

# Nutritionally Yours Health Solutions

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Accession #

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Nutritionally Yours  
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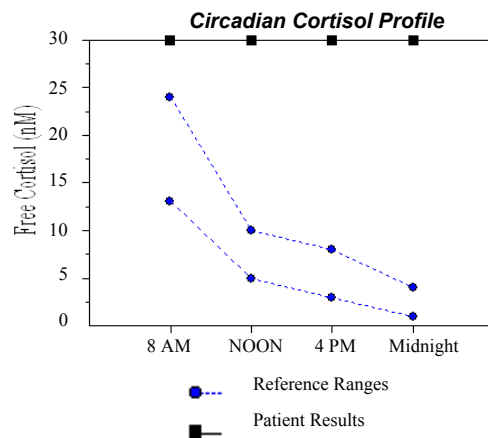
Results For:

Age: 42 Gender: Female  
Patient's Tel:  
Specimen Collected: 02/12/2008

Test	Description	Result	Ref Values
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**TAP Free Cortisol Rhythm**

TAP	Free Cortisol Rhythm	Result	Ref Values
07:00 - 08:00 AM		>110* Elevated	13-24 nM
11:00 - Noon		>110* Elevated	5-10 nM
04:00 - 05:00 PM		96* Elevated	3-8 nM
11:00 - Midnight		>110* Elevated	1-4 nM
<b>Cortisol Burden:</b>		426	<b>23 - 42</b>



F14 Gliadin Ab SIgA (gluten) 17 Positive

Gliadins are polypeptides found in wheat, rye, oat, barley, and other grain glutes, and are toxic to the intestinal mucosa in susceptible individuals. Healthy adults and children may have a positive antigliadin test because of subclinical gliadin intolerance. Some of their symptoms include mild enteritis, occasional loose stools, fat intolerance, marginal vitamin and mineral status, fatigue, or accelerated osteoporosis.

Borderline 13-15  
Positive >15

DHEA Dehydroepiandrosterone 2 Depressed DHEA Adults (Male/Female) 3-10

Secretory IgA (leaky gut indicator) 14 Depressed Normal 25-60

Insulin Fasting 40 Post-prandial 25 Normal 3-12 Optimal 5-10 Low <5 High >20 (insulin resistance is indicated)

This is a sample for a female is age 42, high stress, trouble sleeping, has high anxiety and cannot lose weight .

This client needs to reduce her cortisol burden, remove gluten grains from her diet, enhance absorption of nutrients, eat a diet consisting of high protein, high good fat and low carbohydrates to feel better.