

Hi Henry,

How are you going with your healthy eating plan? Hopefully you are making those adjustments and eating enough protein from different sources and plenty of vegetables.

I have had a chance to go through your bloods more thoroughly. I do need further information:

- When did you start taking Crestor?
- When did you start taking Coversil?
- Did you fast prior to your blood test 7/5/24
- Do you have copies of any old blood tests so I can see what your cholesterol was like before taking Crestor?

I also need you to ask your doctor for some more blood tests. Please fast overnight before these tests.

- FBC for red and white cells
- Lft
- Iron Studies
- Zinc
- Homocysteine
- ESR
- Lipids

In my opinion your cholesterol is now too low, especially your HDL cholesterol. HDL removes excess cholesterol from the body. So, having a higher level of cholesterol carried by HDL particles is good. It also has antioxidant capacity for scavenging free radicals. HDL is needed to remove fat soluble toxins from the brain. For your age I would expect your cholesterol to be between 5 and 7. If you are worried about your heart you can ask for a coronary artery score.

I am also recommending you start taking an activated B complex and vitamin D. Your vitamin D needs to be over 100 and it is 74. By optimum standard your B12 and folate is very low as well and this can cause anaemia. So I will send you a prescription to fill online for both of these.

When interpreting blood tests I look at optimum results for a healthy person.

The standard reference range used in blood tests is just a statistical average, the ranges can be so broad that they include people with healthy and optimal results, along with extremes of lows and highs. The "optimal range" is based on studies on healthy people, and these ranges can vary by age and gender.

Once I get the extra bloods I will no more.

Kind Regards

Suzanne Ellis  
Naturopath and Nutritionist  
Yoga Therapist  
ATMS 52488  
Ph: 0413923791

