

High Blood Pressure and Diabetes

Patient Symptoms:

A 65 yr old patient presented in the office with High Blood Pressure and Type II Diabetes. He weighed 272lbs, stood 5'6" and had a blood pressure of 130/70.

- Peripheral Neuropathy in his feet which attributed to numbness, swelling, muscle cramps and weakness. This could later travel into his legs, arm, hands and fingers.
- Slowed healing which left the patient battling an ulcer for over a year.
- High cholesterol, weight and skin problems.
- Circulatory Disorders, watery eyes and mild macular degeneration. Patient spent \$500.00 on Rx to generate skin growth, which didn't work.
- Had to give up line dancing hobby.

Patient was on several vitamins, three Rx for high blood pressure or hypertension, one high cholesterol, and two to lower his blood glucose level. DESPITE being on Prandin and Metformin HCL to manage his diabetes, initial blood results showed a fasting level of 274 and Hemoglobin A1C of 11.10, both more than double the limits for a healthy range. Other results were high Triglycerides and very high Ferritin level.

Results of Initial Blood Test:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Glucose	01/23/2007	274.00	HI			80.00 - 95.00	65.00 - 99.00
Hemoglobin A1C (Gly-Hgh)		11.10	HI			4.61 - 5.40	4.80 - 5.90
Serum Iron		101.00	Opt			85.10 - 120.00	35.00 - 155.00
Ferritin		548.00	HI			30.10 - 218.30	10.00 - 291.00
Total Cholesterol		176.00	hi			140.10 - 170.00	100.00 - 199.00
Triglyceride		252.00	HI			80.10 - 115.00	10.00 - 149.00
HDL Cholesterol		33.00	LO			50.00 - 55.00	40.00 - 59.00
VLDL Cholesterol		50.00	HI			5.10 - 20.10	4.10 - 40.10
LDL Cholesterol		93.00	hi			50.10 - 75.10	6.00 - 99.10
Total Cholesterol / HDL Ratio		5.30	HI			0.00 - 4.00	0.00 - 5.00
Triglyceride/HDL Ratio		7.60	HI			1.00 - 2.20	0.50 - 4.00
T4 Thyroxine		4.60	lo			7.10 - 9.00	4.50 - 12.00
T3 Uptake		37.00	hi			29.10 - 35.10	24.00 - 39.00
T7 Free Thyroxine Index (FTI)		1.70	lo			2.61 - 3.60	1.20 - 4.90

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

Several deficiencies/imbbalances showed up in the patients hairs test also that suggested difficulty for the body to heal and repair. High amounts of toxic elements arsenic and nickel were also present, which may have caused the imbalances of essential elements.

Results of Initial Hair Test

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Toxic Elements							
Aluminum		5.60	hi			0- 2.20	2.21- 7.00
Antimony		0.05	hi			0- 0.03	0.04- 0.07
Arsenic		0.14	HI			0- 0.05	0.06- 0.08
Nickel		0.52	HI			0- 0.20	0.21- 0.40
Silver		0.04	Opt			0- 0.06	0.07- 0.12
Essential Elements							
Calcium		293.00	LO			400.00- 417.00	375.00- 1100.00
Magnesium		59.00	hi			43.00- 48.00	40.00- 140.00
Sodium		460.00	HI			37.00- 45.00	24.00- 180.00
Potassium		340.00	HI			21.00- 22.00	20.00- 90.00
Copper		12.00	Opt			12.00- 15.00	9.00- 26.00
Zinc		110.00	LO			150.00- 165.00	130.00- 200.00

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Ferritin is a protein complex that reflects the total amount of iron stored in the body. High levels can cause inflammation, thyroid problems and add to diabetic symptoms. One of the easiest ways to clear excess iron out of the body is to donate blood, so I recommended the patient do so and get his levels rechecked. Two weeks later the retest showed his Ferritin levels dropped 35 points! He continued to donate blood every other month to clear the excess iron out of his system. The first round of test showed high Uric Acid pointing to Gout and signs of developing kidney disease. I placed the patient on a specific diabetic diet to bring down Glucose and Hemoglobin A1C and ordered weekly urinary test. We also personalized a supplement (vitamin) program for the patient. **He really stuck to the diet and supplement program and by March 17, 2007 the patient was totally within normal range of glucose and was off of all diabetes prescriptions.**



Final Results:

After just three months under care, the patients blood Glucose was cut by more than half, plunging from 270 points to 120. His Hemoglobin A1C was also down 4 points, his Triglyceride level fell 129 points and the Thyroid showed improvements.

Results of 2nd Blood Test

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Glucose	04/20/2007	120.00	HI	274.00	😊	80.00 - 95.00	65.00 - 99.00
Hemoglobin A1C (Gly-Hgh)		7.10	HI	11.10	😊	4.61 - 5.40	4.80 - 5.90
Serum Iron		58.00	lo	101.00	😞	85.10 - 120.00	40.00 - 155.00
Ferritin		505.00	HI	548.00	😊	30.10 - 218.30	22.00 - 322.00
Total Cholesterol		171.00	hi	176.00	😊	140.10 - 170.00	100.00 - 199.00
Triglyceride		123.00	hi	252.00	😊	80.10 - 115.00	10.00 - 149.00
HDL Cholesterol		38.00	LO	33.00	😊	50.00 - 55.00	40.00 - 59.00
VLDL Cholesterol		25.00	hi	50.00	😊	5.10 - 20.10	4.10 - 40.10
LDL Cholesterol		108.00	HI	93.00	😞	50.10 - 75.10	6.00 - 99.10
Total Cholesterol / HDL Ratio		4.50	hi	5.30	😊	0.00 - 4.00	0.00 - 5.00
Triglyceride/HDL Ratio		3.23	hi	7.60	😊	1.00 - 2.20	0.50 - 4.00
T4 Thyroxine		5.30	lo	4.60	😊	7.10 - 9.00	4.50 - 12.00
T3 Uptake		36.00	hi	37.00	😊	29.10 - 35.10	24.00 - 39.00
T7 Free Thyroxine Index (FTI)		1.90	lo	1.70	😊	2.61 - 3.60	1.20 - 4.90

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The Ferritin also showed continued improvement coming down and additional, but the Gout actually got a little worse so I added Pantothenic Acid to bring down the Uric Acid to his supplement list. **On May 18th 2007 the patient reported not only seeing marked results with his diabetes, but had also lost 30 lbs and is off all six of his prescription medications.**