



Health **Improvement** Plan

A personalized roadmap to guide you in your path to optimal health.



Prepared for Female Sample
57 year old female born Nov 01, 1966



Requested by Dr. Kirsten Ferguson
Fern Creek Chiropractic Center



Treatment Date Mar 21, 2023

Powered By



What's Inside?

Your Health Improvement Plan is a personalized blueprint designed to guide you on your path to optimal wellness.

- 1 What's Inside?
- 2 Practitioner's Notes
- 3 Health Improvement Plan
- 6 Product Summary
- 7 Disclaimer

Dr. Kirsten Ferguson's Report

This report highlights the notes made about the treatment plan.

REPORT

I'm glad we could connect and develop a treatment plan for you based on the unique findings from your latest blood test.

Below you can find the products I think will be best suited to help. Please follow the instructions I've added and reach out if you have any questions.

Please note that zinc is best taken on with a meal as you might feel nauseous if you take it on an empty stomach.

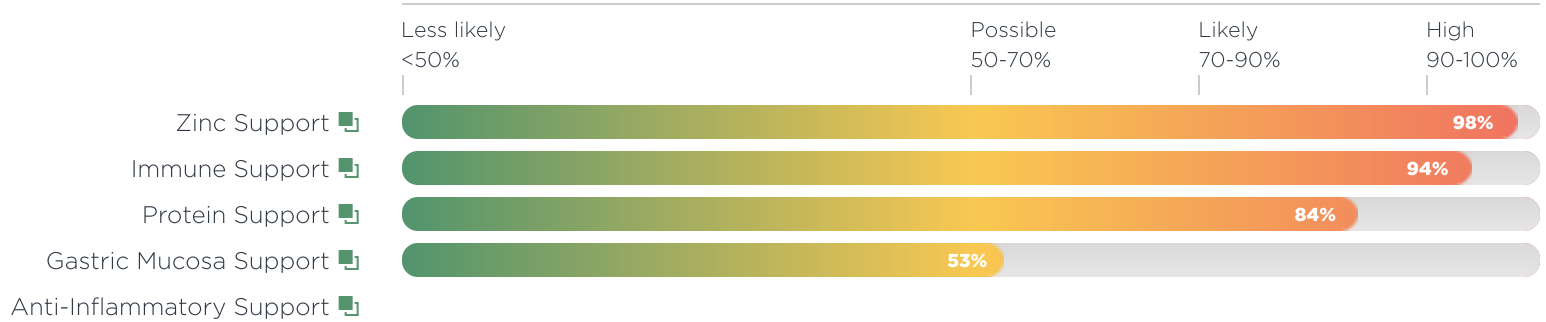
I also recommend that you drink plenty of water throughout the day.

Health Improvement Plan

Your Health Improvement Plan is a personalized blueprint designed to guide you on your path to optimal wellness. Crafted after meticulous evaluation of your health profile, it outlines tailored strategies, including recommended supplements and their precise dosages.

Think of this plan as your daily roadmap: a tool to help navigate your health journey with clarity and confidence. By following this plan, you're taking a proactive step toward achieving and maintaining your best health.

NEEDS SUPPORT



Health Improvement Details

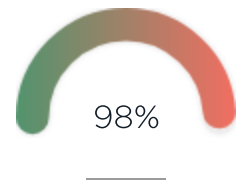
This section provides clearer details about the findings from the Health Improvement Plan. Additionally, it offers specific information about the nutritional supplements your practitioner chose for you, including the brand and recommended dosage, to help balance and improve your body's overall health.

ZINC SUPPORT

The results of your blood test indicate that your zinc levels might be lower than optimal and shows a need for zinc supplementation.

Rationale

Zinc - Serum ↓, Zinc - RBC ↓



Product Name

Zinc Chelate

Brand

Standard Process

Dosage and Directions

One tablet per day, or as directed.

Details

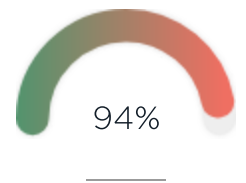
Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

IMMUNE SUPPORT

The results of your blood test indicate a tendency towards immune insufficiency and a need for immune support.

Rationale

Total WBCs ↓, Albumin ↓, Globulin - Total ↓



Product Name

ImmunoVen™

Brand

Premier Research Labs

Dosage and Directions

Take 1 capsule, 3 times daily or as directed by a health professional.

Details

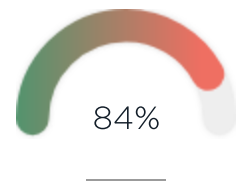
Immune and cardiovascular support with standardized olive leaf extract*

PROTEIN SUPPORT

The results of your blood test indicate that your protein levels might be lower than optimal and shows a need for protein supplementation.

Rationale

Protein - Total ↓, BUN ↓, Albumin ↓, Creatinine ↓, BUN : Creatinine ↓, C-Reactive Protein ↑



**Product Name**

BioPure Protein®

Brand

Metagenics

Dosage and Directions

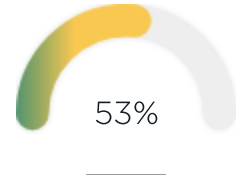
Mix about 2 scoops with a cold beverage or add to your favorite recipe once daily

Details

BioPure Protein® is a bioactive, pure whey protein concentrate with naturally occurring immunoglobulins—antibodies that function as vital components of the immune response. It provides ideal nutritional support for individuals who wish to add a high quality protein to their diet to help promote health and well-being.*

GASTRIC MUCOSA SUPPORT 

The results of your blood test indicate a tendency towards gastric inflammation and a need for support for the stomach lining.

**Rationale**

Protein - Total ↓, Creatinine ↓, Albumin ↓, ESR - Female ↑, Basophils - % ↑

**Product Name**

Gastrazyme™

Brand

Biotics Research

Dosage and Directions

2 - 4 tabs, with meals or as needed between meals for gastric distress

Details

Gastrazyme™ supplies specific nutrients including vitamin U complex, chlorophyllins and vitamin A, ingredients known to support healing of GI tract which may become stressed due to normal, everyday factors.

ANTI-INFLAMMATORY SUPPORT **Product Name**

Inflammatone™

Brand

Designs For Health

Dosage and Directions

Take 2 capsules per day between meals.

Details

Inflammatone™ is a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response, supporting the natural clearance of proteins like kinin and fibrin, and for supporting healthy lymphatic drainage. The ingredients in Inflammatone™ provide natural anti-inflammatory effects and protect against oxidative stress.

Product Summary

To assist you in maintaining consistency with your wellness journey, we've created a concise supplement plan. This streamlined list includes the specific supplements you should take, along with their dosage and timing.

Designed for convenience, you can easily print this reminder to keep on hand. By adhering to this schedule, you'll ensure you're receiving the optimal benefits from each supplement, supporting your path to optimal health.

PRODUCT SUMMARY

DOSAGE

BioPure Protein®



Mix about 2 scoops with a cold beverage or add to your favorite recipe once daily

Gastrazyme™



2 - 4 tabs, with meals or as needed between meals for gastric distress

ImmunoVen™



Take 1 capsule, 3 times daily or as directed by a health professional.

Inflammatone™



Take 2 capsules per day between meals.

Zinc Chelate



One tablet per day, or as directed.

Disclaimer

This Report contains information for the exclusive use of the above named recipient only, and contains confidential, and privileged information. If you are not the above named recipient or have not been given permission by the person, you are prohibited from reading or utilizing this report in any way, and you are further notified that any distribution, dissemination, or copying of this Report is strictly prohibited.

All information provided in this Report is provided for educational purposes only. Neither this Report, nor any of the information contained in this Report, is intended for or should be used for the purpose of, medical diagnosis, prevention, or treatment, including self-diagnosis, prevention, or treatment. This Report should not be used as a substitute for professional medical care, and should not be relied upon in diagnosing or treating a medical condition, ailment, or disease.

The Food and Drug Administration does not evaluate the products listed on this Report. These products are not intended to diagnose, treat, prevent, or cure any medical conditions. Individual results may vary. Always consult with a medical health professional before using any product on this Report.

Neither this Report, nor any information contained in this Report, should be considered complete, or exhaustive. This report does not contain information on all diseases, ailments, physical conditions or their treatment.

The absence of a warning for a given drug or supplement or any combination thereof in no way should be construed to indicate that the drug or supplement or any combination thereof is safe, effective, or appropriate for you. Statements made about a supplement, product or treatment have not been evaluated by the Food and Drug Administration (FDA) and any mentioned supplement, product or treatment is not intended to diagnose, treat, cure or prevent any disease. The information contained in this Report has not been evaluated by the FDA.

You are encouraged to confirm any information obtained from this Report with other sources, and review all information regarding any medical condition or the treatment of such condition with your physician.

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, DELAY SEEKING MEDICAL ADVICE OR TREATMENT, OR STOP CURRENT MEDICAL TREATMENT, BECAUSE OF SOMETHING YOU HAVE READ IN THIS REPORT.

Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 911 or your doctor immediately.