

Recommended Food Plans

Lab Date: 9/13/2012
Patient: Mr. John Sample
Gender: Male Age: 42



The Blood Detective Logic and Interpretive Program associates each laboratory value (test) with the most appropriate food plan based on nutritional associations. The Food Plans listed below are listed such that the first is associated with the greatest number of clinically abnormal laboratory (test) values, and the last is associated with the least number of abnormal laboratory (test) values. These associations allow for each patient to receive food/dietary recommendations that are biochemically accurate. The practitioner may decide, based upon other clinical and laboratory evidence, to prioritize food plans differently than they are listed here.

	# Clinical Abnormal	# Functional Abnormal
Healthy Fat (Hormone Balancing) Sample Menu Plan	2	4
Low Fat Diet Sample Menu Plan	2	2
Thyroid Support Sample Menu Plan	2	3
Moderate Protein Diet Sample Menu Plan (Vegan)	1	2
Inflammation Sample Menu Plan	1	2
Pure Vegan Sample Menu Plan	1	4
Hormone Balancing Sample Menu Plan	1	0
Blood Sugar Balancing Sample Menu Plan	1	1
Moderate Protein Diet Sample Menu Plan (Fish, Eggs, Dairy)	0	2
Immune Enhancement Sample Menu Plan	0	3
Iron-Rich Sample Menu Plan (Vegetarian)	0	1

DISCLAIMER: This report is not intended to diagnose or treat any disease or condition. It is imperative that the practitioner support these findings with additional laboratory data and/or clinical procedures. This report is for educational purposes only.