

A man and a young child stand on a dark, rocky pier or shore, their backs to the camera. They are both raising their arms in a gesture of praise or joy, with hands reaching towards the sky. The man is wearing a light-colored long-sleeved shirt and dark pants, while the child is in a blue t-shirt and a patterned skirt. The background is a vast expanse of water meeting a sky at sunset or sunrise, with a warm, golden glow. The overall mood is peaceful and hopeful.

BECOMING THE BEST CAREGIVER YOU CAN BE: A WHOLISTIC APPROACH

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Frank and Ernest

By Bob Thayer



Introduction
Dr. Christopher Murray
Cleveland KC graduate
December 2007
DC NP DABCI NRCME







Becoming The Best Caregiver You Can Be



4 Basic Tips For Optimizing
Health

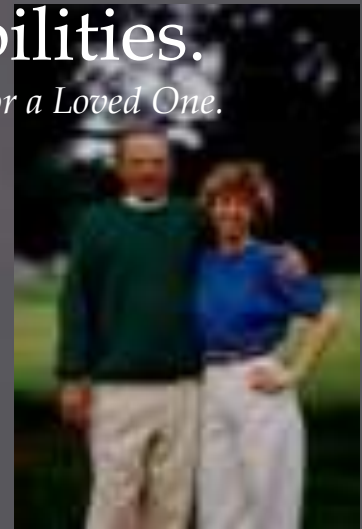


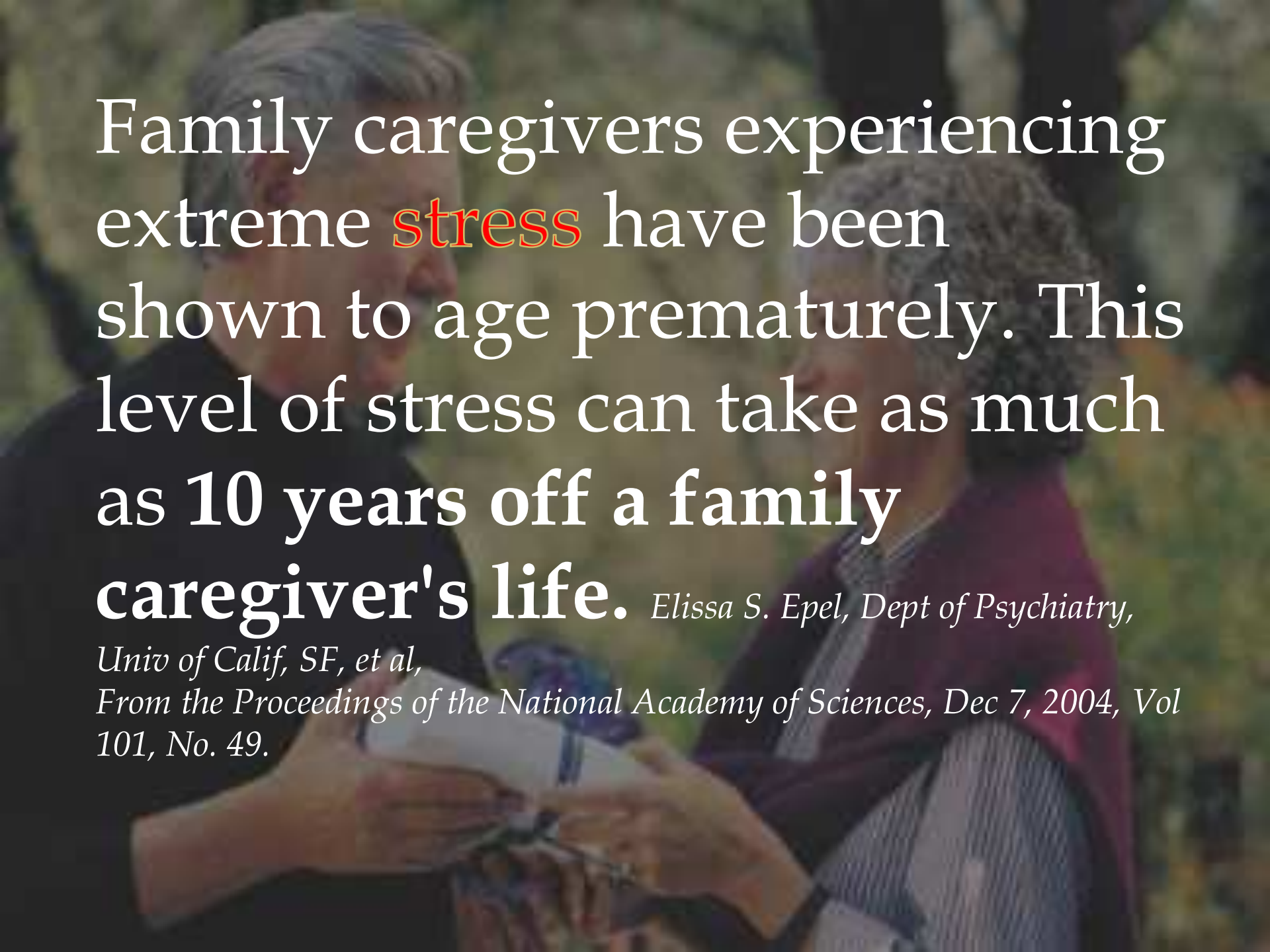
Dietary & Lifestyle
Recommendations

Caregivers and Health

- ▣ Nearly three quarters (72%) of family caregivers report not going to the doctor as often as they should and 55% say they skip doctor appointments for themselves. **63% of caregivers report having poor eating habits** than non-caregivers and 58% indicate worse exercise habits than before care giving responsibilities.

*Evercare Study of Caregivers in Decline: A Close-Up Look at Health Risks of Caring for a Loved One.
National Alliance for Care giving and Evercare.*





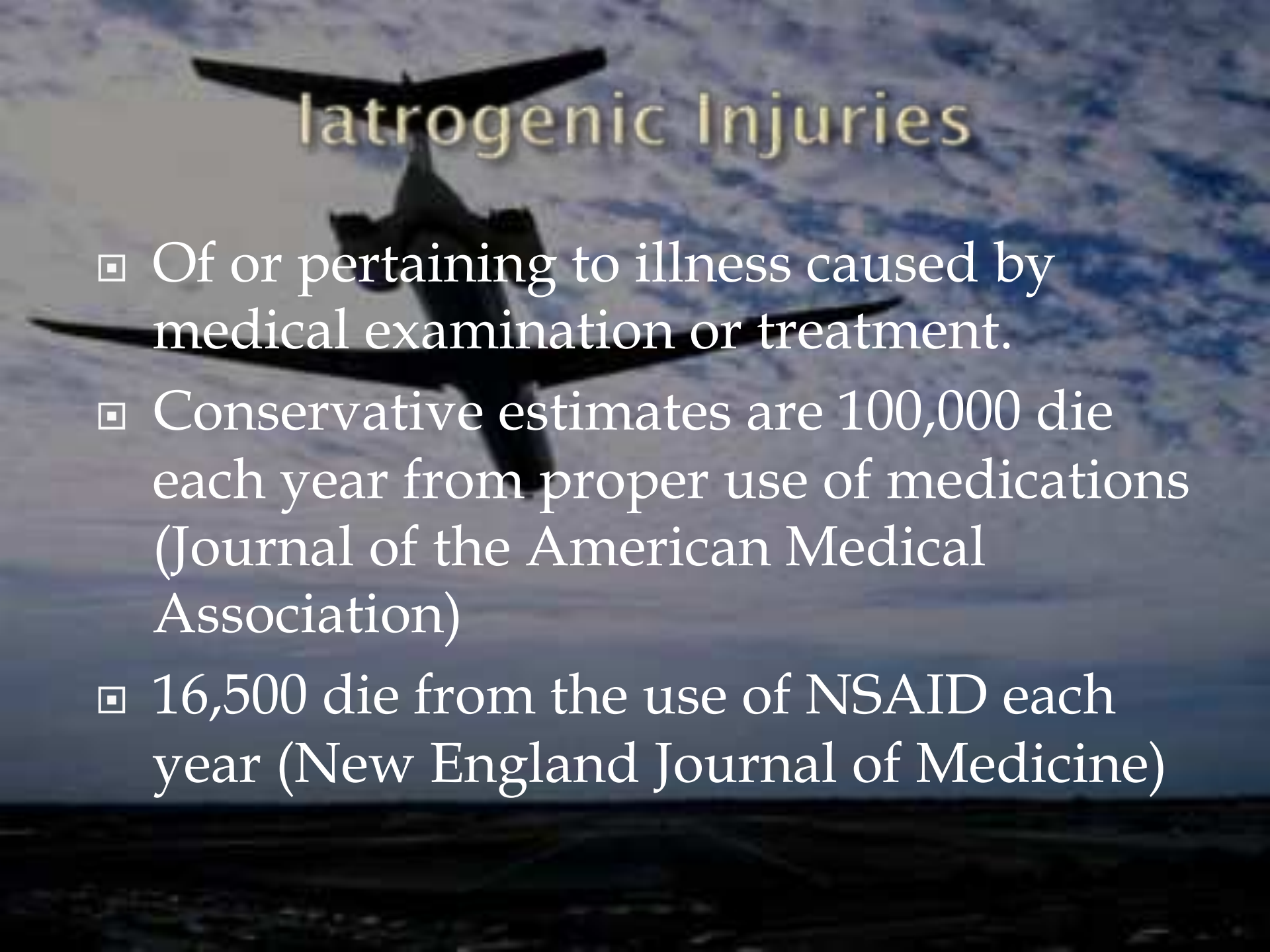
Family caregivers experiencing extreme **stress** have been shown to age prematurely. This level of stress can take as much as **10 years off a family caregiver's life.** *Elissa S. Epel, Dept of Psychiatry,*

Univ of Calif, SF, et al,

From the Proceedings of the National Academy of Sciences, Dec 7, 2004, Vol 101, No. 49.

What Is Stress: The Three T's

- ▣ **Physical Stress** (Trauma)
 - Trauma, chronic pain, excessive work and demand, debilitating physical condition
- ▣ **Emotion Stress** (Thoughts)
 - Worrying, arguments, depression, lack of fulfillment
- ▣ **Chemical Stress** (Toxins)
 - Poor diet, nutrient deficiencies, metabolic conditions, toxicity issues, excessive medications



Iatrogenic Injuries

- ▣ Of or pertaining to illness caused by medical examination or treatment.
- ▣ Conservative estimates are 100,000 die each year from proper use of medications (Journal of the American Medical Association)
- ▣ 16,500 die from the use of NSAID each year (New England Journal of Medicine)

Nutrient and Whole Food Deficiencies

- ▣ Only 12% of American adults and 9% of high school student get 5 servings of fruits and vegetables
- ▣ 5 is a pretty low recommendation, many experts are recommending as high as 14 servings

America's Health Trend

- ▣ Top leading causes of death in USA
 - HD, cancer, stroke, COPD, accidents, and diabetes
 - 5 are diet, nutrition, and lifestyle associated
- ▣ WE NEED A HEALTH REVOLUTION!

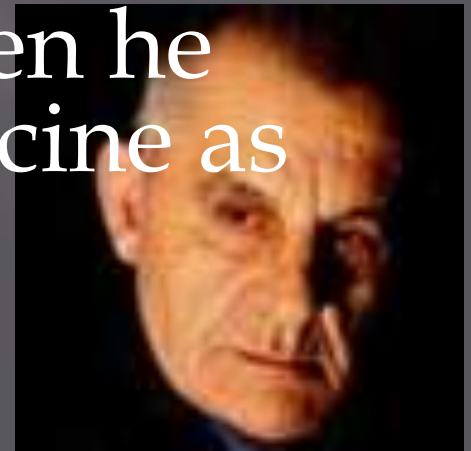
The traditional approach isn't working

- ▣ From the federal Office of Alternative Medicine
“while the dominate system of health care in the United States - - often called conventional medicine - - is extremely effective in treating infectious disease and traumatic injuries, it is often ill equipped to handle complex, multifaceted conditions. One reason is that over the years, conventional medicine has increasingly emphasized finding a single magic bullet solution for each condition or disease it confronts. The reality is that many chronic conditions are not amenable to such one-dimensional solutions. Rather, such complex conditions require equally multi-faceted treatment approaches.”

Disease and Sickness: The New Norm



- ▣ Tom: “My doc put me on Lipitor.”
- ▣ Bill: “Oh, yes, I’m on that one but because of my diabetes my doc also has me on Glucophage.”
- ▣ Tom : “My doc said I was border line in that area too. He wants to test me in 6 months and then he might put me on that medicine as well.”



The Law of 75%



Murray Natural Health & Chiropractic

March 24 at 12:04 PM · 🌐



Ok, sorry for another post but we couldn't help it here. 90% of type II diabetes is preventable. -Harvard School of Public Health. Lets get on this America!



HSPH.HARVARD.EDU

Simple Steps to Preventing Diabetes

Table of Contents Introduction What Is Type 2 Diabetes? Type 2 Diabete...



Murray Natural Health & Chiropractic

March 24 at 9:24 AM · 🌐

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We have had so many patients, including two in the last two weeks, who have brought fasting blood sugars from over 300 to under 150 within a few short weeks (without starving). So many patients have brought their blood sugars under complete control without medication. For a great deal of individuals, diabetes is reversible. However, intervention must be done as early as possible. It is inspiring to see what our bodies are able to do when we give them what they need, and take away what they do not. Why is your body not functioning properly. Get to the root cause and unlock your body's innate ability to heal, repair, and self-regulate.



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PERSONNELTODAY.COM

Study suggests type 2 diabetes is "reversible" with weight loss
- Personnel Today

**UP TO 80% OF STROKES
ARE PREVENTABLE!
AMERICAN STROKE
ASSOCIATION**

CDC: 200,000 heart disease deaths could be prevented each year

BY RYAN JACOW

SEPTEMBER 9, 2012 / 4:36 PM / CDC NEWS



True Cancer Prevention

- ▣ 80% of lung cancer preventable. (CDC)
- ▣ Almost 50% of cancers directly related to modifiable risk factors like, diet, obesity, smoking, exercise, etc. (American Cancer Society, www.cancer.org)
- ▣ Only 5–10% of all cancer cases can be attributed to genetic defects, whereas the remaining 90–95% have their roots in the environment and lifestyle. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>)
- ▣ 50-90% of Cancers Preventable

The Law of 75%

Around 75% of diabetes is preventable

Around 75% of stroke is preventable

Around 75% of coronary artery disease is preventable

Around 75% of cancer is preventable

Aggressive Prevention:

**Taking A
Comprehensive/Science Based
Approach To Natural Health**

**Providing The Most Optimum
Environment So The Body Can
Heal, Repair, and Self-regulate As
It Was Designed**



*"These tests are completely unnecessary.
I just want to see how your insurance reacts."*

30 YOF Patient With General
Achy Pain In Multiple Joints,
Fatigue, Difficulty
Breathing/Exertional Dyspnea,
Weight Gain Concerns
Diabetic
Hypertensive





Test Description	Current Rating 01/25/2019		Prior	Delta	Healthy		Clinical		Units
Glucose	346.00	Very High			80.00 -	95.00	85.00 -	99.00	mg/dL
Hemoglobin A1C (Gly-High)	10.40	Very High			4.80 -	5.60	4.50 -	6.40	%
Uric Acid	4.30	Low			4.50 -	7.50	3.70 -	8.60	mg/dL
BUN (Blood Urea Nitrogen)	10.00	=			8.00 -	16.00	6.00 -	20.00	mg/dL
Creatinine	0.58	Very Low			0.33 -	1.30	0.78 -	1.27	mg/dL
GFR Est.	121.00	=			88.00 -	145.00	45.00 -	150.00	mln/1.73
BUN/Creatinine Ratio	17.00	High			12.00 -	17.00	8.00 -	19.00	ratio
Sodium	134.00	Low			139.00 -	143.00	134.00 -	144.00	mmol/L
Potassium	4.20	=			3.80 -	4.90	3.50 -	5.20	mmol/L
Chloride	99.00	Low			102.00 -	105.00	97.00 -	106.00	mmol/L
Magnesium	1.60	Low			1.90 -	2.20	1.60 -	2.30	mg/dL
Calcium	9.30	Low			9.51 -	10.00	8.70 -	10.20	mg/dL
Calcium/Albumin Ratio	2.11	=			2.10 -	2.50	2.03 -	2.71	ratio
Phosphorus	3.70	=			3.40 -	4.00	2.50 -	4.50	mg/dL
Total Protein	7.50	=			7.10 -	7.81	6.00 -	8.50	g/dL
Albumin	4.40	=			4.10 -	4.50	3.50 -	5.50	g/dL
Globulin	3.10	=			2.80 -	3.31	1.50 -	4.50	g/dL
A/G Ratio	1.40	=			1.20 -	1.60	1.10 -	2.50	ratio
Total Bilirubin	0.50	=			0.30 -	0.90	0.00 -	1.20	mg/dL
Alk. Phosphatase	85.00	=			64.74 -	91.26	39.00 -	117.00	IU/L
Creative Kinase	117.00	=			32.00 -	137.00	24.00 -	254.00	U/L
LDH	152.00	Low			135.00 -	180.00	121.00 -	224.00	IU/L
SGOT (AST)	22.00	=			10.00 -	36.00	0.00 -	40.00	IU/L
SGPT (ALT)	24.00	High			8.00 -	20.00	0.00 -	45.00	IU/L
GGT (a-GTP)	33.00	=			10.00 -	39.00	0.00 -	65.00	IU/L
Serum Iron	101.00	=			81.00 -	126.00	38.00 -	169.00	ug/dL
Ferritin	163.00	=			162.00 -	276.00	30.00 -	400.00	ng/mL
Total Cholesterol	212.00	High			150.00 -	180.00	100.00 -	199.00	mg/dL
Triglyceride	1,217.00	Very High			90.00 -	125.00	0.00 -	149.00	mg/dL
HDL Cholesterol	20.00	Very Low			50.00 -	150.00	40.00 -	200.00	mg/dL
Total Cholesterol/HDL Ratio	10.60	Very High			0.00 -	4.00	0.00 -	5.00	ratio
Triglyceride/HDL Ratio	60.85	Very High			0.00 -	2.00	0.00 -	4.00	ratio
TSH	2.58	=			0.50 -	3.50	0.45 -	4.50	uIU/mL
T4 Thyroxine	9.90	High			7.10 -	9.00	4.50 -	12.00	ug/dL
T3 Uptake	33.00	=			29.00 -	35.00	34.00 -	35.00	%
T2 (Free T4 Index) (FTI)	3.30	=			2.81 -	3.80	1.20 -	4.90	
T4 Free (Direct) Thyroxine	1.76	High			1.00 -	1.90	0.82 -	1.77	ng/dL
T3 Free (Triiodothyronine)	3.20	=			2.80 -	3.80	2.00 -	4.40	pg/mL
Thyroid Peroxidase (TPO) Ab (Antibodies)	321.00	Very High			0.00 -	9.00	0.00 -	34.00	IU/mL
Thyroglobulin AB (Antibody)	325.40	Very High			0.00 -	1.01	0.00 -	1.10	IU/mL
Reverse T3	23.70	High			13.20 -	20.30	9.20 -	24.10	pg/mL
CRP C-Reactive Protein	7.06	High			0.00 -	1.50	0.00 -	4.50	mg/L
White Blood Count	7.20	=			5.70 -	8.50	3.40 -	10.80	thous/mm
Red Blood Count	4.92	=			4.54 -	5.40	4.14 -	5.80	mill/mm
Hemoglobin	14.70	=			14.88 -	16.35	13.00 -	17.70	g/dL
Hematocrit	43.40	=			42.00 -	47.50	37.50 -	51.00	%
MCV	88.00	=			84.00 -	92.00	79.00 -	97.00	fL
MCH	29.90	=			28.60 -	31.00	26.60 -	33.00	pg
MCHC	33.90	=			30.20 -	34.50	31.50 -	36.70	g/dL
RDW	12.80	Low			13.30 -	14.40	12.30 -	15.40	%
Platelets	256.00	=			255.00 -	319.00	80.00 -	379.00	thous/mm
Polys/Neutrophils (SEGS-PMN%)	46.00	Low			51.00 -	63.00	40.00 -	74.00	%
Lymphocytes	38.00	High			24.00 -	36.00	14.00 -	46.00	%
Monocytes	4.00	Low			5.00 -	7.00	4.00 -	13.00	%

Test Description	Current Rating 01/25/2019	Prior	Delta	Healthy	Clinical	Units
Eosinophils	10.00 Very High			0.00 - 5.50	0.00 - 5.00	%
Basophils	2.00 High			0.00 - 2.00	0.00 - 3.00	%
Neutrophils/Polys (Absolute)	3.40 +			2.90 - 5.50	1.40 - 7.00	x10E9/L
Lymphs (Absolute)	2.70 High			1.20 - 2.60	0.70 - 3.10	x10E9/L
Monocytes (Absolute)	0.30 Low			0.30 - 0.65	0.50 - 0.90	x10E9/L
Eosinophils (Absolute)	0.70 Very High			0.00 - 0.20	0.00 - 0.40	x10E9/L
Basophils (Absolute)	0.10 +			0.00 - 0.10	0.00 - 0.20	x10E9/L
ESR-Erythrocyte Sed Rate, Westergren	15.00 High			0.00 - 10.00	0.00 - 15.00	mm/hr
Vitamin D-25-Hydroxy (total)	5.60 Very Low			50.00 - 90.00	30.00 - 100.00	ng/mL
Homocysteine	9.90 +			0.00 - 10.00	0.00 - 15.00	umol/L
Insulin, Total (Fasting)	21.50 High			5.60 - 18.90	2.90 - 24.90	uU/mL
Vitamin B12	477.00 Low			566.00 - 911.00	232.00 - 1,245.00	pg/mL

Protocol

Berberine, Vitamin D, DHEA,
Chromium, Omega 3 oils



Eliminated Gluten and Dairy



Moderate Exercise, 4 to 5 days a week



Stopped taking medication two
months prior to retest

Legend: Warning High Risk Critical Optimal Improvement Worse No Improvement									
Test Description	Current Rating 05/03/2018		Prior 01/05/2018	Delta	Healthy		Clinical		Units
Glucose	107.00	High	98.00	⬆️	80.00 - 95.00	85.00 - 90.00	85.00 - 90.00	85.00	mg/dL
Hemoglobin A1C (Gly-Hgb)	6.00	High	10.40	⬆️	4.80 - 5.61	4.50 - 6.41	4.50 - 6.41		%
Urea Acid	3.20	Low	4.30	⬆️	4.00 - 7.50	3.70 - 8.80	3.70 - 8.80		mg/dL
BUN (Blood Urea Nitrogen)	12.00	+	10.00		8.00 - 16.00	6.00 - 20.00	6.00 - 20.00		mg/dL
Creatinine	0.83	Low	0.59	⬆️	0.93 - 1.10	0.76 - 1.27	0.76 - 1.27		mg/dL
GFR Est.	118.00	+	121.00		89.00 - 145.00	45.00 - 150.00	45.00 - 150.00	ml/min/1.73	
BUN/Creatinine Ratio	15.00	High	17.00	⬆️	12.00 - 17.00	8.80 - 19.00	8.80 - 19.00		ratio
Sodium	141.00	+	136.00	⬆️	136.00 - 143.00	134.00 - 144.00	134.00 - 144.00		mmol/L
Potassium	4.40	+	4.30		3.80 - 4.50	3.50 - 5.20	3.50 - 5.20		mmol/L
Chloride	107.00	High	99.00	⬆️	102.00 - 105.00	97.00 - 106.00	97.00 - 106.00		mmol/L
Magnesium	1.90	+	1.80	⬆️	1.90 - 2.29	1.80 - 2.30	1.80 - 2.30		mg/dL
Calcium	9.40	Low	9.30	⬆️	9.81 - 10.00	8.70 - 10.20	8.70 - 10.20		mg/dL
Calcium/Albumin Ratio	2.14	+	2.11		2.50 - 2.59	2.09 - 2.71	2.09 - 2.71		ratio
Phosphorus	4.30	High	3.70	⬆️	3.40 - 4.50	2.50 - 4.50	2.50 - 4.50		mg/dL
Total Protein	7.20	+	7.50		7.30 - 7.81	6.00 - 8.50	6.00 - 8.50		g/dL
Albumin	4.40	+	4.40		4.10 - 4.50	3.50 - 5.50	3.50 - 5.50		g/dL
Globulin	2.80	+	3.10		3.20 - 3.31	1.50 - 4.50	1.50 - 4.50		g/dL
A/G Ratio	1.60	+	1.40		1.20 - 1.60	1.10 - 2.50	1.10 - 2.50		ratio
Total Bilirubin	0.50	+	0.50		0.30 - 0.89	0.30 - 1.20	0.30 - 1.20		mg/dL
As. Phosphatase	87.00	+	85.00		64.74 - 91.26	39.00 - 117.00	39.00 - 117.00		IU/L
Creatine Kinase	105.00	+	117.00		32.00 - 137.00	24.00 - 204.00	24.00 - 204.00		U/L
LDH	137.00	Low	152.00	⬆️	105.00 - 190.00	121.00 - 224.00	121.00 - 224.00		IU/L
SGOT (AST)	10.00	+	22.00		10.00 - 26.00	0.00 - 40.00	0.00 - 40.00		IU/L
SGPT (ALT)	11.00	+	24.00	⬆️	8.00 - 30.00	0.00 - 45.00	0.00 - 45.00		IU/L
GGT (γ-GTP)	10.00	+	33.00		10.00 - 39.00	0.00 - 66.00	0.00 - 66.00		IU/L
Serum Iron	98.00	Low	101.00	⬆️	81.00 - 126.00	38.00 - 160.00	38.00 - 160.00		ug/dL
Ferritin	108.00	Low	163.00	⬆️	152.00 - 275.00	30.00 - 400.00	30.00 - 400.00		ng/mL
Total Cholesterol	170.00	+	212.00	⬆️	150.00 - 180.00	100.00 - 199.00	100.00 - 199.00		mg/dL
Triglyceride	158.00	+	1217.00	⬆️	50.00 - 150.00	0.00 - 200.00	0.00 - 200.00		mg/dL
HDL Cholesterol	28.00	Low	20.00	⬆️	50.00 - 150.00	40.00 - 200.00	40.00 - 200.00		mg/dL
VLDL Cholesterol	28.00	High			8.00 - 20.00	0.00 - 40.00	0.00 - 40.00		mg/dL
LDL Cholesterol	116.00	High			50.00 - 75.00	0.00 - 80.00	0.00 - 80.00		mg/dL
Total Cholesterol / HDL Ratio	6.50	High	10.60	⬆️	0.00 - 4.00	0.00 - 5.00	0.00 - 5.00		ratio
Triglyceride/HDL Ratio	5.31	High	60.85	⬆️	0.00 - 2.00	0.00 - 4.00	0.00 - 4.00		ratio
TSH	4.26	High	2.58	⬆️	0.50 - 3.50	0.45 - 4.50	0.45 - 4.50		uIU/mL
T4 Thyroxine	9.00	High	9.90	⬆️	7.10 - 9.00	4.50 - 12.00	4.50 - 12.00		ug/dL
T3 Uptake	34.00	+	33.00		29.00 - 35.00	24.00 - 39.00	24.00 - 39.00		%
T7 (Free T4 Index) (FTI)	3.10	+	3.30		2.81 - 3.60	1.30 - 4.90	1.30 - 4.90		%
T4 Free (Direct) Thyroxine			1.76		1.00 - 1.60	0.82 - 1.77	0.82 - 1.77		ng/dL
T3 Free (Total)Thyroxine			3.30		2.60 - 3.60	2.00 - 4.40	2.00 - 4.40		pg/mL
Thyroid Peroxidase (TPO) Ab (Antibodies)			321.00		0.00 - 9.00	0.00 - 34.00	0.00 - 34.00		IU/mL
Thyroglobulin Ab (Antibody)			523.40		0.00 - 1.01	0.00 - 1.10	0.00 - 1.10		IU/mL
Reverse T3			23.70		13.20 - 20.10	9.20 - 24.10	9.20 - 24.10		pg/mL
CRP C-Reactive Protein	3.90	High	7.30	⬆️	0.00 - 1.50	0.00 - 4.90	0.00 - 4.90		mg/L
White Blood Count	7.10	+	7.20		5.70 - 9.30	3.40 - 10.80	3.40 - 10.80		k/cu/mm
Red Blood Count	4.49	Low	4.92	⬆️	4.54 - 5.43	4.14 - 5.80	4.14 - 5.80		m/cu/mm
Hemoglobin	13.10	Low	14.70	⬆️	14.50 - 16.15	13.00 - 17.70	13.00 - 17.70		g/dL
Hematocrit	40.30	Low	43.40	⬆️	42.00 - 47.50	37.50 - 51.00	37.50 - 51.00		%
MCV	90.00	+	89.00		84.00 - 92.00	79.00 - 97.00	79.00 - 97.00		fL
MCH	29.30	+	29.90		28.60 - 31.00	26.80 - 33.00	26.80 - 33.00		pg
MCHC	32.50	Low	33.90	⬆️	33.20 - 34.50	31.50 - 36.70	31.50 - 36.70		g/dL
RDW	12.80	Low	12.80	⬆️	13.30 - 14.40	12.30 - 15.40	12.30 - 15.40		%
Platelets	264.00	+	256.00		250.00 - 350.00	150.00 - 450.00	150.00 - 450.00		x10E3/uL
Polys/Neutrophils (SG/GS-PMNs)	49.00	Low	46.00	⬆️	51.00 - 67.00	40.00 - 74.00	40.00 - 74.00		%

Test Description	Current Rating 05/22/2019		Prior 01/25/2019	Delta	Healthy	Clinical	Units
Lymphocytes	41.00	high	38.00	↑	24.00 - 36.00	14.00 - 46.00	%
Monocytes	5.00	*	4.08	↑	5.00 - 7.00	4.00 - 13.00	%
Eosinophils	4.00	high	10.00	↓	0.00 - 3.60	0.00 - 6.00	%
Basophils	1.00	*	2.00	↓	0.00 - 2.00	0.00 - 3.00	%
Neutrophils/Polys (Absolute)	3.60	*	3.40		2.90 - 5.50	1.40 - 7.00	x10E ⁹ /L
Lymphs (Absolute)	2.90	high	2.70	↑	1.20 - 2.60	0.70 - 3.10	x10E ⁹ /L
Monocytes (Absolute)	0.30	low	0.30	0	0.30 - 0.65	0.10 - 0.90	x10E ⁹ /L
Eosinophils (Absolute)	0.30	high	0.70	↓	0.00 - 0.20	0.00 - 0.40	x10E ⁹ /L
Basophils (Absolute)	0.10	*	0.10		0.00 - 0.10	0.00 - 0.20	x10E ⁹ /L
ESR-Erythrocyte Sed Rate, Westergren	14.00	high	15.00	↓	0.00 - 10.00	0.00 - 15.00	mm/hr
Vitamin D 25-Hydroxy (total)	49.50	low	5.60	↑	50.00 - 90.00	30.00 - 100.00	ng/mL
Homocysteine			9.90		0.00 - 10.00	0.00 - 15.00	umol/L
Insulin, Total (Fasting)			21.50		8.60 - 18.90	2.60 - 24.90	uU/mL
Vitamin B12			477.00		566.00 - 911.00	232.00 - 1,245.00	pg/mL

30 YOF Patient With General Achy Pain In
Multiple Joints, Fatigue, Difficulty
Breathing/Exertional Dyspnea, Weight
Gain Concerns

**SO MAY GOOD THINGS CAN BE DONE BY
GETTING TO ROOT CAUSES OF
CONDITIONS**

- ▣ Diabetes reversed
- ▣ Blood pressure normal
- ▣ Dyspnea with activity normalized
- ▣ Systemic achy muscles and joints pain gone



▣ Our ultimate goal shouldn't be to ONLY look good in the mirror.

▣ Our goal should be to obtain and maintain optimal health so we can serve more, love more, and ultimately live out our purpose. **BE THE BEST CARE GIVER WE CAN BE.**

Basic Plan For Optimizing Health: Tip #1

▣ Eat for three

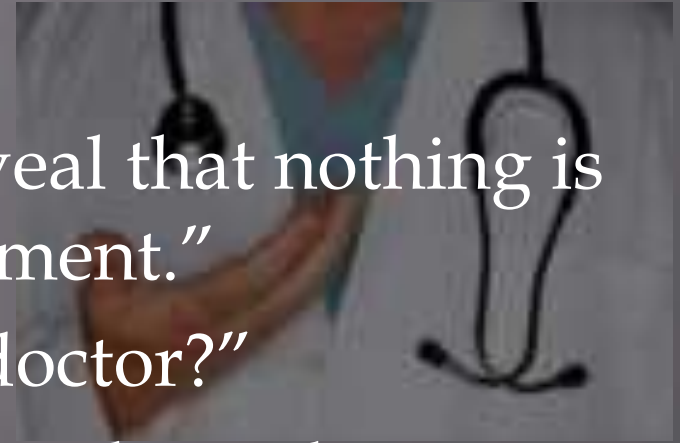
- God
- Family
- Ourselves



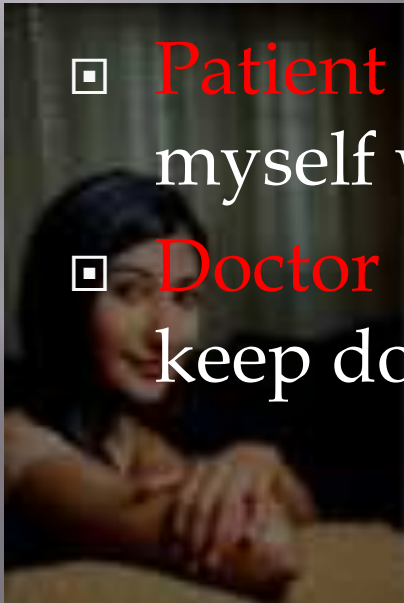
Male patient: Diabetic, main complaint was decreased sexual function, testosterone low, estrogen high

Test Description	Current Rating 05/19/2010		Prior 05/04/2009	Delta	Healthy	Clinical	Units
Glucose	154.00	High	181.00	⊖	90.00 - 96.00	65.00 - 99.00	mg/dL
Hemoglobin A1C (Gly-Hgt)	7.80	High	8.30	⊖	5.00 - 5.50	4.80 - 5.60	%
GGT	21.00	low	22.00	⊖	22.00 - 39.00	8.00 - 65.00	mu/mL
Serum Iron	110.00	+	170.00	⊖	95.00 - 120.00	40.00 - 155.00	mcg/dL
Ferritin	461.00	High	550.00	⊖	65.00 - 300.00	30.00 - 400.00	NG/ML
Total Cholesterol	233.00	High	276.00	⊖	140.00 - 170.00	100.00 - 199.00	mg/dL
Triglyceride	139.00	high	170.00	⊖	80.00 - 115.00	10.00 - 149.00	mg/dL
HDL Cholesterol	46.00	+	45.00		39.00 - 120.00	36.00 - 140.00	mg/dL
VLDL Cholesterol	28.00	high	34.00	⊖	5.00 - 20.00	4.00 - 40.00	mg/dL
LDL Cholesterol	159.00	High	197.00	⊖	50.00 - 75.00	6.00 - 99.00	mg/dL
Total Cholesterol / HDL Ratio	5.10	High	6.10	⊖	0.00 - 4.00	0.00 - 5.00	ratio
Triglyceride/HDL Ratio	3.02	high	3.78	⊖	0.00 - 2.00	0.00 - 4.00	ratio

Blood sugar improved, cholesterol improved, ferritin improved and Sexual Function Improved. Exercise is so important!!



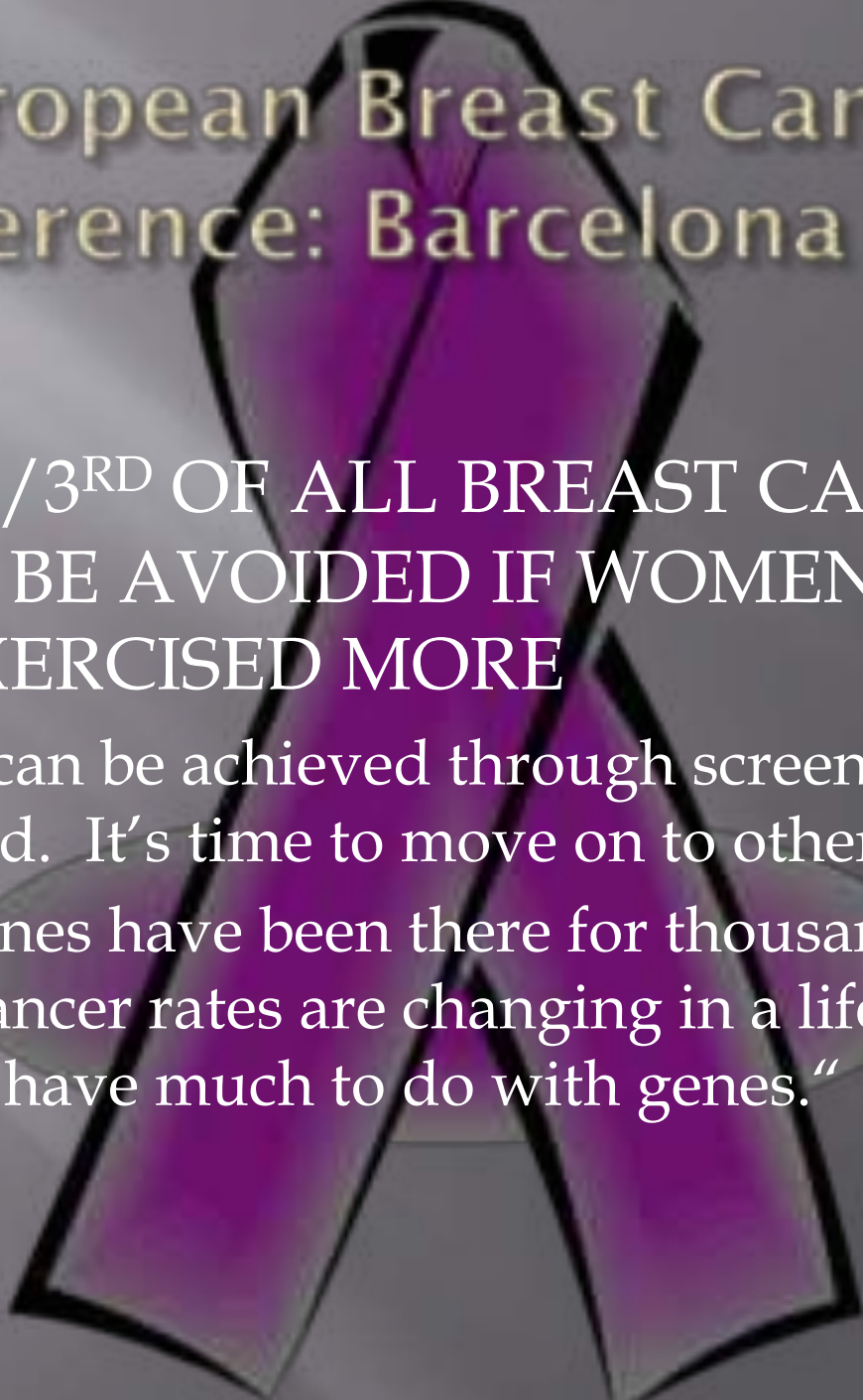
- ▣ **Doctor** “Your blood tests reveal that nothing is bad enough yet to need treatment.”
- ▣ **Patient** “What do I do now doctor?”
- ▣ **Doctor** “Just do what you have been doing. Come back later and we’ll draw your blood and see if it bad enough for treatment.”



- ▣ **Patient** “Is there anything I can do to help get myself well?”
- ▣ **Doctor** “No. Just take a multi-vitamin and keep doing what you’re doing.”

- 
- A person is sitting outdoors, wearing a yellow tank top and grey shorts. The background is slightly blurred, showing greenery and a fence. Overlaid on the image is text in a white serif font. The text consists of two bullet points. The first bullet point is a square symbol followed by the text 'Obesity causes more than 100,000 cases of cancer in the United States each year -- and the number will likely rise as Americans get fatter.' The second bullet point is a square symbol followed by the text 'American Institute for Cancer Research'.
- ▣ Obesity causes more than 100,000 cases of cancer in the United States each year -- and the number will likely rise as Americans get fatter.
 - American Institute for Cancer Research

European Breast Cancer Conference: Barcelona Spain



- ▣ UP TO 1/3RD OF ALL BREAST CANCERS COULD BE AVOIDED IF WOMEN ATE LESS AND EXERCISED MORE
 - “What can be achieved through screening has been achieved. It’s time to move on to other things.”
 - "The genes have been there for thousands of years, but if cancer rates are changing in a lifetime, that doesn't have much to do with genes.”

No Cancer In Mummies

- ▣ Archeologically, cancers are a rarity
- ▣ 'The virtual absence of malignancies in mummies must be interpreted as indicating their rarity in antiquity, indicating that cancer-causing factors are limited to societies affected by modern industrialization.'
- Professor Michael Zimmerman at Manchester University

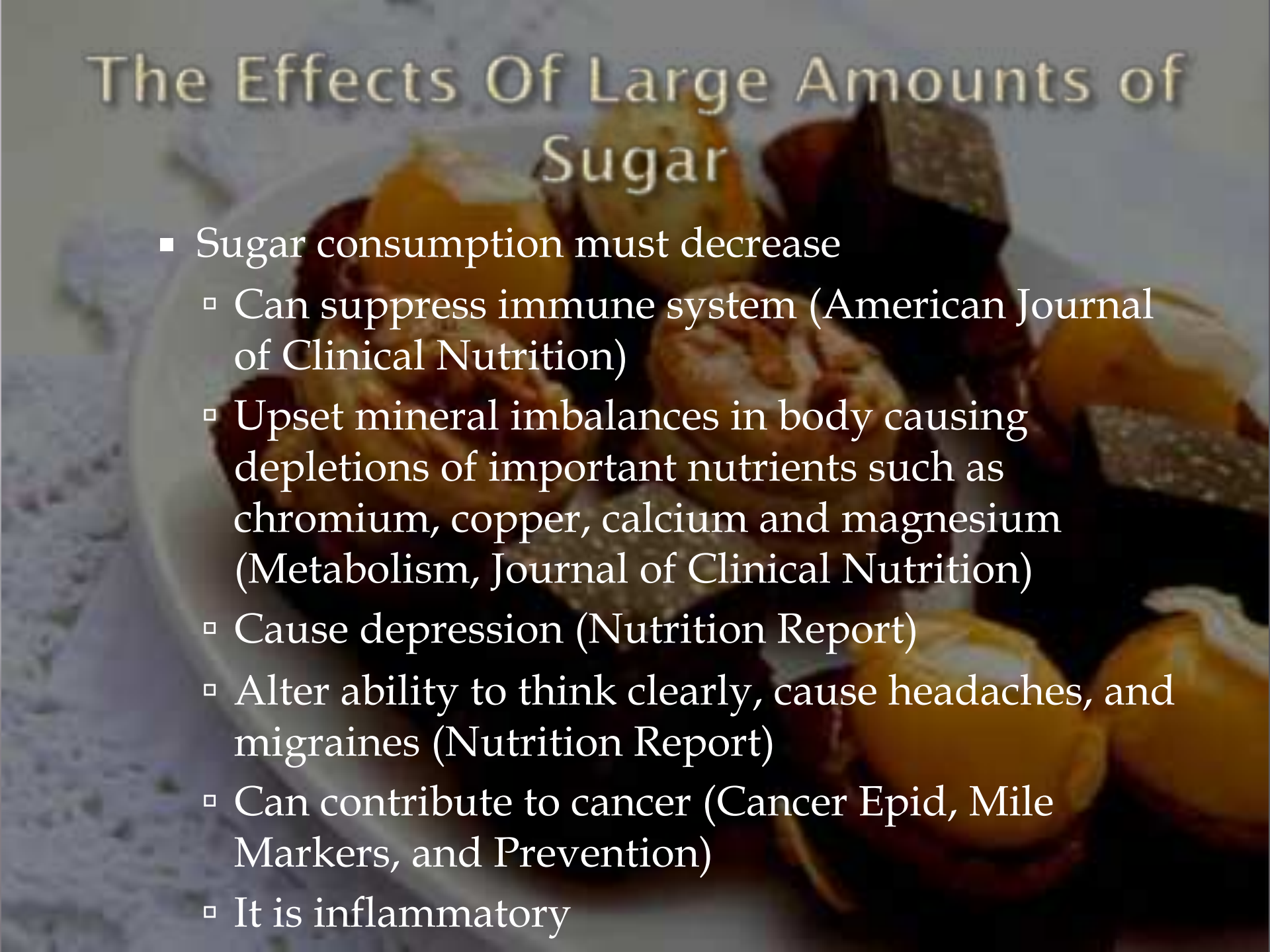
Diet

- ▣ WHO recognizes that around 80% of cancers have factors in the environment
- ▣ National Academy of Sciences, around 90% of cancers are caused by carcinogenic substance
- ▣ NCI , 60% of female cancer and 40% of male cancer is diet related
- ▣ American Stroke Association estimates that up to 80% of all strokes are preventable



"You should have come to me sooner."

The Effects Of Large Amounts of Sugar



- Sugar consumption must decrease
 - Can suppress immune system (American Journal of Clinical Nutrition)
 - Upset mineral imbalances in body causing depletions of important nutrients such as chromium, copper, calcium and magnesium (Metabolism, Journal of Clinical Nutrition)
 - Cause depression (Nutrition Report)
 - Alter ability to think clearly, cause headaches, and migraines (Nutrition Report)
 - Can contribute to cancer (Cancer Epid, Mile Markers, and Prevention)
 - It is inflammatory

YOU
DON'T USE
CHEMICALS,
DO YOU?

FARMER'S MARKET

VEGETABLES

Hayes

American Dietetics Association

- ▣ “Usual eating patterns of Americans suggest that **our diets are frequently inadequate in terms of meeting dietary recommendations for promoting optimal health.** Although it is the cornerstone of dietetic care, efforts to optimize health through improved dietary selections may not always be sufficient. In addition, for select nutrients, daily requirements may necessitate energy intake above recommended levels to control body weight or intake of food items not acceptable or tolerated by individuals. **In these instances, dietary supplementation may be essential to ensure optimal health.**”

THE POINT IS IF YOU CARE FOR YOUR BODY IT WILL TAKE CARE OF YOU AND OTHERS

- ▣ "I was diagnosed with Ulcerated Colitis by my family doctor after a colonoscopy. He referred me to a specialist who started me on Balsalazide medication. After a year of being on it and also sometimes on Prednisone when I had 'flare ups' my condition wasn't improving. My specialist felt it would be best to start me on Humira shots which I really didn't want to do, especially with all the bad side effects that was possible with taking this drug. I decided to turn to a more natural way of dealing with my condition and went and saw Dr Murray. He did a more thorough exam by having a blood, urine and stool analysis completed, something that I haven't had done before or even recommended to have done. I was finally being evaluated as an individual for my condition instead of going through the standard steps of my disease. Through these tests he found what my body was lacking in and what I could do to improve on my health. He prescribed several different types of vitamins and supplements for the next 3 months to take and during this time my symptoms improved, my health improved, I didn't have my usual daily bloody stools or side aches, in fact I haven't had any blood in my stools for weeks! My second blood analysis showed improvements in my body's chemistry, I am so relieved that not only is my Ulcerated Colitis doing much better but so is my overall health! I will continue to see Dr Murray for follow-ups and work more on improving my health with him. I can't thank him and his team members enough!!"

Basic Plan For Optimizing Health: Tip #2

▣ Eat Foods By God Not Foods By Man!



Putting man made foods in our bodies is like putting diesel in a vehicle designed for unleaded.



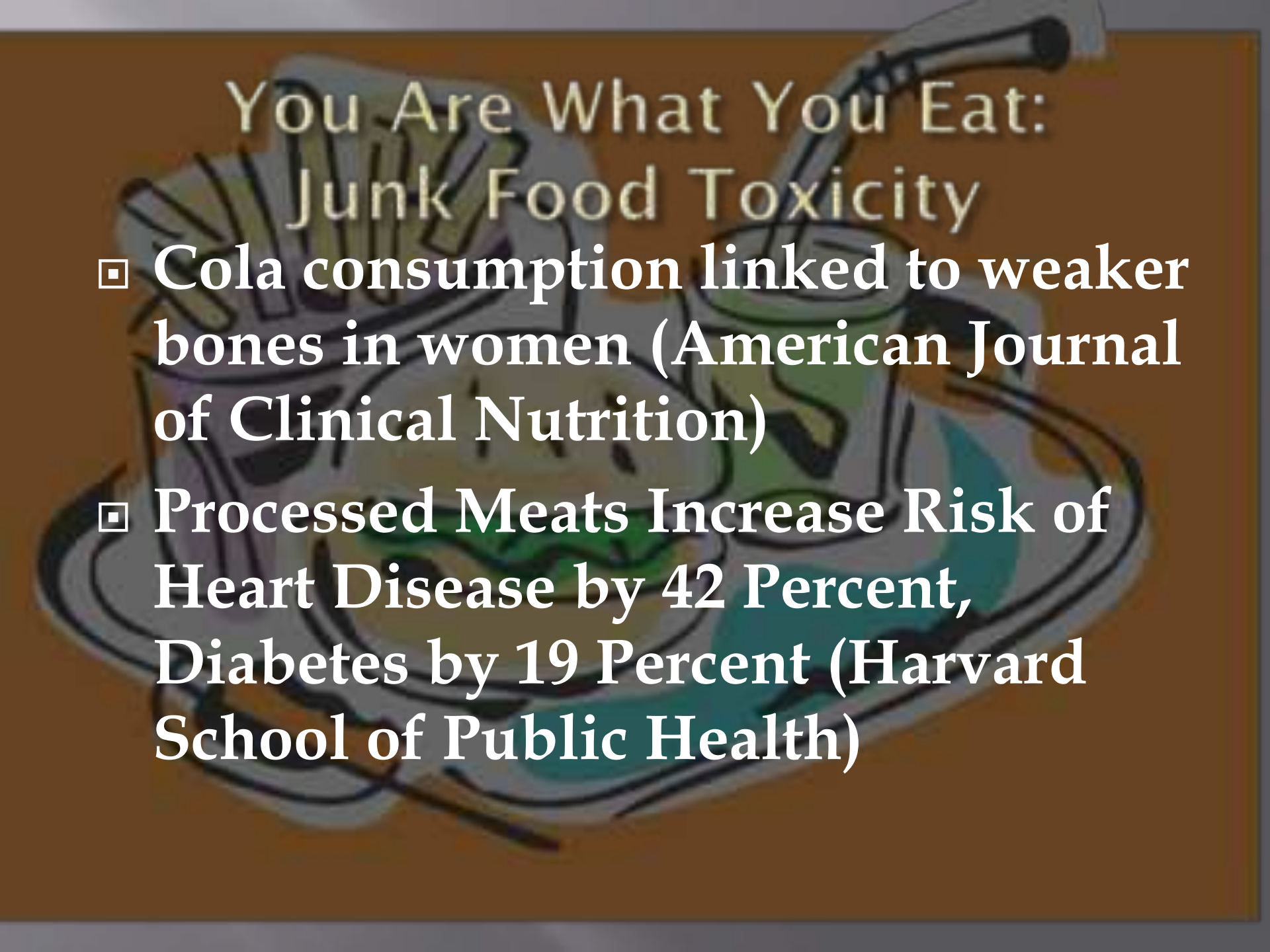


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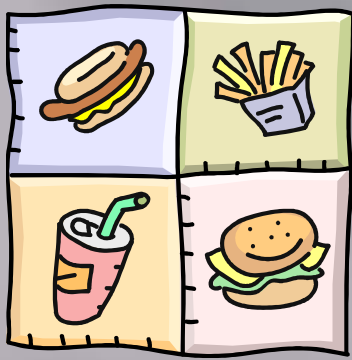
Rodriguez

Using the "Freedom of Information Act,"
Charlie is sent a list of things they put in
hot dogs.



You Are What You Eat: Junk Food Toxicity

- ▣ Cola consumption linked to weaker bones in women (American Journal of Clinical Nutrition)
- ▣ Processed Meats Increase Risk of Heart Disease by 42 Percent, Diabetes by 19 Percent (Harvard School of Public Health)



- Kids who ate 12 hot dogs or more a month increased childhood leukemia 9.5 times (University of North Carolina at Chapel Hill)
- High fructose corn syrup and refined sugar
 - Increased diabetes risk, increased inflammatory problems



Artificial Colors

- There were **80 colors** and dyes used in the early 1900s. One by one they have slowly been banned because of adverse reactions.
- Today, there are **only nine colors** approved by the Food and Drug Administration.
- Lakes: dyes which have been mixed with alumina hydrate (a natural or synthetic oxide of **aluminum**) to make them soluble.
- Many are petroleum based [coal tar derived]
 - High content of **mercury, arsenic, fluoride and lead** which are found in coal derivatives
 - **FDA announced in March, 2010 they would be studying artificial colors for their potentially causing hyperactivity**

Basic Plan For Diet

Non-Food items/Food By Man

- Preservatives
- Colors
- Flavor enhancers
- Highly refined foods



Foods by God

- -Fruits, Vegetables, and lean sources of meat

Supplement according to needs



Vitamin D and high blood pressure

- ▣ Study presented at the American Heart Association's High Blood Pressure Research Conference in Chicago
 - During the study the incidence of high blood pressure was three times higher for women who had vitamin D deficiency at the study's start.



Omega 3 supplement targets bowel cancer risk (BMJ-Gut)

Polyp size and number decreased in those who took omega 3 supplements.

All patients had genetic pre-disposition for polyps.

Patients taking Celebrex had reduced numbers as well, but has obvious cardiovascular concerns.

Any polyp is considered pre-cancerous

Magnesium

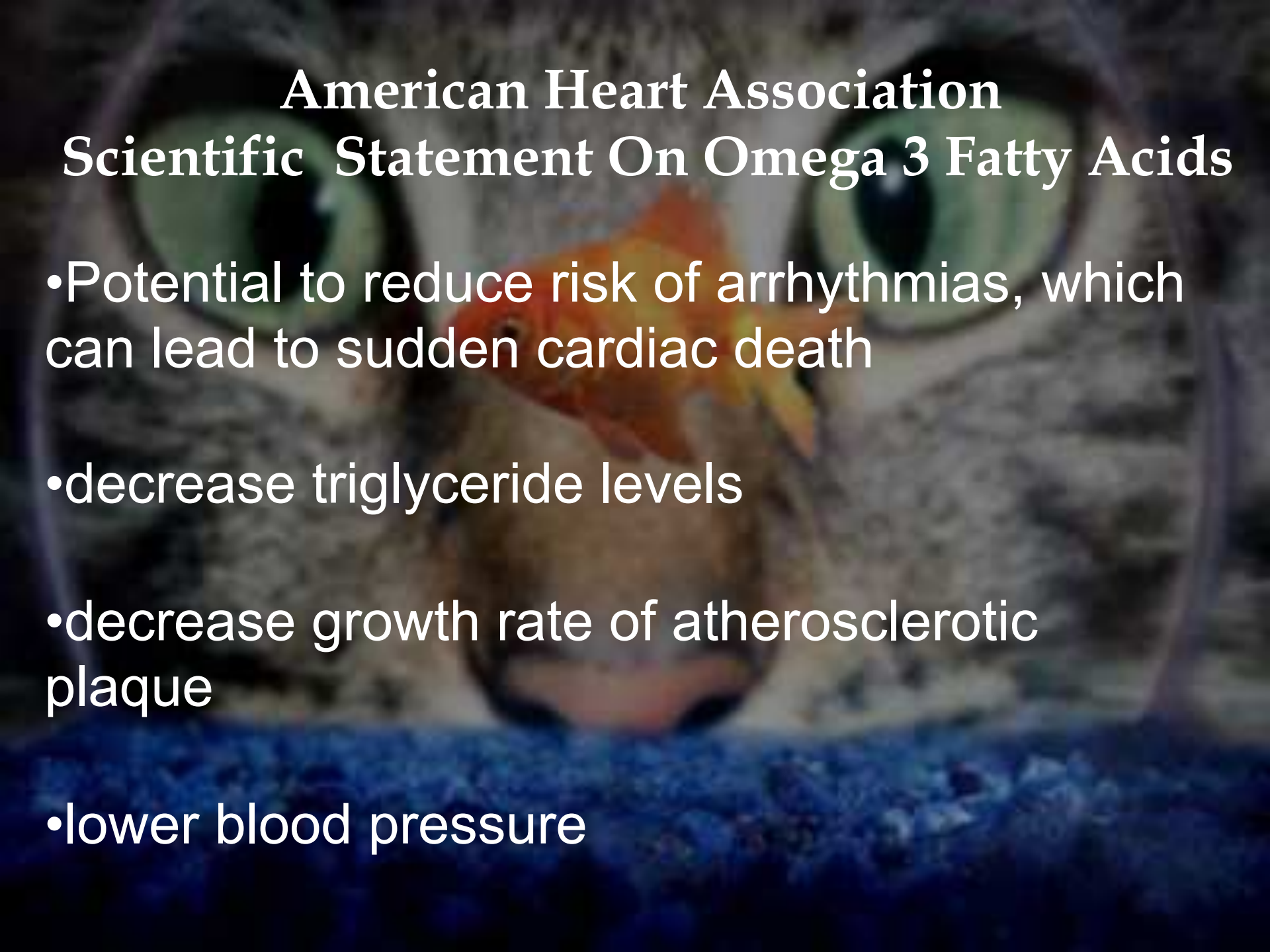
- ▣ *American Journal of Epidemiology*
- ▣ *Studied 14,000 men and women*
- ▣ “increasing levels of the mineral could decrease the risk of ischemic stroke”
- ▣ A meta-analysis of prospective cohort studies by researchers at Stockholm's Karolinska Institute, reported that for every 100 milligram increase in magnesium intake, the risk of developing type-2 diabetes decreased by 15 per cent.

Omega 3 EPA/DHA reduces risk of prostate cancer

Clinical Cancer Research

Diets high in EPA/DHA
decrease risk of prostate cancer

This was most apparent in those
who have a genetic tendency



American Heart Association Scientific Statement On Omega 3 Fatty Acids

- Potential to reduce risk of arrhythmias, which can lead to sudden cardiac death
- decrease triglyceride levels
- decrease growth rate of atherosclerotic plaque
- lower blood pressure

Vitamin D Deficiency Associated With Increased Blood Pressure

American Heart Association's 63rd High Blood Pressure
Research Conference. 2009

- Women who have vitamin D deficiency in the premenopausal years are at three times increased risk of developing high blood pressure in mid-life.
- Hypertension rose from 6 percent to 25 percent over 15 years in this study population of women average age 38.

Lack Of Vitamin D May Increase Heart Disease Risk

Circulation: Journal of the American Heart Association, 2009.

- “Vitamin D deficiency is associated with increased cardiovascular risk, above and beyond established cardiovascular risk factors,”
- Researchers found those with blood levels of vitamin D below 15 ng/ml had twice the cardiovascular disease



"You're a quart low on fish oil."



"That's not quite the stool sample we had in mind, Mr. O'Donnell."

Local Study

- ▣ Tested approximately 200 patient's vitamin D levels in 2009
 - 80% who were not supplementing were clinically deficient
 - Many were deficient even though they were taking up to 2000 IU
 - This was done during the half of the year with the most sun light



Personal Report, Page 2

April 27, 2010
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402-493-4057
murray@omega-3index.com
Genie Smart Order #DFC0000404Murray

Omega-6 to Omega-3 Ratio = 6.7 to 1



**Your Omega-6 to Omega-3 Ratio is above the desired range of less than 5:1.
Reduce your intake of omega-6 fatty acids and follow the omega-3 recommendations
in your Personal Omega-3 Index Report.**

The Omega-6 to Omega-3 Ratio measures the proportion of omega-6 to omega-3 fatty acids in your blood. The optimal ratio of omega-6 to omega-3 has not been determined and is likely dependent on an individual's genetic makeup and health status. However, studies indicate that a ratio of below 5:1 is desirable and that a ratio of 2:1, like our hunter-gather ancestors, would be approaching ideal. The Genie Smart Program targets a ratio of less than 5:1.

The amount of reduction in omega-6 and increase in omega-3 intake you will need to reduce your Omega-6 to Omega-3 Ratio into the desired range (<5:1) varies. Many factors including age, sex, weight, dietary and genetic factors, smoking, medications you may be taking, other medical conditions, as well as the source and quality of omega-6 and how they are consumed, can all influence your body's response to omega-3 and omega-6 fatty acids in your diet.

There are two ways to reduce your Omega-6 to Omega-3 Ratio: 1) by decreasing the omega-6s in your diet and 2) by following the recommendations in your Personal Omega-3 Index report to increase your omega-3 levels.

To decrease consumption of omega-6s, eat fewer foods that contain high levels of omega-6, and substitute ingredients with alternatives containing less omega-6. The top three sources of omega-6 in the American diet are soybean oil, corn oil, and cottonseed oil. Other omega-6 sources include safflower oil, sunflower oil, and peanut oil as well as salad dressings, cooking oils, margerines and spreads.

Use of soybean and other omega-6 rich oils is prevalent in many fast foods, snacks, processed foods, and fried foods. Read the labels and reduce your consumption of foods that contain high amounts of fats from these sources. And, look for alternatives made with oils containing lower levels of omega-6. These oils include canola oil, flaxseed oil and olive oil.

Choose margerines, salad dressings, and mayonnaises made with canola oil, olive oil, or high polyols such as high-oleic sunflower oil. When preparing food at home, use olive, canola or flaxseed oil for cooking. Use olive oil in salad dressings.

The only way to know how your body will respond to changes in omega-3 and omega-6 consumption is to make dietary changes and measure your Omega-6 to Omega-3 Ratio again. Wait approximately three months before re-testing to provide your body sufficient time to adjust to your dietary changes. Once you have achieved your target Omega-6 to Omega-3 Ratio, we recommend re-testing annually to ensure you stay on track.

The information contained in this report is for informational purposes only, and the advice is intended only to aid and inform. The information is not intended as a substitute for medical counseling or treatment. We encourage you to consult your physician before making any medical program or making significant changes to your diet.



Personal Report

April 25, 2012
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Gene Smart (only FORC000040Murray)

HS-Omega-3 Index® = 5.3%

Your Index



**Your HS-Omega-3 Index is below the desired range of 8% or greater.
Increase your intake of the omega-3 fatty acids, EPA & DHA.**

The HS-Omega-3 Index measures the amount of EPA and DHA omega-3s in red blood cells and is expressed as a percent of total fatty acids. The results of the test are represented by a score that can be used to assess your risk of heart disease, with a score below 4% being undesirable and a score greater than 8% being desirable.

The amount of combined EPA and DHA you will need to consume in order to raise your Omega-3 Index into the desired range varies. Many factors including age, sex, weight, dietary and genetic factors, smoking, medications you may be taking, other medical conditions, as well as the source and quality of omega-3s and how they are consumed, can all influence your body's response to additional EPA and DHA in your diet.

We recommend that you increase your current combined EPA and DHA intake by 300 mg or more per day without exceeding 3,000 mg per day in total. Please note that the FDA recommends total dietary intake of combined EPA and DHA not exceed three grams (3,000 mg) per day, including no more than two grams (2,000 mg) per day from nutritional supplements.

We encourage you to get your omega-3s by eating oily fish. The highest quality is Omega-3 Levels of Fish Oils that with the highest levels. For most, a nutritional supplement is also helpful to achieve the desired levels of EPA and DHA. The Gene Smart™ Omega-3 Supplement, available at www.genesmart.com, contains 1,300 mg of EPA + DHA in a 2-soft gel serving and can help you maintain your Omega-3 Index with just a couple of soft gels a day. Be sure to take your omega-3 supplements with meals to aid their digestion and availability to your body.

Do not substitute the omega-3 from flaxseed, known as ALA, for the omega-3s found in fish and fish oil supplements as ALA has been shown to have minimal impact on your Omega-3 Index. Food companies are increasingly adding omega-3 to their foods and beverages and these can benefit your Omega-3 Index if they contain EPA and/or DHA. Check the labels to know the type and amount of omega-3s in these products. Hint: If you see flax or flaxseed in the ingredient statement, the product contains ALA.

All modifiable risk factors, including the Omega-3 Index, should be addressed as part of an overall approach to reducing heart health risk.

The only way to know how your body will respond to an increased intake of EPA + DHA is to make dietary changes and then retest your Omega-3 Index again. Wait approximately three months before re-testing to provide your body sufficient time to adjust to your increased intake. Once you have achieved your target Omega-3 Index score, we recommend maintaining your Omega-3 Index annually to ensure you stay on track.

This information contained in this report is for informational purposes only, and the advice is intended only to help you make decisions. This information is not intended to substitute for medical counseling or treatment. We encourage you to consult your physician before starting any regimen of agents or making significant changes to your diet.

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Note From Patient

Just had to share my exciting news. Got the tests back from my blood work last week. **ALL of my numbers went in the right direction they needed to go.**

A bit over a year ago when this whole adventure began my CRP was 19.50, this month .98.

Vitamin D went from 16.30 to 45

A1c went from 6.2 to 5.9.

I am still following the anti-inflammatory diet which you gave me, I exercise 3-5 times per week. My progress is slower than I would like but I realize it will take time. In 3 months I lost 4 lbs and 2 inches but I doubled my strength and endurance tests.

I have recommended you to many people. I can't even imagine how I would be feeling today if I hadn't come to see you. I would be on all kinds of meds. I'm a firm believer in eliminating dairy :)

Thanks so much for your help.

Jane D

Basic Plan For Optimizing Health: Tip #3

▣ Eat To Live, Don't Live To Eat



Slave To The Grind

- ▣ We have to remember that we are what we eat. If we choose to eat inflammatory foods (high fat, high sugar, and processed foods) we can only expect to be in pain and in a state of disease.
- ▣ Eat to live, don't live to eat.





Patient With Undiagnosed RA

CRP C-Reactive Protein	18.10	Hi			0.00 - 1.50	0.00 - 4.90	mg/L
White Blood Count	8.70	Hi			5.00 - 8.00	4.00 - 10.50	k/cumm
Red Blood Count	4.24	Lo			4.50 - 5.50	4.10 - 5.60	m/cum
Hemoglobin	12.80	Lo			13.30 - 15.20	11.50 - 17.00	gm/dL
Hematocrit	38.00	Lo			39.50 - 47.00	34.00 - 50.00	%
MCV	90.00	Opt			85.00 - 97.00	80.00 - 98.00	cu.m
MCH	30.20	Opt			28.10 - 32.00	27.00 - 34.00	pg
MCHC	33.70	Opt			33.00 - 34.00	32.00 - 36.00	%
RDW	13.00	Opt			11.10 - 14.50	11.00 - 15.00	%
Platelets	320.00	Hi			175.00 - 250.00	140.00 - 415.00	k/cumm
Polys/Neutrophils (SEG8-PMNS)	64.00	Opt			55.00 - 65.00	40.00 - 74.00	%
Lymphocytes	30.00	Opt			25.00 - 40.00	14.00 - 46.00	%
Monocytes	4.00	Lo			5.00 - 7.00	4.00 - 13.00	%
Eosinophils	1.00	Opt			0.00 - 4.10	0.00 - 7.00	%
Basophils	1.00	Hi			0.00 - 0.00	0.00 - 3.00	%
Neutrophils/Polys (Absolute)	5.60	Opt			3.80 - 5.80	1.80 - 7.80	x10E/uL
Lymphs (Absolute)	2.60	Opt			2.00 - 3.20	0.70 - 4.50	x10E/uL
Monocytes (Absolute)	0.30	Lo			0.40 - 0.70	0.10 - 1.00	x10E/uL
Eosinophils (Absolute)	0.10	Opt			0.00 - 0.20	0.00 - 0.40	x10E/uL
Basophils (Absolute)	0.10	Opt			0.00 - 0.10	0.00 - 0.20	x10E/uL
ESR-Erythrocyte Sed Rate, Westerg	48.00	Hi			0.00 - 6.00	0.00 - 20.00	mm/hr
Rheumatoid Factor - Quant	28.00	Hi			0.00 - 30.00	0.00 - 44.00	ELIA unit

RA patient on retest:

Pain improved, decreased meds

CRP C-Reactive Protein	6.80	Hi	18.10	⊖	0.00 - 1.50	0.00 - 4.90	mg/L
White Blood Count	7.70	Opt	8.70	⊖	5.00 - 8.00	4.00 - 10.50	k/cumm
Red Blood Count	4.65	Opt	4.24	⊖	4.50 - 5.50	4.10 - 5.60	m/cum
Hemoglobin	13.90	Opt	12.60	⊖	13.30 - 15.20	11.50 - 17.00	gm/dL
Hematocrit	40.10	Opt	38.00	⊖	39.50 - 47.00	34.00 - 50.00	%
MCV	86.00	Opt	90.00		85.00 - 97.00	80.00 - 98.00	cu/μ
MCH	30.50	Opt	30.20		28.10 - 32.00	27.00 - 34.00	pg
MCHC	34.70	Hi	33.70	⊕	33.00 - 34.00	32.00 - 36.00	%
RDW	13.90	Opt	13.00		11.10 - 14.50	11.00 - 15.00	%
Platelets	262.00	Hi	320.00	⊖	175.00 - 250.00	140.00 - 415.00	k/cumm
Polys/Neutrophils (SEGS-PMNS)	67.00	Hi	64.00	⊕	55.00 - 65.00	40.00 - 74.00	%
Lymphocytes	29.00	Opt	30.00		25.00 - 40.00	14.00 - 46.00	%
Monocytes	2.00	Lo	4.00	⊕	5.00 - 7.00	4.00 - 13.00	%
Eosinophils	2.00	Opt	1.00		0.00 - 4.10	0.00 - 7.00	%
Basophils	0.00	Opt	1.00	⊕	0.00 - 2.00	0.00 - 3.00	%
Neutrophils/Polys (Absolute)	5.20	Opt	5.60		3.50 - 5.60	1.90 - 7.80	x10E/μL
Lympha (Absolute)	2.20	Opt	2.60		2.00 - 3.20	0.70 - 4.50	x10E/μL
Monocytes (Absolute)	0.20	Lo	0.30	⊕	0.40 - 0.70	0.10 - 1.00	x10E/μL
Eosinophils (Absolute)	0.20	Opt	0.10		0.00 - 0.20	0.00 - 0.40	x10E/μL
Basophils (Absolute)	0.00	Opt	0.10		0.00 - 0.10	0.00 - 0.20	x10E/μL
ESR-Erythrocyte Sed Rate, Westerg	20.00	Hi	48.00	⊖	0.00 - 6.00	0.00 - 20.00	mm/HR
Rheumatoid Factor - Quant			78.10		0.00 - 30.00	0.00 - 44.00	EIA unit

Basic Plan For Optimizing Health

Tip #4:

Exercise For Stress, For
Healing, And For Life

The Importance of Exercise

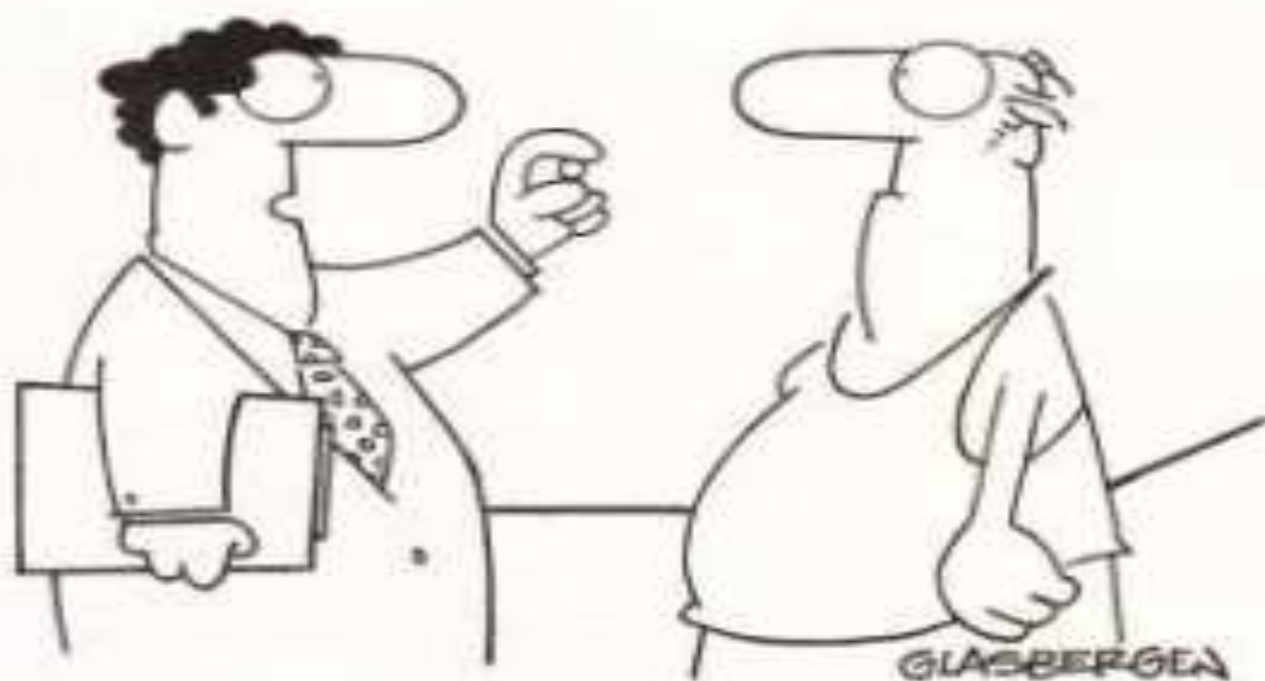
▣ Our Bodies Were Designed To Move

- Burns excess glucose
- Depression/Memory and Alzheimer's
- Digestion, increased peristalsis
- Weight management
- Increases circulation
- Activates the immune system
- Alters cholesterol numbers
- IF YOU DON'T PLAN IT WILL NOT HAPPEN!



Mayo Clinic And Exercise

- ▣ Pump Endorphins
 - These are the feel good hormones
- ▣ Improves Mood
 - Helps improve sleep
 - Helps with depression



"To prevent a heart attack, take one aspirin every day. Take it out for a jog, then take it to the gym, then take it for a bike ride..."

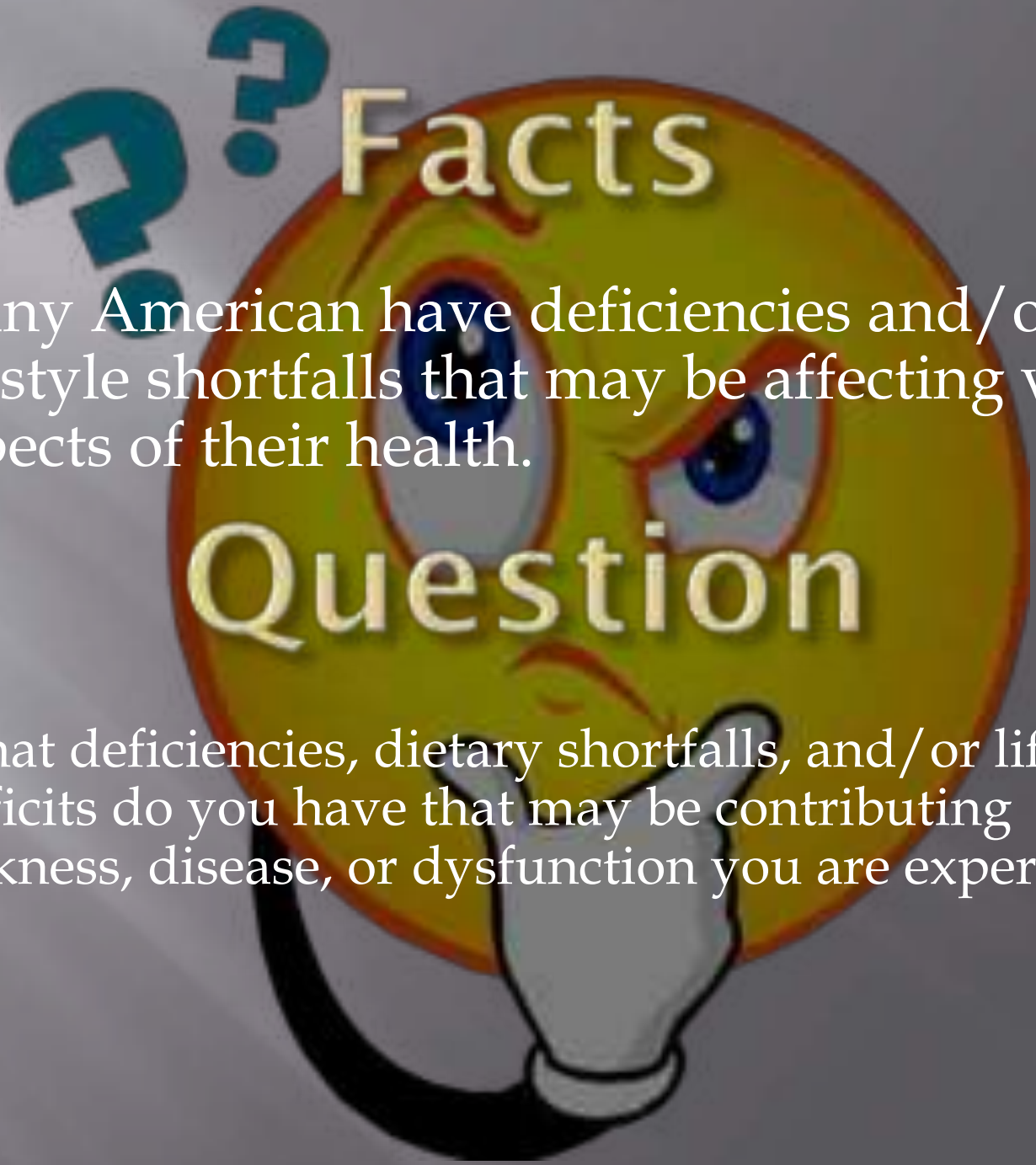
Exercise Basics

Work up to 30 minutes on most days (in place)

Walking just as effective as running or biking

Weight bearing exercise (bands)





Facts

- ▣ Many American have deficiencies and/or lifestyle shortfalls that may be affecting various aspects of their health.

Question

- ▣ What deficiencies, dietary shortfalls, and/or lifestyle deficits do you have that may be contributing to the sickness, disease, or dysfunction you are experiencing?

Don't Listen To Lies

You DO HAVE A Purpose/Mission

Closing Thoughts

Your goals drive your actions

Eat to live don't live to eat

MOVE

Seek nutritional help, find a coach

Do something today to make yourself healthier than you were yesterday

Be thankful for the blessings you have

