

Dr. Vinay Verma
179 Scarborough Beach Road
Doubleview WA 6018

Date 19/12/2024

RE: Laila Ansari, 42 Elmwood Ave, Woodlands, 6018; DOB 23/09/1974

Dear Dr Verma

Your patient Mrs Ansari is participating in the Metabolic Balance Program. This program is a healthy eating plan designed specifically for an individual patient. The dietary plan is based on body measurements, dietary preferences and blood test results and uses normal healthy wholefoods with no supplements. As well as calorie control, the diet regulates insulin release allowing the patient to reduce weight and control their eating habits. This is combined with support and advice on lifestyle change.

Many clients who use my program see other health benefits as well as weight loss. These include an improved quality of life with a reduction in many symptoms and less reliance on medication for chronic illnesses such as hypertension and diabetes. Clients with significant co-morbidities are therefore asked to discuss the program with their Doctor and ensure that they are kept under medical review. I have attached information regarding the Metabolic Balance program.

The blood tests that are performed for metabolic balance are used to generate the plan and have been performed for this purpose rather than a clinical indication. These have been performed on a commercial basis with I-Screen Pathology and, for your records, the results of the following tests are enclosed:

Multiple Biochemical Analysis (MBA)
Fasting lipid profile (HDL, LDL and triglycerides)
C-Reactive Protein (CRP)
Creatine Kinase (CK total)

Full blood count (CBE/FBE/FBC)
Thyroid function (TSH)
Serum Iron (Iron Studies)
Amylase/Lipase

Mrs Ansari, has been informed of the blood test results which indicate abnormal Creatine Kinase (564U/L), MCH (26.2p/g), Urea (2.8mmol/L), and is aware that I am forwarding these through to you.

Metabolic Balance may help to correct these values but I shall leave further investigation with yourself. If you would like to discuss any aspect of Mrs Ansari care, please do not hesitate to contact me.

Thank you for your attention
Yours sincerely

Jodie Studley
Naturopath AD
Cherish Natural Health

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