

Severe Gout & Poor Memory

Patient Symptoms: The 72-year old Patient presented with severe Gout . At the time of the initial visit, he weighed 211 lbs at 6'0" and his blood pressure was 142/80.

- Gout – Can Barely Walk
- High Blood Pressure
- Overweight
- Poor Concentration & Memory

The patient presented with severe Gout in his feet which appeared 2-3 weeks prior making it very difficult and painful to walk. It had been two years since his last visit to a doctor when he went after being exposed to radiation at work. Currently the patient takes no medications, and supplements with cinnamon, cherry juice, licorice, celery and flax oil. He occasionally suffers from hives due to a wheat allergy.

05-13-09 The initial blood test revealed several issues including high cholesterol, diabetes, gout, dehydration and vitamin D deficiency. The high uric acid, ESR and CRP are likely associated with the gout and accompanying inflammation. Dehydration is also seen with the high potassium, protein and calcium.

Results of Initial Blood Test:

| Test Description | Date: | Current Result | Current Rating | Prior Result | Delta | Healthy | Clinical |
|-----------------------------------|------------|----------------|----------------|--------------|-------|-----------------|-----------------|
| Glucose | 05/07/2009 | 98.00 | hi | | | 80.00 - 95.00 | 65.00 - 99.00 |
| Hemoglobin A1C (Gly-Hgh) | | 6.00 | HI | | | 4.60 - 5.40 | 4.80 - 5.90 |
| Uric Acid | | 8.30 | HI | | | 4.10 - 6.00 | 2.40 - 8.20 |
| Sodium | | 142.00 | Opt | | | 139.00 - 143.00 | 135.00 - 145.00 |
| Potassium | | 4.70 | hi | | | 3.80 - 4.50 | 3.50 - 5.20 |
| Chloride | | 101.00 | lo | | | 102.00 - 106.00 | 97.00 - 108.00 |
| Magnesium | | 2.30 | Opt | | | 2.21 - 2.51 | 1.60 - 2.60 |
| Calcium | | 10.30 | hi | | | 9.70 - 10.00 | 8.50 - 10.60 |
| Phosphorus | | 3.30 | lo | | | 3.40 - 4.00 | 2.50 - 4.50 |
| Total Protein | | 7.80 | hi | | | 7.11 - 7.61 | 6.00 - 8.50 |
| Total Cholesterol | | 211.00 | HI | | | 140.00 - 170.00 | 100.00 - 199.00 |
| Triglyceride | | 71.00 | lo | | | 80.00 - 115.00 | 10.00 - 149.00 |
| HDL Cholesterol | | 52.00 | Opt | | | 39.00 - 120.00 | 36.00 - 140.00 |
| VLDL Cholesterol | | 14.00 | Opt | | | 5.00 - 20.00 | 4.00 - 40.00 |
| LDL Cholesterol | | 145.00 | HI | | | 50.00 - 75.00 | 6.00 - 99.00 |
| Total Cholesterol / HDL Ratio | | 4.10 | hi | | | 0.00 - 4.00 | 0.00 - 5.00 |
| CRP C-Reactive Protein | | 16.40 | HI | | | 0.00 - 1.50 | 0.00 - 4.90 |
| ESR-Erythrocyte Sed Rate, Westerg | | 32.00 | HI | | | 0.00 - 6.00 | 0.00 - 20.00 |
| Vitamin D 25-Hydroxy | | 16.80 | LO | | | 50.00 - 90.00 | 32.00 - 100.00 |

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.



We are exposed to toxic metals every day in our environment yet a hair analysis revealed minimal levels of every toxin tested. This was especially surprising since the patient worked at a research facility which handled large amounts of radiation, metals, and other toxic elements and was therefore exposed to higher levels than the average person. He also had low levels of nearly every essential element. This shows overall nutrient deficiency and an inability to effectively expel toxins from the body.

Results of Initial Tissue Mineral Analysis:

| Test Description | Date: | Current Result | Current Rating | Prior Result | Delta | Healthy | Clinical |
|---------------------------|------------|----------------|----------------|--------------|-------|----------------|----------------|
| Essential Elements | | | | | | | |
| Calcium | 05/06/2009 | 225.00 | lo | | | 400.00- 417.00 | 200.00- 750.00 |
| Magnesium | | 41.00 | lo | | | 43.00- 48.00 | 25.00- 75.00 |
| Sodium | | 27.00 | LO | | | 106.00- 154.00 | 60.00- 200.00 |
| Potassium | | 6.00 | LO | | | 32.00- 57.00 | 9.00- 80.00 |
| Copper | | 11.00 | LO | | | 17.00- 24.00 | 11.00- 30.00 |
| Zinc | | 190.00 | hi | | | 140.00- 175.00 | 115.00- 200.00 |
| Manganese | | 0.04 | LO | | | 0.28- 0.45 | 0.08- 0.65 |
| Chromium | | 0.34 | LO | | | 0.50- 0.60 | 0.40- 0.70 |

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08-31-09- After just three months of care, the patient had no pain in his feet at all and had lost 21 lbs! He noticed marked improvement in both memory issues and concentration ability. With his increased mobility he was able to play a few games of golf, take bike rides and do odd jobs around the house. This patient's test results mirrored his big improvement. The ESR and CRP dropped to optimal levels indicating reduced inflammation while his Hemoglobin A1C, Uric Acid, Vitamin D, hydration and more also improved. Test results like these are a direct result of patient effort.

Results of 2nd Blood Test:

| Test Description | Date: | Current Result | Current Rating | Prior Result | Delta | Healthy | Clinical |
|-----------------------------------|------------|----------------|----------------|--------------|-------|-----------------|-----------------|
| Glucose | 07/29/2009 | 90.00 | Opt | 98.00 | ☺ | 80.00 - 95.00 | 65.00 - 99.00 |
| Hemoglobin A1C (Gly-Hgh) | | 5.60 | hi | 6.00 | ☺ | 4.60 - 5.40 | 4.80 - 5.90 |
| Uric Acid | | 7.50 | hi | 8.30 | ☺ | 4.10 - 6.00 | 2.40 - 8.20 |
| Sodium | | 142.00 | Opt | 142.00 | | 139.00 - 143.00 | 135.00 - 145.00 |
| Potassium | | 4.40 | Opt | 4.70 | ☺ | 3.80 - 4.50 | 3.50 - 5.20 |
| Chloride | | 103.00 | Opt | 101.00 | ☺ | 102.00 - 106.00 | 97.00 - 108.00 |
| Magnesium | | 2.10 | lo | 2.30 | ☹ | 2.21 - 2.51 | 1.60 - 2.60 |
| Calcium | | 9.90 | Opt | 10.30 | ☺ | 9.70 - 10.00 | 8.50 - 10.60 |
| Phosphorus | | 3.70 | Opt | 3.30 | ☺ | 3.40 - 4.00 | 2.50 - 4.50 |
| Total Protein | | 7.50 | Opt | 7.80 | ☺ | 7.11 - 7.61 | 6.00 - 8.50 |
| Total Cholesterol | | 204.00 | HI | 211.00 | ☺ | 140.00 - 170.00 | 100.00 - 199.00 |
| Triglyceride | | 90.00 | Opt | 71.00 | ☺ | 80.00 - 115.00 | 10.00 - 149.00 |
| HDL Cholesterol | | 55.00 | Opt | 52.00 | | 39.00 - 120.00 | 36.00 - 140.00 |
| VLDL Cholesterol | | 18.00 | Opt | 14.00 | | 5.00 - 20.00 | 4.00 - 40.00 |
| LDL Cholesterol | | 131.00 | HI | 145.00 | ☺ | 50.00 - 75.00 | 6.00 - 99.00 |
| Total Cholesterol / HDL Ratio | | 3.70 | Opt | 4.10 | ☺ | 0.00 - 4.00 | 0.00 - 5.00 |
| CRP C-Reactive Protein | | 0.30 | Opt | 16.40 | ☺ | 0.00 - 1.50 | 0.00 - 4.90 |
| ESR-Erythrocyte Sed Rate, Westerg | | 4.00 | Opt | 32.00 | ☺ | 0.00 - 6.00 | 0.00 - 20.00 |
| Vitamin D 25-Hydroxy | | 27.80 | LO | 16.80 | ☺ | 50.00 - 90.00 | 32.00 - 100.00 |

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Final Results:

Dubbed one of the most painful forms of arthritis, Gout typically affects the joints in the feet oftentimes the one at the base of the big toe. It's caused by a build-up of uric acid in the body which produces sharp needle-like urate crystals to develop in a joint or surrounding tissue. These cause severe pain, inflammation and swelling. If uric acid levels are not properly disposed of or if the body is overwhelmed by excess uric acid from purine rich diets and other lifestyle choices, you may incur the unpleasant sensation of fiery Gout.

Linked To Increased Uric Acid Levels:

- Medical conditions such as diabetes, high cholesterol and untreated high blood pressure
- Lack of exercise and obesity
- Dehydration or insufficient water intake
- Certain medications like Diuretics or low dose Aspirin
- Alcohol consumption greater than 2/day for men and 1/day for women
- Elevated Lead levels – studies show that statistically high lead levels are most often accompanied by elevated uric acid levels

Linked To Decreased Uric Acid Levels:

- Lower intake of meat, seafood and other purine rich foods
- Increased Vitamin C – studies show that taking 1500mg per day reduced the risk of Gout by 45%
- Exercise/Adequate Water Intake