



NAME SAMANTHA STERRY DATE 19-03-2018
ADDRESS 28 ALFRED ST, PARKSIDE 5063
PHONE _____ MOBILE 0412 920 900
DATE OF BIRTH 18/08/71 MALE ☐ FEMALE ☒ EMAIL samantha.sterry@gmail.com
OCCUPATION ONLINE BUSINESS HEALTH FUND BUPA
ALLERGIES /INTOLERANCES/REACTIONS ELASTOPLAST

MEDICATIONS AND/OR SUPPLEMENTS VITEX 1000 (Theravive)
PROBIOTIC (INNER HEALTH PLUS)

ALCOHOL/SMOKING/REC. DRUGS NO

YOUR HISTORY (injuries/ surgery/past major illnesses/ childbirth) NATURAL CHILD BIRTH
WITH ANAESTHETIC, NO MAJOR ILLNESSES, EYE SURGERY
(Lenny got 15 years ago)
PAST HISTORY: MOTHER Breast cancer (12/13 years ago) FATHER Kidney stones
OTHER _____ OTHER _____
*grandma - ovarian cancer

YOUR SYMPTOMS/ REASON FOR VISIT-

SKIN BREAKOUTS
OVERAL HEALTH

5AM 15/16/18
47 - 6'10" / 118
31 - female
40 - female
118

INFECTION & PREVENTION CONTROL QUESTIONNAIRE

PURPOSE

This patient questionnaire has been developed to assist me in the assessment of all clients at their time of arrival

DEFINITION

The World Health Organisation (WHO) states that corona viruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as the Middle East respiratory syndrome (MERS-CoV) and the Severe Acute respiratory Syndrome (SARS-CoV). Corona Virus Disease (COVID-19), is caused by a new strain of corona virus officially known as Severe acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)

SYMPTOMS

Commonly symptoms of coronavirus or COVID-19 include fever or history of fever (more than 38 degrees Celsius), dry or moist cough, shortness of breath, sore throat, runny nose and diarrhoea

ACTIONS

If after the assessment, there are indications or suspicion that the client/ patient is at risk, the continuation of the scheduled appointment will be reconsidered.

PATIENT DECLARATION

I have not returned from overseas in the last 14 days and / or been in contact with someone that has returned overseas within the last 14 days.

Your signature



Your Name

SAMANTHA STERRY

1	Have you returned from interstate and /or been in contact with someone that has returned from interstate or overseas in the last 14 days?	YES <input checked="" type="radio"/> NO
2	Have you been unwell with a respiratory illness such as a cold or fever?	YES/ <input checked="" type="radio"/> NO
3	Have you been in contact in the last 12 days with any person suspected to have or diagnosed with Novel Corona Virus disease/COVID – 19?	YES/ <input checked="" type="radio"/> NO

Practitioner comments

THE FOLLOWING RECOMMENDATIONS SHOULD BE TAKEN ONLY WITH MEALS IN ORDER TO INCREASE ABSORPTION AND TO AVOID STOMACH DISCOMFORT. IF DISCOMFORT OCCURS SUPPLEMENTATION CAN BE REDUCED TO A MINIMUM THEN INCREASED GRADUALLY.

RECOMMENDATION	AM	NOON	PM
PARA-PACK VEGAN	2	2	2
ADEN COMPLEX	2	2	2
ACTIVATED B6 PLUS (Vitamin B6)	1	0	1
IRON PLUS	0	0	1
ZINC PLUS	2	1	2
Molyzinc	1	1	1
MANGANESE PLUS	1	1	2
VITAMIN C PLUS	1	1	2
HCL SUPPORT	2	2	2

THESE RECOMMENDATIONS ARE BASED UPON THE MINERAL LEVELS FOUND IN THE HAIR TISSUE MINERAL ANALYSIS AND MAY AT TIMES NEED MODIFICATION AS PER SPECIFIC NEED AND/OR INDIVIDUAL CIRCUMSTANCES. THESE RECOMMENDATIONS ARE PROVIDED ONLY AS A PROFESSIONAL GUIDE TO SUPPLEMENTAL ASSISTANCE.

THESE RECOMMENDATIONS MAY NOT INCLUDE MINERALS WHICH APPEAR BELOW NORMAL OR IN TURN MAY RECOMMEND MINERALS WHICH APPEAR ABOVE NORMAL ON THE HTMA GRAPH. THIS IS NOT AN OVERSIGHT. SPECIFIC MINERALS WILL INTERACT WITH OTHER MINERALS TO RAISE OR LOWER TISSUE MINERAL LEVELS, AND THIS PROGRAM IS DESIGNED TO BALANCE THE PATIENT'S MINERAL LEVELS THROUGH THESE INTERACTIONS.

THESE RECOMMENDATIONS SHOULD NOT BE TAKEN OVER A PROLONGED PERIOD OF TIME WITHOUT OBTAINING A RE-EVALUATION. THIS IS NECESSARY IN ORDER TO MONITOR PROGRESS AND MAKE THE NECESSARY CHANGES IN THE NUTRITIONAL RECOMMENDATIONS AS REQUIRED.

SPECIAL NOTE: NUTRITIONAL SUPPLEMENTS DO NOT TAKE THE PLACE OF A GOOD DIET. THEY ARE BUT AN ADDITIONAL SOURCE OF NUTRIENTS, AND THEREFORE, MUST NOT BE SUBSTITUTED FOR A BALANCED DIET.

INTRODUCTION

THE FOLLOWING REPORT SHOULD NOT BE CONSIDERED AS DIAGNOSTIC, BUT RATHER AS A SCREENING TOOL THAT PROVIDES AN ADDITIONAL SOURCE OF INFORMATION. THIS REPORT SHOULD ONLY BE USED IN CONJUNCTION WITH OTHER LABORATORY TESTS, HISTORY, PHYSICAL EXAMINATION AND THE CLINICAL EXPERTISE OF THE ATTENDING HEALTHCARE PROFESSIONAL.

TEST RESULTS WERE OBTAINED BY A LICENSED* CLINICAL LABORATORY ADHERING TO TESTING PROCEDURES THAT COMPLY WITH GOVERNMENTAL PROTOCOL AND STANDARDS ESTABLISHED BY TRACE ELEMENTS, INC., U.S.A. THE FOLLOWING INTERPRETATION IS BASED UPON INTERNATIONAL DATA AND DEFINED BY EXTENSIVE CLINICAL RESEARCH CONDUCTED BY DAVID L. WATTS, PH.D.

This analysis including levels, ratios, ranges and recommendations are based upon the sample and sampling technique meeting the following requirements:

- ** Sample obtained from the mid-parietal to the occipital region of scalp.
- ** Sample is proximal portion of hair length (first 1" to 2" of hair closest to scalp).
- ** Sufficient sample weight (minimum of 150 mg.)
- ** High grade stainless steel sampling scissors.
- ** Untreated virgin hair (no recent perms, bleaching, or coloring agents).

* Clinical Laboratory License

U.S. Department of Health and Human Services, State of Texas Department of Health,

Clinical Laboratories Improvement Act, 1988 No. 45-D0481787

METABOLIC TYPE

SLOW METABOLISM, TYPE #1

This patient is classified as a SLOW METABOLIZER TYPE # 1. Generally speaking, the Slow Metabolizer is experiencing the following endocrine and CNS activity. However, in those cases involving endocrine replacement therapy, such as; thyroid, insulin, adrenal steroids (anti-inflammatory drugs), etc., as well as endocrine antagonists and in extreme cases of surgical removal of a gland, tissue mineral patterns can be significantly affected. In these cases, the following reported indications of endocrine status should not be considered as representative of endocrine activity. Additional clinical tests and patient history should be taken into consideration.

Para-Sympathetic Nervous System Dominance
Tissue Alkalinity
Pancreatic Activity Increased
Adrenal Medullary Insufficiency

Parathyroid Activity Increased
Thyroid Activity Decreased
Hypochlorhydria

Physical Characteristics May Include:

Fatigue
Low Body Temperature
Low Blood Pressure

Orthostatic Hypotension
Pear-Shaped Body Structure
Cold Extremities

There are several sub-classifications of each metabolic type, ranging from Type #1 to Type #4. This is taken into consideration on their supplement and dietary recommendations. The extent to which the patient is manifesting these metabolic characteristics depends upon the degree and chronicity of the mineral patterns.

RE-EVALUATION

A re-evaluation is suggested at three months from the beginning of implementation of the TEI supplement program. However, if major symptomatic changes occur (other than from toxic metal removal), a retest can be submitted sooner.

TRENDS

The following trends may or may not be manifesting in the patient at this time. Each trend that is listed is a result of research including statistical and clinical observations. This trend analysis is advanced merely for the consideration of the health professional, and should not be considered an assessment of a medical condition. Further investigation may be indicated based upon your own clinical evaluation.

*** SPECIAL NOTE ***

It must be emphasized that the following are only trends of potential health conditions. Realistically, the probability for each trend's occurrence is based upon the degree and duration of the specific mineral imbalance. Since this analysis is not capable of determining either the previous degree of imbalance and/or previous duration, the trend analysis should only be used as an indicator to the health-care professional of potential manifestation's, particularly if the biochemical imbalance continues.

TENDENCY	1	2	3	4	5	6	7	8
ALLERGIES								
ANEMIA								
CHOLESTASIS								
CONSTIPATION								
DEPRESSION								
DERMATITIS								
FATIGUE								
HEADACHES								
LIVER DYSFUNCTION								
PERIODONTAL PROBLEMS								

COMMENTS

ALLERGIES AND COPPER:

The mineral copper is a constituent of the enzyme histaminase and the protein ceruloplasmin, both of which have the ability to destroy histamine. Zinc is required for the storage of histamine. Since the patient's zinc level is low to copper, or the tissue copper level is elevated, a low serum histamine may be present. This may result in histamine depletion if chronic. Low histamine levels have been found in the serum of patients who suffer from allergies to foods and inhalants.

ANEMIA AND EXCESS COPPER RELATIVE TO IRON:

Copper in excess amounts can contribute to iron deficiency anemia, by interfering with iron absorption and decreasing the metabolic activity of iron. A low iron to copper ratio indicates a trend toward anemia.

CHOLESTASIS AND ELEVATED COPPER:

The patient's test results reveal an excess tissue copper level. A history of mononucleosis or hepatitis is frequently noted with this HTMA pattern. Since the mineral copper is normally eliminated via the liver, extrahepatic obstruction (cholestasis) may be present.

DEPRESSION AND HIGH COPPER:

High tissue copper has been associated with an increased incidence of depression, especially in women, often occurring near their menstrual period. The causative role of excess copper in depression may be due to its producing neurotransmitter imbalances in the brain, or its interfering with other nutrient minerals such as iron, zinc and manganese.

DEPRESSION AND HYPOTHYROIDISM:

An elevation of calcium relative to potassium is associated with hypothyroidism. Depression is often seen when a concomitant

hypothyroid condition exists.

DERMATOSIS AND COPPER:

Copper is known to antagonize the metabolic activity of zinc as well as decrease its absorption. This may be a contributing factor to copper-induced dermatitis. Copper toxicity often produces skin rashes that are characterized by red itchy areas occurring on the face, neck, and lower back, on the thighs, and behind the knees.

FATIGUE:

High calcium to potassium is associated with an underactive thyroid. Fatigue is often a common complaint associated with low thyroid function.

HEADACHES AND HIGH TISSUE COPPER:

Elevated copper has been implicated in producing headaches, usually occurring in the frontal region. Copper water pipes may contribute to high tissue copper levels. The patient's water may be sent for analysis to determine if it is a source of copper contamination.

HYPOADRENIA:

Low tissue sodium and potassium relative to calcium and magnesium is associated with adrenal insufficiency. This may result in low blood pressure, postural hypotension, and fatigue.

HYPOADRENIA AND EXCESS TISSUE COPPER:

Adrenal steroid production effects the regulation of copper excretion. Excess tissue copper levels indicate an adrenal insufficiency, especially in the slow metabolizer. Adrenal insufficiency and hypothyroidism frequently occur simultaneously; therefore, evaluation of thyroid function may be appropriate. Copper toxicity may not be due to excessive exposure, but rather to chronic low exposure and buildup resulting from an inability of elimination.

HYPOTHYROID:

High calcium relative to potassium indicates a tendency toward a low thyroid function. It has been found that an elevated TSH, even when circulating T-3 and T-4 are normal, is an early indication of hypothyroidism.

HYPOTHYROIDISM AND COPPER:

The mineral copper appears to have a suppressing effect upon the thyroid gland. Excess copper can cause a potassium loss and elevation of tissue calcium.

LIVER DYSFUNCTION:

High tissue copper levels are associated with decreased liver function. Copper is stored in the liver and eliminated via the gall bladder. Excessive accumulation of copper or its removal contributes to liver and gall bladder sluggishness. This can result in constipation and biliary stone formation due to incomplete emptying of the gall bladder.

PERIODONTAL PROBLEMS AND ELEVATED COPPER:

Copper is associated with the hormone estrogen. Studies have reported that shifts in hormonal levels can predispose women to problems ranging from bacterial overgrowth contributing to swollen gums and plaque formation.

IMPORTANT NOTE ON TOXIC METAL ELIMINATION:

As toxic metals are mobilized from storage tissues for removal from the body, the patient may experience an exacerbation of his/her present symptoms or new symptoms associated with a particular mineral. If this occurs, or if the symptoms become too uncomfortable have the patient discontinue supplementation for three days, during which symptoms should be relieved. Have the patient then resume the program at one-third the recommended dosage, usually the PM portion, then gradually build up to twice per day and back to the full program. This may be done over a one to two-week period. If symptoms again arise, have the patient continue on only the PM portion for one week before increasing.

CONTRAINDICATIONS

It is suggested that additional supplementation and/or intake of the following nutrients and food substitutes (if any) should be avoided by the patient until re-evaluation.

* THYMUS *

The thymus has an opposing effect on the adrenal glands. As long as an adrenal insufficiency is indicated, thymus supplementation should be avoided.

* COD LIVER OIL *

Cod liver oil will contribute to an adverse reduction in the metabolic rate, which can result in increased fatigue and depression. It is suggested that cod liver oil be avoided until the biochemical pattern improves.

DIETARY SUGGESTIONS

The following dietary suggestions are defined by several factors: the individual's metabolic type, mineral levels, mineral ratios, as well as the nutrient content of each food including protein, carbohydrate, fat, vitamins and minerals. Based upon these determinations, it may be suggested that foods be avoided or increased temporarily to aid in the improvement of this individual's chemistry.

GENERAL DIETARY PRINCIPLES FOR THE SLOW METABOLIZER:

A low protein, high carbohydrate, and high fat diet in addition to increased consumption of refined sugars and dairy products have a slowing-down effect upon metabolism and energy production.

* EAT A HIGH PROTEIN FOOD AT EACH MEAL...Lean protein is recommended and which should constitute at least 40% of the total caloric value of each meal. Recommended sources are lean beef, fish and fowl. Other good sources of protein include bean and grain combinations and eggs. Increased protein intake is necessary in order to increase the metabolic rate and energy production.

* INCREASE FREQUENCY OF MEALS...while decreasing the total caloric intake for each meal. This is suggested in order to sustain the level of nutrients necessary for energy production, and decrease blood sugar fluctuations.

* EAT A MODERATE AMOUNT OF UNREFINED CARBOHYDRATES...Carbohydrate intake should not exceed 40% of total daily caloric intake. Excellent sources of unrefined carbohydrates include whole grain products, legumes and root vegetables.

* AVOID ALL SUGARS AND REFINED CARBOHYDRATES...This includes white and brown sugar, honey, candy, soda pop, cake, pastries, alcohol and white bread.

* AVOID HIGH PURINE PROTEIN...Sources of high purine protein include: liver, kidney, heart, sardines, and mackerel.

* REDUCE INTAKE OF FATS AND OILS...Fats and oil include fried foods, cream, butter, salad dressings, mayonnaise, etc... Fat intake should not exceed 20% of the total daily caloric intake.

* REDUCE OR AVOID MILK AND MILK PRODUCTS...such as cheese, yogurt, cream, etc... These foods should be reduced to no more than once every three to four days.

* REDUCE FRUIT JUICE INTAKE...until the next evaluation. This includes orange juice, apple juice, grape juice and grapefruit juice. Vegetable juices are acceptable.

* AVOID CALCIUM AND/OR VITAMIN D SUPPLEMENTS

FOOD ALLERGIES:

In some individuals, certain foods can produce a maladaptive or "allergic-like" reaction commonly called "food allergies". Consumption of foods that one is sensitive to can bring about reactions ranging from fatigue or drowsiness to rashes, migraine headaches and arthritic pain.

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Sensitivity to foods can develop due to biochemical (nutritional) imbalances, and which can be aggravated by stress, pollution and medications. Nutritional imbalance can further be contributed to by restricting food variety, such as eating only a small group of foods on a daily basis. Often a person will develop a craving for the food they are most sensitive to and may eat the same food or food group more than once a day.

The following section may contain foods that are recommended to be avoided. These foods should be considered as potential "allergy foods" or as foods that may impede a rapid and effective response. Consumption of these foods should be completely avoided for four days. After which, they should not be eaten more frequently than once every three days during course of therapy.

FOODS THAT MAY AFFECT THYROID ACTIVITY:

The following list of foods belongs to a family of foods that are known to decrease thyroid activity when eaten in appreciable quantities. If an under-active condition is present, excessive consumption can contribute to symptoms associated with hypothyroidism, such as; fatigue, cold sensitivity, depression, weight gain, dry skin and hair, and constipation.

Intake of the following foods should be reduced considerably until the next evaluation:

Cabbage	Kale
Rutabagas	White Turnips
Cole Slaw	Fluorides
Sauerkraut	Horseradish
Soybeans	Chlorinated Water
Mustard	Walnuts

FOODS THAT MAY IMPEDE ADRENAL FUNCTION:

The following foods should be reduced or completely avoided until the next evaluation, or until notified otherwise by the attending doctor:

Almonds	Bass
Cashews	Garbanzo Beans
Wild Rice	Brazil Nuts
Tofu	Clams (raw)
Soybean Flour	Cocoa Powder
Baker's Yeast	Walnuts
Pecans	Peanuts
Hazelnuts	Chestnuts
Tortilla Roll	Spinach
Molasses	Figs (dried)
Torula Yeast	

AVOID DIETARY FATS AND OILS UNLESS NOTIFIED OTHERWISE BY ATTENDING DOCTOR:

The handling of fats is difficult during a reduced metabolic state, and can contribute to a further reduction in the metabolic rate. It is suggested that all sources of high dietary fat and oil be avoided until the next evaluation.

Salad Dressings	Cheese (most)
Cream	Butter
Hazelnuts	Walnuts
Margarine	Pork
Bockwurst	Milk
Salami	Peanut Butter
Bologna	Pork Links
Corn Chips	Almonds
Bacon	Knockwurst
Duck	Goose
Avocado	Braunschweiger
Cocoa Powder	Peanuts

Sardines (canned)
Avocado Oil
Coconut Oil

Tuna (canned in oil)
Liverwurst

FOODS ALLERGIES RELATED TO COPPER:

Individuals with excessive tissue copper accumulation will often crave foods that are high in copper. The following foods, which are high in copper relative to zinc, should be avoided until the next evaluation:

Chocolate
Crab
Herring
Haddock
Pecans
Almonds
Sesame Seeds
Bakers Yeast
Mushrooms
Avocado

Liver
Walnuts
Lobster
Bran Flakes
Peanut Butter
Shrimp
Trout
Brazil Nuts
Sunflower Seeds
Grapes

REACTIONS ASSOCIATED WITH FOOD ALLERGIES

Excess intake of high copper foods has been associated with several reactions, both physical and emotional. Physical reactions may include frontal headaches, skin rashes, joint stiffness, constipation, insomnia causing morning fatigue, bloating, water retention and cold sensitivity. Emotional reactions may include depression, crying spells, fearfulness, anxiety, irritability, anger, aggressive behavior and withdrawal.

FOODS HIGH IN PHYTIC ACID:

The following food sources may be increased in the diet until the next evaluation as they contain a high amount of phytic acid. Foods high in phytates will aid in reducing the accumulation of soft tissue calcium.

Oatmeal
Rye Bread
Blackberries
Rye Crackers

Strawberries
Whole Wheat
Brown Rice
Wheat Germ

FOODS HIGH IN POTASSIUM RELATIVE TO OTHER SPECIFIC NUTRIENT CONTENT:

The following foods may be increased in the diet until the next evaluation:

Beef (lean)
Raisin Bread
Snapper
Rye Bread
Ham
Chicken

Tomatoes
Whole Wheat Bread
Cucumber
Cornbread
Celery

FOODS HIGH IN NIACIN:

Niacin (vitamin B3) is known to improve circulation, increase the metabolic rate via enzymes requiring B3, as well as help lower cholesterol and excess copper accumulation. The following foods are rich sources of niacin and may be eaten liberally:

Bran Flakes
Beef
Chicken (light)

Fish (broiled)
Tuna
Peas

METHIONINE RICH FOODS:

The following foods are a rich source of the essential amino acid methionine, which supplies sulfur to the cells for the

activation of enzymes, and energy metabolism. Sulfur is also involved in detoxification processes. Toxic substances are combined with sulfur, converted to a nontoxic form and then excreted. The following foods may be consumed liberally during course of therapy:

Bass	Mackerel
Trout	Short Ribs
Cod	Perch
Tuna	Sirloin
Flounder	Pumpkin Seeds
Round Steak	Swordfish
Turkey	

The above list of foods are also high in glutamic and aspartic acid. These amino acid proteins help to improve tissue alkalinity.

SPECIAL NOTE:

This analysis will list only a limited number of dietary foods to avoid or to increase in the diet. For those foods not specifically mentioned in this section, continued consumption on a moderate basis may be considered appropriate unless recommended otherwise.

NO PART OF THIS INTERPRETIVE REPORT MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING, OR ANY INFORMATION STORAGE OR RETRIEVAL SYSTEM WITHOUT PERMISSION IN WRITING FROM TRACE ELEMENTS, INC., U.S.A.

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Authorized Representative for Australia and New Zealand

on HMTA table

5:2 - intermittently

Diet:

MOSTLY LOW GI / LOW CARB
WITH OCCASIONAL ~~STRAY~~ DEVIATION

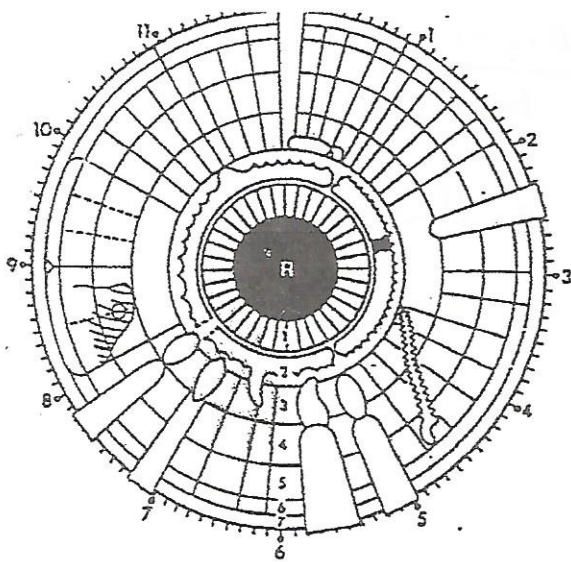
Systems: (digestive, bowel, respiratory, circulatory, heart, reproductive, urinary, immune, sleep, tongue, sense organs, hair, skin, nails, eyes, extremities, appearance.....)

* Fibrotic heart

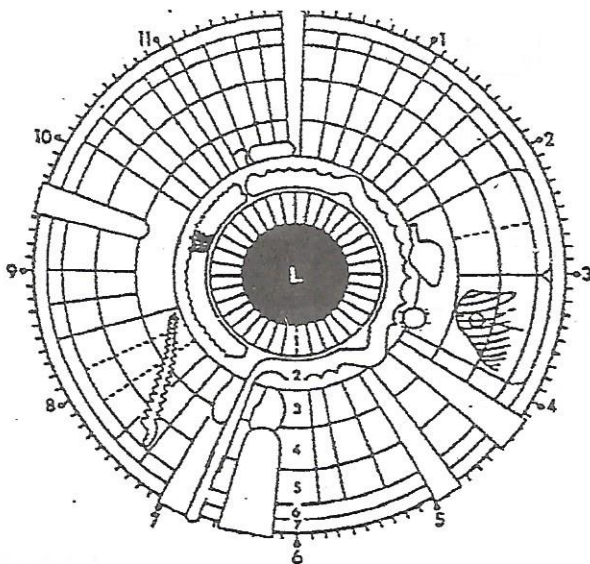
* Heavy metals

* Lived on farm from 7:11 12

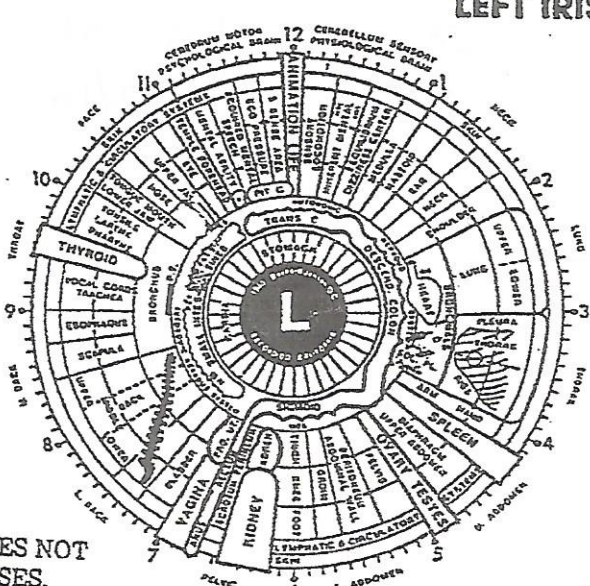
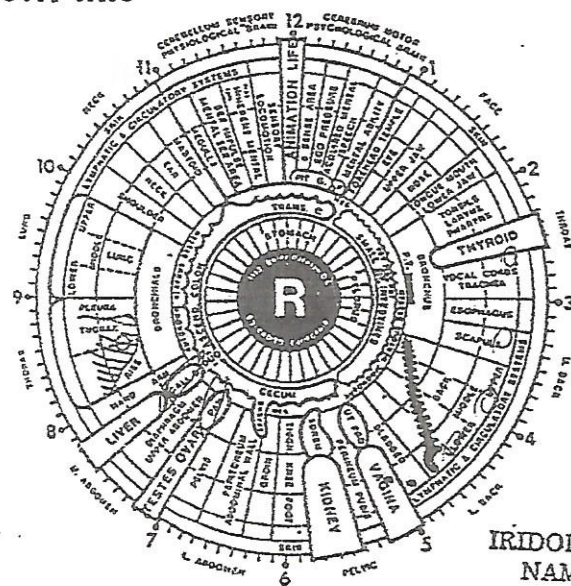
* Paras : every 2 days
intermittent



RIGHT IRIS



LEFT IRIS



IRIDODOLOGY DOES NOT
NAME DISEASES.

lung/breast

Bile

copper

rust

psora
boric

radi to
head

stuck

lung/
breast

Date: 11/5/20.
 Name: JAM SHERY
 D.O.B.: _____
 PH: _____

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
PHICG (Partially hydrolyzed GUM GUM)	1 scoop 1-2 x daily
WILD - C	1-2 x daily
COD LIVER OIL	2 daily
INTESTACLEAR (peroxide)	1 capsule 3 x daily, then stop
KAN JIRT PEREX (peroxide)	1 (with food) tablet 3 x daily, with food
JAM ON PROBIOTIC (MULTIFLOA)	Before BED.
MATRIX PHASE DETOX	1 tablespoon As BREAKFAST
DIGEST - X (Digestion/Stool/)	1 tablet After Breakfast ^{nothing} Before BED

*Maximum of 2 repeat scripts per supplement. This script is valid until _____. After this time please return to your Practitioner.

Additional Supplement Directions: * Next 1 teaspoon Daily (SNOOZECELL)
SUPPLEPHANE / Broccoli sprouts

Dietary Recommendations: NOO, 1 SUGAR, MEAT, COFFEE AND MILK

HAVE 2 TABLESPOONS OF FLAXSEED DAILY

Lifestyle Recommendations: * TAKE YOUR BASAL BODY TEMPERATURES
→ see handout

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
 at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

30/5/20

* on PHTOF
murfoss

1 * daily in morning
after lunch water.

- Cod liver oil

Bones Every 2nd day now

on prey 1 x daily

* felt depressed on way to period

* Heavy Period changes up

2 days heavy

missed 2

in between

* Intermittent fasting on 1st of 2

+ Adrenal cocktail.

- skin looks good

needing frozen Thawson ng

loss of a headache

* not on much wild - C

Still on DICLENZ + Lymphology

* didn't take

Link

- dysbiosis
- oral cells
- + cells

PrqA

- Power
- St. inflammation

- main phase

- Digest - Y

- 1

Date: 5/15/20
 Name: Sam Sterey
 D.O.B.: _____
 PH: _____



Genetic Potential Through Nutrition

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
WILD - C (for copper + vitamin C)	1-2 x daily
cod liver oil (for vitamin A + D)	2-3 capsules daily
magnesium 300mg (elemental)	2 x daily
brush off BEEF	AS LUNCH
STAY ON PHGE	1-2 x daily
(1) DIGEST - X (BOWEL)	ON RISING AND BEFORE BED
PROBIOTIC	BEFORE BED
(2) MATRIX PHASE DETOX	1 teaspoon in a little water before BREAKFAST

*Maximum of 2 repeat scripts per supplement. This script is valid until 10/1/2020. After this time please return to your Practitioner.

Additional Supplement Directions:

(3) ENERGY - Y (magnesium + energy) 1 scoop 2 x daily
 AFTER FOOD
 (1)-(3) from VITALITY

Dietary Recommendations:

Next - Sulphaphane → powder or capsules
 → when matrix phase detox begins

Lifestyle Recommendations:

* TAKE YOUR BASE BODY TEMPERATURE
 → AND LET US KNOW

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
 at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

Date: 19/13/18
 Name: Sam Sizely
 D.O.B.: _____
 PH: _____

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Breakfast			Lunch			Dinner			Bedtime	Away from Meals	With Meals
	Dose			Dose			Dose					
	Before	During	After	Before	During	After	Before	During	After			
<u>Immune to 12</u>			✓									
<u>you can increase to 1 capsule daily</u>			✓									
			✓				✓	late afternoon				
<u>CLEAR SKIN</u>			✓							✓		
			2 capsules							2 capsules		
<u>in a week increase to 3 capsules</u>			✓							3 capsules		
<u>INNER HEALING PLUS</u>										✓		

*Maximum of 2 repeat scripts per supplement. This script is valid till _____. After this time please return to your Practitioner.

Additional Supplement Directions: finish off VITEX later if need

Dietary Recommendations:

* EAT PUMPKIN SEEDS and CARROTS TO HELP
KILL PARASITES
ALSO GARLIC AND FRESH HERBS

Lifestyle Recommendations: * TAKE YOUR BASIC BODY TEMPERATURE

=> see handout

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
 at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

15/6/18

SKIN closed up she stopped
fenne Kate + det/skin
not regular

→ started lymphology

dairy 5 : 2 diet

2 days - salads
+ eggs

5 days - whatever proba etc.

dairy - milk in coffee } few x week

cheese few x week

- no yogurt

Live

Died

- transfer

- good

- ord cells

- worm

- + cells

- Anastrozole

- Inflammation

-

highly unstable

live
worm

Date: 22/1/20
Name: JAM STEADY
D.O.B.: _____
PH: _____

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
<u>Cod liver oil (Vitamin A)</u> ^{to order}	<u>23 capsules daily</u>
<u>Magnesium</u>	<u>200mg 2 x daily</u>
<u>B2C POWDER</u>	<u>1/2 tsp AT BREAKFAST.</u>
<u>Chaste tree ?</u> ^{to order}	<u>or thyroid Adrenal's</u>
<u>PARASITES (INTERSTACLES)</u>	<u>1 capsule 3 x daily - ^{from} with food</u>
<u>PROBIONIC</u> ^{to order}	<u>before bed.</u>
<u>- whole food Vitamin C</u> ^{to order}	<u>- order</u>
<u>GLUCOSAMINE</u> ^{to order}	<u>1 tablespoon IV between meals</u>

*Maximum of 2 repeat scripts per supplement. This script is valid until _____. After this time please return to your Practitioner.

Additional Supplement Directions: * Adrenal capsules 2 x daily
and morning and mid afternoon (with Vit C)
* APPLE CIDER VINEGAR 2 capsules 1 capsule
WATER 2 x EACH MEAL.

Dietary Recommendations: Vitamin A rich foods - butter (organic)
1 glass (d) eggs, milk, CHSE, beef liver (organic)
* Biotin, Copper, SEEDS, CAPSICUM, DYSIDIA
PRAWNS, LAMB, BEEF LIVER, GARLIC LIVER

Lifestyle Recommendations: (1) Adrenal
(2) THYROID
(3) keep magnesium, copper and vitamin A levels

Practitioner Name: _____ **Registration No:** _____

Clinic contact details:

Your next appointment is on _____
at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

28/1/20

Live

- dysbacter
- parasites
- esophagus
- TTP WBC
- t-cell
- oral cells

Deer

- Bones - lost deer
- inflammation

To Post

Ward & ~~band~~

Red line oil

Munford

ftH

posted 4/2/20

\$ 40

\$ 60.

\$ 39

\$ 10

\$ 149

Date: 14/6/18.
 Name: JAM FERRY
 D.O.B.: _____
 PH: _____

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Breakfast			Lunch			Dinner			Bedtime	Away from Meals	With Meals
	Dose			Dose			Dose					
	Before	During	After	Before	During	After	Before	During	After			
MAENG SUM			✓						✓			
Lymphabax			✓						✓			
O! CLEAR			✓						✓			
FEMME FORTE			✓									
PROBIONIC										✓		
(helps remove bad oestrogens & other parasites)												

*Maximum of 2 repeat scripts per supplement. This script is valid till _____. After this time please return to your Practitioner.

Additional Supplement Directions: _____

Dietary Recommendations: _____
 TAKE LOW BATH BODY TEMPERATURE 102
 TRY BONVIT 2000 WITH CHERRY BODY
 & AND DAILY, SUGAR AND WHOLE
 & FOLLOW LOW GLYCAEMIC LOAD DIET

Lifestyle Recommendations: _____

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
 at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

12/3/20

- Putting Flazolid in smoother 3 tbspam.
- hang slippery clam

* still on harbor . not going daily every

2nd day
→ had a really heavy record
skin broke at

Long Distances earth - stools?
(on RCR)

Adrenal cocktail - size juice (sea salt / cream of tartar.

intermittent fasting / fast on 2-3 days a week
light meals from 2-3 pm

loss weight 26 down

- missed 2 months from heavy period
user 2 cup (90ml) changed 3 x daily
5 days heavy

Nesby finished intake

Live

- oral cells
- good
- protein

Died

- good

- Barely mild