

Case Study

57 year old female with MULTIPLE SYMPTOMS



Patient's primary complaints included weight gain, fatigue, dry skin, hair loss, memory loss, insomnia, irritability and mood swings, hot flashes, low sex drive, muscle and joint pain and vaginal dryness. Previously, this patient had undergone a partial hysterectomy, her ovaries were spared for symptomatic uterine fibroids and she had asthma. The initial diagnosis for this patient was thyroid dysfunction and menopausal symptoms. She had previously been taking Advair. SpectraCell's MicroNutrient Testing revealed functional deficiencies. These include vitamin B12, Vitamin D, Zinc and Glutathione which were below 25%. Also, her total antioxidant function was a low 25%. All B-complex vitamins were near or less than 50%, except Biotin. Serine, Asparagine, Inositol, Carnitine, Calcium, Magnesium, Cysteine, Coenzyme Q10, Selenium and Vitamin E were less than 50%. Based on these deficiencies, she was administered a nutritional support program. In less than two months, the patient had no negative hormonal symptoms and reported a general state of wellness. Additional care included nutritional education and exercise counseling.

Follow up SpectraCell's MicroNutrient Testing was performed 24 months later.

Clinical Outcome #1:

The patient's health was remarkably improved. The only deficiency below the 25% mark was Glutamine. Her total antioxidant function improved to 79.4%. The patient followed at regular intervals for assessment, lab follow up and medication adjustment.

Follow up SpectraCell's MicroNutrient Testing was performed 23 months later.

Clinical Outcome #2:

The patient's sleep pattern was back to normal, hotflash free, improved sex drive and energy is consistently good. The patient reported that her medical regime of hormone therapy, thyroid medication, nutritional support and consistent exercise program improved her clinical picture greatly. She reported a weight loss from 225 pounds to 175 pounds with increased strength and endurance. She no longer needs Advair for her asthma. Her immune system improved – went from 7-9 days of missed work per year due to bronchitis to no missed work in 14 months. Significant benefits include that she has reduced her risk of developing hypertension, osteoarthritis and diabetes and its co-disease states. This has greatly reduced her need for pharmaceutical prescriptions which had previously been up to 5 additional prescriptions each month.



MicroNutrient
Testing

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