

Patient: **ANNA**  
 Patient ID:  
 Encounter ID:  
 DOB: 1/26/1952 Age: 61 years Sex: F  
 Pt. Phone:  
 Ordering:  
 Copy To:

**PROVIDENCE HEALTH & SERVICES**  
 Oregon Region Laboratories

For all correspondence use laboratory contact information noted below.

Oregon Regional Laboratory CLIA # 38D2032720 (503) 215-6660	Providence St. Vincent CLIA # 38D0624944 (503) 215-6660	Providence Portland CLIA # 38D0624031 (503) 215-6660	Providence Milwaukie CLIA # 38D0624625 (503) 215-6660	Providence Newberg CLIA # 38D0662978 (503) 537-1787
Providence Seaside CLIA # 38D0622986 (503) 717-7250	Providence Hood River CLIA # 38D0622025 (541) 387-6332	Providence Medford CLIA # 38D0627783 (541) 732-5063	Providence Willamette Falls CLIA # 38D0064519 (503) 215-6660	

**BLOOD COUNT**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
WBC	5.6	[3.5-11.0]	10 <sup>9</sup> /L
RBC	4.60	[3.80-5.20]	10 <sup>12</sup> /L
HGB	14.1	[11.7-15.7]	g/dL
HCT	42.2	[34.9-46.9]	%
MCV	91.6	[80.0-100.0]	fL
MCH	30.6	[26.4-34.0]	pg
MCHC	33.4	[31.4-35.8]	g/dL
RDW	13.7	[11.5-14.5]	%
PLT	247	[140-444]	10 <sup>9</sup> /L
MPV	8.6	[6.5-11.6]	fL
Neutrophils	68.8	[40.0-81.0]	%
Lymphocytes	21.3	[20.0-53.0]	%
Monocytes	6.0	[1.0-10.0]	%
Eosinophils	3.2	[0.0-6.0]	%
Basophils	0.7	[0.0-2.0]	%
Neutrophils Abs	3.8	[1.8-8.0]	10 <sup>9</sup> /L
Lymphocytes Abs	1.2	[1.0-4.8]	10 <sup>9</sup> /L
Monocytes Abs	0.3	[0.0-0.8]	10 <sup>9</sup> /L
Eosinophils Abs	0.2	[0.0-0.5]	10 <sup>9</sup> /L
Basophils Abs	0.0	[0.0-0.2]	10 <sup>9</sup> /L

All tests performed at Providence Oregon Regional Laboratory, 4400 NE Halsey St, Building 3, Portland OR 97213 unless otherwise specified.

Legend: L=Low H=High P=Critical C=Corrected f=Footnote  
 @=Abnormal \*= Interpretive Comment ^=Corrected micro susceptibility

POPIEL, BRIAN JAMES  
 Providence Health Systems  
 Providence Health System  
 Portland OR 97213

MRN: 20000776036  
 Acct #: 50093955664  
 Printed: 7/25/2013 3:09 PM  
 Chart ID: 53329166

Pt Type: Outpt  
 Admit Date: 7/23/2013  
 Page 1 of 6  
 N/A

Patient: **ANNA**  
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**CMP**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
Sodium	138	[135-144]	mmd/L
Potassium	4.5	[3.7-5.5]	mmd/L
Chloride	103	[99-110]	mmd/L
Carbon Dioxide	26	[20-31]	mmd/L
Anion Gap	9	[4-13]	
Glucose	92	[60-99]	mg/dL
BUN	18	[6-23]	mg/dL
Creatinine	0.84	[0.60-1.30]	mg/dL
Calcium	9.7	[8.3-10.4]	mg/dL
Alkaline Phos	88	[32-110]	IU/L
Bilirubin Total	0.5	[0.2-1.2]	mg/dL
AST (SGOT)	22	[11-39]	IU/L
ALT (SGPT)	26	[6-42]	IU/L
Total Protein	7.5	[6.1-8.0]	g/dL
Albumin	4.6	[3.2-4.9]	g/dL
Fasting Status	9 - 12 hours		
eGFR, African American *	>60	[>=60]	mL/min/1.73 m2
eGFR, Non-African American	>60	[>=60]	mL/min/1.73 m2

7/23/2013 07:44:00 eGFR, African American:  
 Over 18 years:

Creatinine values and the eGFRs are IDMS standardized. For renal dosing of medications in elderly and/or under-weight patients, use calculated Creatinine Clearance instead of eGFR. To adjust for any other unknown variables, see NKDEP website at [www.nkdep.nih.gov](http://www.nkdep.nih.gov)

Under 18 years:

eGFRs are not calculated for children <18 yrs old. To adjust for unknown variables, see NKDEP website at [www.nkdep.nih.gov](http://www.nkdep.nih.gov)

**LIPID**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
Fasting Status	9 - 12 hours		
Cholesterol	270 H	[<=199]	mg/dL
Triglycerides	128	[<=149]	mg/dL
HDL Cholesterol	67 H	[40-59]	mg/dL
Chol HDL Ratio	4.0		

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**LIPID**

Collected Date 07/23/13  
 Collected Time 07:44:00 *was 172*

Analyte	Ref Range	Units
LDL calc *	[<=99]	mg/dL
<b>177 H</b>		

7/23/2013 07:44:00 LDL calc:  
 National Cholesterol Education Panel Classifications:

Cholesterol (mg/dL):  
 Moderate Risk: 200-239; High Risk: >=240  
 HDL Cholesterol (mg/dL):  
 Low: <40; High: >=60  
 Triglyceride (mg/dL; fasting):  
 Borderline High: 150-199; High: 200-499; Very High: >=500  
 LDL Cholesterol (mg/dL):  
 Near or above optimal: 100-129; Borderline High: 130-159;  
 High: 160-189; Very High: >=190

**GENERAL CHEMISTRY**

Collected Date 07/23/13  
 Collected Time 07:44:00 *was 5.9*

Analyte	Ref Range	Units
CRP, High Sensitivity *	[<=1.0]	mg/L
<b>5.5 H</b>		

7/23/2013 07:44:00 CRP, High Sensitivity:  
 Low risk < 1.0 mg/L  
 Average risk 1.0 - 3.0 mg/L  
 High risk > 3.0 mg/L

**SPECIAL CHEMISTRY**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte	Ref Range	Units
Cortisol AM	[4-22]	ug/dL
DHEA-S	[35-430]	ug/dL
Ferritin	[10-291]	ng/mL
HB A1c, %	[4.0-6.0]	%
<b>15</b>		
<b>133</b>		
<b>111</b>		
<b>5.4</b>		

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**SPECIAL CHEMISTRY**

Collected Date 07/23/13  
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Analyte		Ref Range	Units
Iron	104	[40-150]	ug/dL
TIBC	354	[246-436]	ug/dL
Transferrin Sat	29	[13-50]	%
Vitamin B12	1287 H	[211-911]	pg/mL
Folate	>24.0	[>=5.4]	ng/mL
Estradiol *	<19	[0-357]	pg/mL
Progesterone *	<0.2	[0.2-28.0]	ng/mL
Thyroxine (T4)	5.4	[4.5-10.9]	ug/dL
TSH	1.70	[0.30-4.70]	uIU/mL
FT3	3.9	[2.3-4.2]	pg/mL
Vit D 25OH *	57.6	[30.0-100.0]	ng/mL

7/23/2013 07:44:00 Estradiol:  
 MALE: 0-40 pg/mL

FEMALE:  
 Follicular 20-144 pg/mL  
 Midcycle 64-357 pg/mL  
 Luteal 56-214 pg/mL  
 Postmenopausal(Untreated) 0-32 pg/mL

7/23/2013 07:44:00 Progesterone:  
 Female:  
 Follicular 0.2 - 1.4 ng/mL  
 Luteal 3.3 - 28.0 ng/mL  
 Post Menopausal <2.3 ng/mL

Male 0.3 - 1.2 ng/mL

7/23/2013 07:44:00 Vit D 25OH:  
 Adult Nutritional Status:

Vitamin D Status	25 OH Vitamin D Value
Deficiency	< 10 ng/mL
Insufficiency	10 - 30 ng/mL
Sufficiency	30 - 100 ng/mL
Toxicity	> 100 ng/mL

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**REFERENCE TESTING**

Collected Date 07/23/13  
 Collected Time 07:44:00

<b>Analyte</b>	<b>Ref Range</b>	<b>Units</b>
ARUP Misc Test 2	SEE NOTE f	
ARUP Misc Test 3	SEE NOTE f	

7/23/2013 07:44:00 ARUP Misc Test 2:  
 Test Name = Candida albicans Antibodies IgA, IgG, and IgM by ELISA  
 Specimen Type = Serum  
 Test # = 95200

07/23/13 07:44:00 ARUP Misc Test 2:

Test name	Result	Units	RefIntvl
Candida Antibody IgA	1.28 H	EV	<=0.99
Candida Antibody IgG	1.85 H	EV	<=0.99
Candida Antibody IgM	2.24 H	EV	<=0.99

INTERPRETIVE INFORMATION: Candida Ab, IgA, IgG, IgM

- 0.89 EV or less.....Negative - No Significant level of detectable Candida albicans antibody.
- 0.90-0.99 EV.....Equivocal - Questionable presence of antibodies. Repeat testing in 10-14 days may be helpful.
- 1.00 EV or greater.....Positive - Antibody to Candida albicans detected, which may indicate a current or past infection.

The best evidence for current infection is a significant change on two appropriately timed specimens where both tests are done in the same laboratory at the same time. However, low levels of IgM antibodies may occasionally persist for more than 12 months post-infection.

Performed by ARUP Laboratories,  
 500 Chipeta Way, SLC, UT 84108 800-522-2787  
 www.aruplab.com, Jerry W. Hussong, MD - Lab. Director

7/23/2013 07:44:00 ARUP Misc Test 3:  
 Test Name = Cortisol, Free  
 Specimen Type = Red top serum  
 Test # = 98391

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**REFERENCE TESTING**

07/23/13 07:44:00 ARUP Misc Test 3:

Test name	Result	Units	RefIntvl
-----------	--------	-------	----------

Cortisol, Free	0.72	ug/dL	
----------------	------	-------	--

INTERPRETIVE INFORMATION: Cortisol, Free

8-10 a.m. collection: 0.31-1.19 ug/dL  
 4-6 p.m. collection: 0.15-0.94 ug/dL

Test developed and characteristics determined by ARUP Laboratories. See Compliance Statement B: aruplab.com/CS  
 Performed by ARUP Laboratories,  
 500 Chipeta Way, SLC, UT 84108 800-522-2787  
 www.aruplab.com, Jerry W. Hussong, MD - Lab. Director

**PENDING**

Order Name	Status	Drawn Date	Drawn Time
ARUP Misc Test 1, 0097163	InProcess	07/23/13	07:44:00
Testo, Free-Total (Female, Child), 0081056 (ARUP)	Ordered	07/23/13	07:44:00
Triiodothyronine, Reverse, 0070188(ARUP)	Ordered	07/23/13	07:44:00

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 Chart ID: 53310803

Pt Type: Outpt  
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 Collected Time 07:44:00

Analyte		Ref Range	Units
LDL calc *	177 H	[<=99]	mg/dL

7/23/2013 07:44:00 LDL calc:  
 National Cholesterol Education Panel Classifications:

Cholesterol (mg/dL):  
 Moderate Risk: 200-239; High Risk: >/=240  
 HDL Cholesterol (mg/dL):  
 Low: <40; High: >/=60  
 Triglyceride (mg/dL; fasting):  
 Borderline High: 150-199; High: 200-499; Very High: >/=500  
 LDL Cholesterol (mg/dL):  
 Near or above optimal: 100-129; Borderline High: 130-159;  
 High: 160-189; Very High: >/=190

**GENERAL CHEMISTRY**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
CRP, High Sensitivity *	5.5 H	[<=1.0]	mg/L

7/23/2013 07:44:00 CRP, High Sensitivity:  
 Low risk < 1.0 mg/L  
 Average risk 1.0 - 3.0 mg/L  
 High risk > 3.0 mg/L

**SPECIAL CHEMISTRY**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
Cortisol AM	15	[4-22]	ug/dL
Ferritin	111	[10-291]	ng/mL
Iron	104	[40-150]	ug/dL
TIBC	354	[246-436]	ug/dL

All tests performed at Providence Oregon Regional Laboratory, 4400 NE Halsey St, Building 3, Portland OR 97213 unless otherwise specified.

Legend: L=Low H=High P=Critical C=Corrected f=Footnote  
 @=Abnormal \*= Interpretive Comment ^=Corrected micro susceptibility

POPIEL, BRIAN JAMES  
 Providence Health Systems  
 Providence Health System  
 Portland OR 97213

MRN: 20000776036  
 Acct #: 50093955664  
 Printed: 7/23/2013 6:05 PM  
 Chart ID: 53310803

Pt Type: Outpt  
 Admit Date: 7/23/2013  
 Page 3 of 5  
 N/A

Patient: **ANNA**  
 Patient ID:  
 Encounter ID:  
 DOB: 1/26/1952 Age: 61 years Sex: F  
 Pt. Phone:  
 Ordering:  
 Copy To:

**PROVIDENCE HEALTH & SERVICES**  
 Oregon Region Laboratories

For all correspondence use laboratory contact information noted below.

Oregon Regional Laboratory CLIA # 38D2032720 (503) 215-6660	Providence St. Vincent CLIA # 38D0624944 (503) 215-6660	Providence Portland CLIA # 38D0624031 (503) 215-6660	Providence Milwaukie CLIA # 38D0624625 (503) 215-6660	Providence Newberg CLIA # 38D0662978 (503) 537-1787
Providence Seaside CLIA # 38D0622986 (503) 717-7250	Providence Hood River CLIA # 38D0622025 (541) 387-6332	Providence Medford CLIA # 38D0627783 (541) 732-5063	Providence Willamette Falls CLIA # 38D0064519 (503) 215-6660	

**SPECIAL CHEMISTRY**

Collected Date 07/23/13  
 Collected Time 07:44:00

Analyte		Ref Range	Units
Transferrin Sat	29	[13-50]	%
Vitamin B12	<b>1287 H</b>	[211-911]	pg/mL
Folate	>24.0	[>=5.4]	ng/mL
Estradiol *	<19	[0-357]	pg/mL
Progesterone *	<0.2	[0.2-28.0]	ng/mL
Thyroxine (T4)	5.4	[4.5-10.9]	ug/dL
TSH	1.70	[0.30-4.70]	uIU/mL
FT3	3.9	[2.3-4.2]	pg/mL
Vit D 25OH *	57.6	[30.0-100.0]	ng/mL

7/23/2013 07:44:00 Estradiol:  
 MALE: 0-40 pg/mL

FEMALE:  
 Follicular 20-144 pg/mL  
 Midcycle 64-357 pg/mL  
 Luteal 56-214 pg/mL  
 Postmenopausal(Untreated) 0-32 pg/mL

7/23/2013 07:44:00 Progesterone:  
 Female:  
 Follicular 0.2 - 1.4 ng/mL  
 Luteal 3.3 - 28.0 ng/mL  
 Post Menopausal <2.3 ng/mL

Male 0.3 - 1.2 ng/mL

7/23/2013 07:44:00 Vit D 25OH:  
 Adult Nutritional Status:

Vitamin D Status	25 OH Vitamin D Value
Deficiency	< 10 ng/mL
Insufficiency	10 - 30 ng/mL
Sufficiency	30 - 100 ng/mL
Toxicity	> 100 ng/mL

**PENDING**

Order Name	Status	Drawn Date	Drawn Time
ARUP Misc Test 1, 0097163	InProcess	07/23/13	07:44:00
ARUP Misc Test 2, 0098556	InProcess	07/23/13	07:44:00

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Pt Type: Outpt  
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 Page 4 of 5  
 N/A

Patient: **ANNA**  
 Patient ID:  
 Encounter ID:

**PROVIDENCE HEALTH & SERVICES**  
 Oregon Region Laboratories

DOB: 1/26/1952 Age: 61 years Sex: F  
 Pt. Phone:  
 Ordering:  
 Copy To:

For all correspondence use laboratory contact information noted below.

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**PENDING**

Order Name	Status	Drawn Date	Drawn Time
ARUP Misc Test 3, 0098559	InProcess	07/23/13	07:44:00
DHEA-S	Ordered	07/23/13	07:44:00
Hemoglobin A1c	Ordered	07/23/13	07:44:00
Testo, Free-Total (Female, Child), 0081056 (ARUP)	Ordered	07/23/13	07:44:00
Triiodothyronine, Reverse, 0070188(ARUP)	Ordered	07/23/13	07:44:00

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 Chart ID: 53310803

Pt Type: Outpt  
 Admit Date: 7/23/2013  
 Page 5 of 5  
 N/A



# Immuno 1 Bloodprint™

## Bloodprint (154)

6801 Powerline Road, Fort Lauderdale, FL 33309-2215  
Ph: (954) 691-2500 Toll Free: (800) 231-9197 Intl: (001) (954) 691-2500  
Fax: (954) 691-2505 www.ImmunoLabs.com  
CLIA No. 10D0284781 - State license inquiries, inquire to the above.

**Patient Name:** Anna  
**Lab ID Code:** 849348  
**Testing Date:** 31-Jul-13  
**Spec. Coll. Date:** 23-Jul-13  
**Date of Birth:** 26-Jan-52 **Sex:** Female **Age:** 61

**Physician:** Dr. Brian Popiel  
9316 E Raintree Drive, Suite 140  
Scottsdale, AZ 85260 AZ USA

### Reactive Test Results (Your blood serum reacted to these food antigens)

Alfalfa (+2)	Cheese (+3)	Oyster (+1)	Tomato (+1)
Bean, Green (+2)	Egg (+1)	Pepper, B/W (+1)	Tuna (+1)
Bean, Kidney (+3)	Garlic (+1)	Pumpkin (+1)	Venison (+1)
Bean, Navy (+3)	Ginger (+1)	Rye (+1)	Wheat (+1)
Bean, Pinto (+3)	Melon, Honeydew (+1)	Sesame (+1)	Yeast, Baker's (+2)
Cabbage (+1)	Milk, Cow's (+3)	Thyme (+1)	Yeast, Brewer's (+2)
Cantaloupe (+1)			

Total number of IgG sensitivity reactions: **25**

### Non-Reactive Test Results (Your blood serum did not react to these food antigens)

Almond	Cod	Mushroom	Raspberry
Amaranth	Coffee	Mustard	Rhubarb
Apple	Corn	Brazil Nut	Rice
Apricot	Crab	Cashew Nut	Safflower
Asparagus	Cranberry	Pecan	Sage
Avocado	Cumin	Nutmeg	Salmon
Banana	Currant	Oat	Sardine
Barley	Date	Olive	Scallops
Basil	Duck	Onion	Sea Bass
Bay Leaf	Eggplant	Orange	Seed, Caraway
Bean, Lima	Flounder	Oregano	Seed, Dill
Mung Bean	Goose	Papaya	Rape Seed (Canola)
Soybean	Bean, Garbanzo	Paprika	Sunflower
Bean, Yellow Wax	Grape, White	Parsley	Shrimp
Beef	Grapefruit	Pea	Snapper
Beet	Greens, Mustard	Peach	Sole
Blackberry	Haddock	Peanut	Spinach
Blueberry	Halibut	Pear	Squash, Yellow
Broccoli	Nut, Filbert	Pepper, Cayenne	Strawberry
Brussels Sprouts	Horseradish	Pepper, Green	Sugar, Cane
Buckwheat	Herring	Pepper, Red	Tangerine
Carrot	Lamb	Peppermint	Tapioca
Catfish	Lemon	Pimento	Tea
Cauliflower	Lentil	Perch	Trout
Celery	Lettuce	Pineapple	Turkey
Cherry	Lime	Plum	Turnip
Chicken	Lobster	Pork	Vanilla
Cucumber	Mackerel	Potato, Sweet	Walnut, Black
Cinnamon	Malt	Potato, White	Walnut, English
Clam	Milk, Goat's	Quinoa	White fish
Clove	Millet	Rabbit	Watermelon
Coco-Chocolate	Mint	Radish	Zucchini
Coconut			

### Scoring and Evaluation (Key) +1 +2 +3 +4 (Increasing levels of antibodies)

*These IgG ELISA test results should be interpreted together with all other laboratory data, including treatment history, in arriving at a diagnosis of delayed food sensitivity.*

*This test was developed and performance characteristics determined by Immuno Laboratories. It has not been cleared or approved by the U.S. Food and Drug Administration.*

Daniel M. Jacobs, M.D.,  
Medical Director

# Comprehensive Food Plan

## Anna Salanti: 4-Day Rotation (154 foods)

This four-day rotation plan has been created for you using the foods that were tested and were non-reactive. You may eat each food as often on that day as you choose. If you need to move a food from one day to another (for example, if you like peas and rice together), that is fine, just be careful not to repeat the same food two days in a row. Remember, do not eat any item to which you are reactive. Consult your physician or counselor for further guidance.

### Day One

#### Protein:

Beef/Veal  
 Catfish  
 Haddock  
 Mackerel  
 Sardine  
 Sole  
 Trout

#### Vegetables:

Broccoli  
 Brussels Sprouts  
 Cauliflower  
 Greens, Mustard  
 Onion  
 Potato, White  
 Turnip

#### Beans/Grains/Legumes:

Amaranth  
 Millet  
 Mung Bean  
 Vanilla

#### Fruits and Nuts:

(Plus beverages derived from these foods)

Almond  
 Apricot  
 Brazil Nut  
 Grape, White  
 Peach  
 Pineapple  
 Raspberry  
 Strawberry

#### Condiments:

Horseradish  
 Mustard  
 Peppermint  
 Safflower

#### Beverages:

(\*Rotate Brands)

Coffee  
 Goat's Milk  
 Tea  
 Water

### Day Two

Chicken  
 Duck  
 Flounder  
 Herring  
 Salmon  
 Scallops  
 Sea Bass  
 Whitefish

Acorn Squash  
 Carrot  
 Celery  
 Parsley  
 Pimento  
 Potato, Sweet  
 Yellow Wax Bean  
 Zucchini

Barley  
 Bean, Garbanzo  
 Bean, Lima  
 Pea  
 Quinoa

Blackberry  
 Cashew Nut  
 Coconut  
 Orange  
 Tangerine  
 Walnut, English

Basil  
 Bay Leaf  
 Mint  
 Nutmeg  
 Sage  
 Seed, Caraway

Coffee  
 Tea  
 Water

### Day Three

Cod  
 Goose  
 Lamb  
 Lobster  
 Perch  
 Shrimp

Asparagus  
 Avocado  
 Eggplant  
 Lettuce  
 Mushroom  
 Rhubarb  
 Spinach

Buckwheat  
 Soybean

Apple  
 Banana  
 Blueberry  
 Cherry  
 Filbert Nut  
 Peanut  
 Pear  
 Pecan

Cumin  
 Lemon  
 Lime  
 Olive  
 Paprika  
 R. Seed (Canola)

Coffee  
 Soy Milk  
 Tea  
 Water

### Day Four

Clams  
 Crab  
 Halibut  
 Pork  
 Rabbit, Meat  
 Snapper  
 Turkey

Beet  
 Cucumber  
 Green Pepper  
 Pepper, Red  
 Radish  
 Tapioca  
 Yellow Squash

Corn  
 Lentil  
 Malt  
 Oat  
 Rice

Cranberry  
 Date  
 Grapefruit  
 Papaya  
 Plum  
 Sunflower  
 Watermelon

Cane Sugar  
 Cinnamon  
 Clove  
 Cocoa-Chocolate  
 Currant  
 Oregano  
 Pepper, Cayenne  
 Seed, Dill

Coffee  
 Oat Milk  
 Rice Milk  
 Tea  
 Water