ranges used in this report are based on research and pathology texts for the best range for healthy people. This analysis report looks at a combination of test results for a holistic view of specific risk factors. Further testing may be required to investigate issues to find the causes of some abnormal results.

Testing may be recommended to be repeated, say every 1-3-6 months, depending on the test, to check for progress, and to adjust treatment plans as needed.

Please note that this analysis report is NOT attempting to diagnose conditions, but to highlight nutritional deficiencies or excesses, or poor organ function which may or may not have previously been known.

Results interpretation

- 24** If your result is within the optimum range, it is coloured green. Hence green results are GOOD!
- 7.6** If your result is outside of the optimum range, it is coloured red. Red results are not ideal.
- 125** If your result is particularly significant, severe or abnormal, it has been highlighted in yellow too.

Pathology Analysis Summary Report

Test Date: 2/2/2024

Key Nutrients:	Deficient	Good	High	N/A	Result
Iron - intake			High		23.40
Iron - absorbed			High		45.00
Iron - stores (male)				N/A	
Iron - stores (female)		Good			135.00
Vitamin B12 (active)				N/A	
Vitamin B12 (serum)	Deficient				416.00
Folate	Deficient				24.60
Protein		Good			70.00
Zinc (Serum)	Deficient				12.00
Copper		Good			16.00
Vitamin D	Deficient				71.00
Calcium	Deficient				2.23
Potassium		Good			4.20
Phosphorus	Deficient				1.19
Cholesterol		Good			6.30
Carbohydrates/sugar		Good			0.80
Sodium		Good			141.00
Chloride			High		107.00
Anaemia risk:	Low	Good	High	N/A	Result
Haemoglobin (male)				N/A	
Haemoglobin (female)	Low				133.00
Vitamin B12 (active)				N/A	
Vitamin B12 (serum)	Low				416.00
Folate	Low				24.60
Zinc (Serum)	Low				12.00
Digestive system:	N/A				
Stomach acid					
Leaky gut					
Dysbiosis					
Lifestyle:	Deficient	Good	High	N/A	Result
Stress - Cortisol				N/A	
Stress - ACTH				N/A	
DHEAS - male				N/A	
DHEAS - female				N/A	
Liver function:	Low	Good	High	N/A	Result
Cholesterol		Good			6.30
Triglycerides		Good			0.80
Bilirubin			High		17.00
Liver enzymes - ALP	Low				68.00
Liver enzymes - ALT		Good			17.00
Liver enzymes - AST		Good			21.00
Liver enzymes - GGT		Good			19.00
Kidney function:	Low	Good	High	N/A	Result
Urea			High		8.40
Creatinine	Low				70.00
Urate (Uric acid)				N/A	
Estimated Kidney %	Low				75
Thyroid function:	Low	Good	High	N/A	Result

TSH				High	1.91
T4 - Inactive hormone				N/A	
T3 - Active hormone				N/A	
T4-T3 ratio				N/A	
Thyroid antibodies					
Zinc (Serum)	Low				12.00
Vitamin D	Low				71.00
Immune function:	Low	Good	High	N/A	Result
White blood cells	Low				3.90
Neutrophils	Low				2.13
Lymphocytes	Low				1.28
Neut/Lymph ratio	Low				1.66
Globulins		Good			24.00
Vitamin D	Low				71.00
Zinc (Serum)	Low				12.00
Inflammation:	Low	Good	High	N/A	Result
Short term - CRP				N/A	
Long term - ESR				N/A	
Homocysteine				N/A	
Vitamin D	Low				71.00
Oxidative stress:	Low	Good	High	N/A	Result
Urate (Uric acid)				N/A	
Homocysteine				N/A	
Heart health:	Low	Good	High	N/A	Result
Triglycerides		Good			0.80
Triglyceride : HDL ratio	Low risk				0.44
Albumin		Good			46.00
eGFR	Low				75.00
Homocysteine				N/A	
Stomach function:	Low	Good	High	N/A	Result
Zinc (Serum)	Low				12.00
Vitamin B12 (active)				N/A	
Vitamin B12 (serum)	Low				416.00
Folate (serum)	Low				24.60
Total protein		Good			70.00
Transferrin sat %			High		45.00
Energy production:	Low	Good	High	N/A	Result
Thyroid function (TSH)	Low				1.91
Cholesterol		Good			6.30
Vitamin B12 (active)				N/A	
Vitamin B12 (serum)	Low				416.00
Folate (serum)	Low				24.60
Haemoglobin (male)				N/A	
Haemoglobin (female)	Low				133.00
Transferrin sat %			High		45.00
Phosphate	Low				1.19

Mental Health:	Low	Good	High	N/A	Result
Thyroid function (TSH)	Low				1.91

Cholesterol	Good	6.30
Vitamin B12 (active)	N/A	
Vitamin B12 (serum)	Low	416.00
Folate (serum)	Low	24.60
Zinc (Serum)	Low	12.00
Vitamin D	Low	71.00

Analysis Summary

There is a repeated theme here of low B12, folate, Zinc and vitamin D. The most likely cause is genetic snips - MTHFR and. Pyrrole Disorder. So it tells us what to keep working on. Cholesterol and liver enzymes are great. I like this report because it shows how many functions these effect - especially mental health, energy production, stomach and immune. It is also starting to effect kidney function. Your folate should start to increase with the Methyl folate. Also the B12.