

Biometabolic Analysis

From the Office of:

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For:

Ms Sample All Tests

Street Address: 111 North Street

City: Northpole

State: NY

Zip Code: 11111

Phone: (111) 555-5555

Email: info@northpole.com

Age: 35

Sex: f

Height (feet): 5

Height (inches): 1.00

Height (cm): 154.94

The following information is intended for dietary and nutritional assessment and dietary and nutritional recommendations for the purpose of maintaining the health of healthy people. It is not a medical diagnosis and it does not make any recommendations for medical treatments. For medical diagnostic evaluation and treatment, consult your physician.

Body Mass Index (based on height)

Weight: 125.00 pounds (56.71 kg)

Body Mass Index: 23.63

Maximum Weight: 132.24 pounds (59.99 kg)

Underweight by 7.24 pounds (3.28 kg)

Metropolitan Life Insurance Company Weight Tables 1983.

Weight is measured in bare feet and without any clothes.

Based on height, sex, and body type.

Small Frame - Medium Frame - Large Frame (pounds)

105-118 - 116-129 - 141-159

Personal Weight Management Calculations

Maximum Heart Rate = 220 - Age

Your Current Maximum Heart Rate is: 185

Your Current 90% of Maximum Heart Rate is: 166.5

Your Current 80% of Maximum Heart Rate is: 148

Your Current 70% of Maximum Heart Rate is: 129.5 (Weight Management Zone)

Your Current 60% of Maximum Heart Rate is: 111 (Weight Management Zone)

Bowel Movements per Week (7 or more is normal): 7

Present Medications:

Zinc Taste Test: Zinc Level is Normal

Blood Pressure: Blood Pressure (not higher than 140/90 is normal)

Blood Pressure Systolic: 120

Blood Pressure Diastolic: 70

Blood Pressure is Normal

Saliva pH: Saliva pH (6.5 or above is normal)

Saliva pH: 6.5

Saliva pH is Normal

Daytime Core Temperature (97.6-99.6 F is normal)-(36.4-37.6 C is normal)

Daytime Core Temperature: 98.6 F (37.0 C)

Core Temperature is Normal

Bioelectrical Impedance Analysis

Fat Mass (Body Fat) is the total amount of stored lipids in the body and consists of subcutaneous fat and visceral fat. Subcutaneous Fat is located directly beneath the skin and serves as an energy reserve and as insulation against outside cold. Visceral Fat is located deeper within the body and serves as an energy reserve and as a cushion between organs. High body fat can lead to cardiovascular and other disorders.

BIA Fat Mass (%): 20.7

23.9 % is normal

Intracellular Water (Toxicity) is the water contained within the cell. Healthy cells maintain their integrity and hold their fluid inside. Low intracellular water can lead to a build up of toxins because toxins are converted from fat-soluble to water-soluble inside the cells and excreted through the urine, bowels, and skin.

BIA Intracellular Water (%): 53

54.3 % is normal

Phase Angle (Cellular Health) - A low phase angle is an indicator of the inability of cells to store energy and of cell breakdown in the selective permeability of cell membranes. A high phase angle is consistent with high reactance, an indication of large quantities of intact cell membranes and body cell mass.

BIA Phase Angle (degrees): 6.5

6.7 degrees is normal

Low Phase Angle

Fat-Free Mass (Lean Body Mass), also called Lean Body Mass, is the total amount of nonfat tissues in the body. It consists of approximately 73% water, 20% protein, 6% mineral, and 1% ash. Fat-free mass consists of body cell mass and extracellular mass. Fat-free mass contains most of the body's water, the metabolically active tissues, and is the source of all metabolic caloric expenditure.

BIA Lean Body Mass: 77

76.1 % is normal

Body Capacitance (Energy Storage) is an indicator of the body's energy-storing characteristics. A high capacitance is an indicator of large quantities of intact cellular membranes. A low capacitance indicates lower quantities of intact cellular membranes.

BIA Body Capacitance (pf): 600

641 pf is normal

Low Body Capacitance

Total Body Water / Total Weight (Hydration Status) is contained in fat free mass consisting of intracellular water and extracellular water.

BIA TBW/Total Weight: 56

55.2 % is normal

Urinalysis

Appearance:

Urine Appearance is used to detect solutes (WBC's, pus, bacteria) or high pH.

Urine is Clear (normal).

Color:

Urine Color is used to detect concentration and pathological pigments.

Urine is Yellow or Pale Yellow (normal).

Glucose:

Glucose is used to detect diabetes condition. A high level indicates diabetes. A low level indicates hypoglycemia.

Glucose (mg/dl)(0=normal): 0

Bilirubin:

Bilirubin is formed from the breakdown of damaged/old red blood cells. Bilirubin is processed by the liver. A high level indicates liver dysfunction or biliary obstruction.

Bilirubin (0=normal): 0

Ketones:

Ketones are produced as an energy source for the brain when glucose is not available, such as during fasting or carbohydrate starvation or vomiting or diarrhea or diabetes or excessive alcohol use.

Ketones (mg/dl)(0=normal): 0

Specific Gravity:

Specific Gravity is used to measure osmolality (concentration). A high level indicates dehydration or renal dysfunction. A low level indicates that the kidneys are producing too much urine, excessive fluid intake, diabetes, or renal dysfunction.

Specific Gravity (<1.025=normal): 1.030

Urine Specific Gravity is high (renal dysfunction or dehydration).

Blood:

Blood is not normally found in the urine. A high level indicates menstruation or infection or strenuous exercise or renal dysfunction or exposure to excessive cold or drugs. Follow up with microscopic exam.

Blood (0=normal): 0

pH:

pH is used to measure metabolic pH (infection, stress, stimulants). A low level indicates Metabolic acidosis or high stress or excessive stimulants (caffeine, alcohol, drugs). A high level indicates Metabolic alkalosis or infection or high alkaline ash diet. The kidneys cannot excrete urine with a pH much lower than 5, without significantly damaging the urinary tract.

pH: (>6.4=normal): 6.5

Protein:

Protein is used to detect renal dysfunction. A high level indicates renal dysfunction or excessive protein in the diet or strenuous exercise or emotional stress or high fever or exposure to excessive heat or cold.

Protein (mg/dl)(0=normal): 0

Urobilinogen:

Bacteria in the intestinal tract reduce bilirubin to urobilinogen. Increased red blood cell breakdown/destruction increases bilirubin. A high level indicates hemolytic anemia or pernicious anemia or sickle cell anemia.

Urobilinogen (mg/dl)(0=normal): 0

Nitrite:

Bacteria convert nitrate to nitrite in urine. A high level of nitrite indicates Bacterial invasion of the kidneys.

Nitrite (0=normal): 0

Leukocytes:

Leukocytes are used to detect WBC's in urine. A high level indicates infection or high intake of Vitamin C.

Leukocytes (0=normal): 0

Symptoms Probability Profile

Symptoms Greater than 50% are significant.

This is not a medical diagnosis.

0% Hypoimmune (low) Symptoms

0% Respiratory Symptoms

6% Food Allergies Symptoms

0% Heart Symptoms

0% Circulation Symptoms

0% Asthma Symptoms

0% Stomach/Gastritis/Ulcer Symptoms

7% Small Intestine Symptoms

6% Hypoglycemia (low glucose) Symptoms

0% Diabetic Symptoms

0% Intestinal Candida Overgrowth Symptoms

0% Congestive Bowel Symptoms
0% Irritable Bowel Symptoms
0% Increased Intestinal Permeability Symptoms
6% Liver/Gallbladder Symptoms
16% Malnutrition Symptoms
0% Hypothyroid (Underactive Thyroid) Symptoms
0% Hyperthyroid (Overactive Thyroid) Symptoms
0% Hypoadrenal (Underactive Adrenal) Symptoms
0% Hyperadrenal (Overactive Adrenal) Symptoms
0% Arthritis Symptoms
0% Osteoporosis Symptoms
0% Peripheral Neuropathy Symptoms
High 88% Migraine Symptoms
5% Brain Function Symptoms
0% Kidney Symptoms
0% Premenstrual Syndrome Symptoms
0% Dysmenorrhea Syndrome Symptoms
0% Menopause Symptoms
0% Estrogen Excess Symptoms
0% Estrogen Lack Symptoms
0% Progesterone Lack Symptoms
0% Depression Symptoms
0% Mania Symptoms
0% Obsessive-Compulsive Symptoms
0% Vit A Deficiency Symptoms
0% Vit D Deficiency Symptoms
0% Vit E Deficiency Symptoms
0% Vit B1 Deficiency Symptoms
0% Vit B2 Deficiency Symptoms
0% Vit B3 Deficiency Symptoms
0% Vit B6 Deficiency Symptoms
0% Cobalamin (B12 Def./Pernicious Anemia) Symptoms
0% Pantothenic Acid Deficiency Symptoms
0% Biotin Deficiency Symptoms
0% Folic Acid Deficiency Symptoms
0% Vitamin C Deficiency Symptoms
0% Calcium Deficiency Symptoms
0% Phosphorus Deficiency Symptoms
0% Magnesium Deficiency Symptoms
0% Potassium Deficiency Symptoms
0% Iron Deficiency (Microcytic Anemia) Symptoms
0% Copper Deficiency Symptoms
0% Iodine Deficiency Symptoms
0% Zinc Deficiency Symptoms
0% Protein Deficiency Symptoms
0% Essential Fatty Acid Deficiency Symptoms
0% Hypochlorhydria (Low Stomach Acid) Symptoms
0% Heavy Metals Symptoms

Conditions which may Interfere with Good Health

Exposure to mold

Using artificial sweeteners regularly

Food to Avoid:

REFINED WHITE SUGAR (SUCROSE), REFINED WHITE FLOURS, excessive caffeine, alcohol, chocolate, egg yolks, foods that are high in fat - low in fiber - highly processed - contain preservatives, duck, goose, oil packed fish, fatty meat, marbled meat, bacon, spare ribs, sausage, cured (lunch) meats, smoked and barbecued foods, fatty hamburger, fish eggs, ultra-pasteurized dairy products such as: milk - cream - cheeses, fruits with added sugar, juice with added sugar, packed or processed cereals with added sugar, nuts and seeds unless they have been soaked in water for 24 hours, beverages with sugar or sugar substitutes, de-caffeinated coffees, products with: sugar, fat, or added salt, added salt, too much salt, margarine (reduces HDL and increases cholesterol), MSG, preservatives, nitrates, nitrites, aspartame (nutrasweet), saccharin, processed oils (use cold pressed), meat tenderizers, sulfites, miso and soy sauce that contain MSG, vinegar.

Additional Food to Avoid:

Cheeses, Chocolate, Eggs if allergic, Onions, Citrus, Citric Acid, Mustard, Red wine, Berries (all kinds), Monosodium Glutamate(MSG), Nuts (except raw cashews), Any food that is cultured or fermented, Nitrates & Nitrites, Meat tenderizers, Citrus fruits, Salad bars that spray with sulfites, Aspartame (nutrasweet), Saccharin (includes toothpaste/mouthwash), Smoked/cured meats, Cold cuts containing nitrates, etc., Frankfurters containing nitrates, etc., Food preservatives, Nuts and nut butters in large quantity, Beans in large quantity, Yeast, brewers extracts, Sourdough, Over-ripened fruits, Kelp, Seaweed, Shell fish, Other fish containing lithium, Alcoholic beverages including beer, Excessive use of coffee or tea with caffeine, Tempeh, Tomari, Yogurt, Umbusi, Soy sauce, Miso (fermented), Tobacco, Frequent use of amphetamines, Frequent use of barbituates, Frequent use of recreation drugs, Decaffeinated coffee (contains only 50% less caffeine), Excessive exposure to fluorescent lighting, Aged, marinated, or pickled meats, Non-fresh meats or fish, Protein extracts, Tofu, Paint fumes and other chemical fumes, Vinegar, Anything fermented, Aged meats and poultry, and Wheat if increased intestinal Candida overgrowth or wheat allergy.

Low Glycemic Index Food:

Eat low Glycemic Index food (less than 50). Download the Glycemic Index from the library of www.allocca.com

Daily Protein, Fat, and Carbohydrate Requirements:

Daily Protein Intake (30%): 45 Grams Multiplied by Protein Source Factor (PSF)

Daily Fat Intake (30%): 45 Grams

Daily Carbohydrate Intake (40%): 61 Grams

PSF is based on the biological value (percent of absorbed nitrogen retained and used by the body)

Protein Source Factors:

Whey = 1, Egg = 1.04, Cow's Milk = 1.14, Chicken = 1.20, Fish = 1.32, Soy = 1.41, Potato = 1.46, Rice = 1.76, Wheat = 1.93, Beans = 2.12

Example: If beans were your protein source, multiply your required daily protein by 2.12.

Food Examples of Protein: 1 Egg = 6 g, 3 oz. Cow's Milk = 2.8 g, 3 oz. Flounder = 18.6 g, 3 oz.

Salmon = 16.8 g, 3 oz. Tofu = 6 g, 3 oz. Chicken = 19.7 g, 3 oz. Baked Potato = 1.4 g, 3 oz.

Brown Rice = 2.3 g, 1 slice Whole Wheat Bread = 2 g, 3 oz. Beans = 7 g.

Additional Recommendations:

Look into stress control methods such as yoga, meditation, etc.

Increase your fluid intake

Supplementation

Note: if a supplement is listed in a protocol, it will not be repeated in subsequent protocols. Some supplements should not be taken during pregnancy. Check with your practitioner and labels.

* indicates high priority supplements.

Optimal Health

* Multi Vitamin and Mineral - 1 cap or more mornings with food.

* Ester-C, 700 mg - 4 caps, 5 mornings/week with food.

Use Buffered Vitamin C Powder and the ascorbate flush to determine your daily dose of vitamin C.

* Rubidium (Biotics Research RB-Zyme) - 100 mcg - 3 caps mornings with food (not for those with anxiety).

* Calcium Magnesium Citrate - 1-2 caps mornings with food.

* Vitamin E 400 iu - 1 cap mornings with food.

* Alpha Lipoic Acid, 100 mg - 1 cap mornings with food.

* CoQ10, 30 mg - 1 cap mornings with food.

* Digestive Enzymes - 1 cap with every cooked meal.

* Probiotic (live) (2 billion organisms only) - Baby's Jarro-Dophilus by Jarrow - less than 1/4 teaspoon at bedtime - 3 days/week.

Nervous System

* Detoxanol by Allocca Biotechnology - 6 caps at bedtime for 2 weeks.

* NeuroLife by Allocca Biotechnology - 3 caps mornings with food.

Follow the do not eat list carefully, especially fermented products like cheese, yogurt, and vinegar.

Take extra NeuroLife if needed.

EPA/DHA or Flax Seed Oil - 1 cap mornings with food.

* NeuroPath Audio CD by Allocca Biotechnology, LLC - 1 selection evenings before bedtime.

* Ayur Curcumin (Turmeric) by Douglas Labs - 4 capsules mornings with food.

Cellular Oxidation (Free Radical Damage).

Beta-Carotene - 25,000 iu - 1 cap mornings (in Multivitamin).

* Grape Pip, 100 mg - 1-2 caps mornings with food.

Supply of Food and Water

Drink Eight 8 oz. glasses of filtered water daily.

Repeat Analysis in 6 months.**Further Reading**

Healthy Diabetic Living and Gourmet Recipes - order from www.allocca.com

What is Your Brain Telling You to Do? - order from www.allocca.com