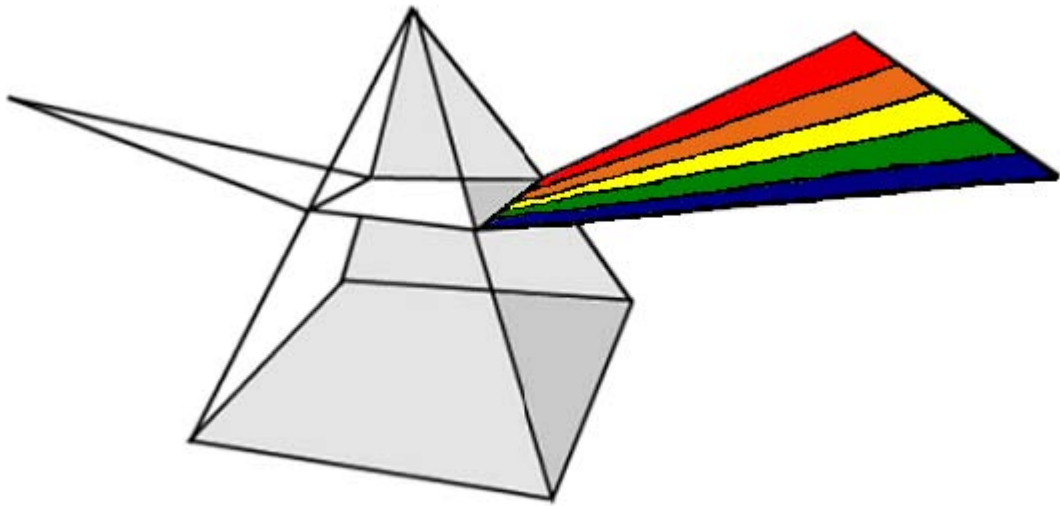
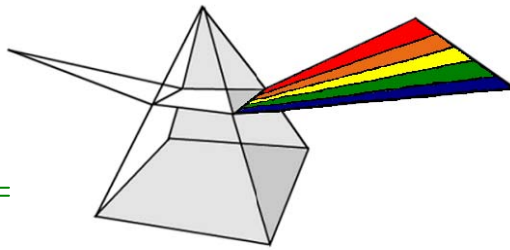


# **Health Hunter/Beat The Odds**



**Mega (Comprehensive) Panel  
For  
JANE DOE  
April 20, 2006**



Congratulations, JANE DOE! You have taken an important step toward understanding your own biochemistry. Knowledge is power and with this knowledge you will be able to make better choices about your lifestyle.

Protection to prevent oxidative damage is more optimal in the **green** and **blue** ranges of the report scale. The **green** area statistically represents one to two standard deviations beyond the average. The **blue** area statistically represents two to three standard deviations beyond the average. If your values are within the **yellow** range, you have enough nutrients to deal with everyday metabolic needs. However, in order to benefit from the effects of these compounds, a level in the **green** or **blue** range is most desirable. Not all tests follow this exact color format due to the nature of the particular test (ie. Fatty acids, free T3, leucine, etc.). Values that lie in the **orange** or **red** area in most instances indicate a need for improvement through diet and other means.

Standard laboratory results are considered acceptable if they are within two standard deviations of the mean. This is based upon the notion that 95 percent of the population is healthy, which we know is incorrect. For instance, health statistics indicate that one-third of the people in the "acceptable" range may develop cancer.

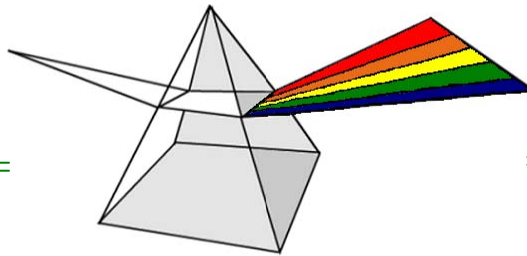
Most studies of the incidence of disease in relation to nutrient intake reveal that people in the upper one-fourth (**blue** and **green** range) of a group have the lowest incidence of illness.

In our reporting Health Hunter / Beat The Odds results, the term "more optimal nutrient level" is used when an individual's specific nutrient level is in the upper one-fourth (**green** and **blue** range) of the population.

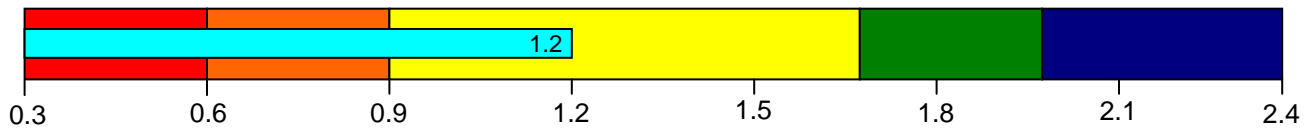
Although you may not have received optimal values this time, you now have an opportunity to review your nutritional intake and make adjustments to enhance your biochemical status. We suggest that antioxidant levels be tested every year to check your progress.

We recommend that you eat more of the nutrients listed in this report. You may want to learn more about nutrients by reading materials in the Mabee Library at The Center or by purchasing our audiotapes, videotapes, or books at the Gift Of Health store at The Center.

The human body biochemically changes most of its cells every six years. Most cells in the body change more rapidly. Imagine how you want your body to be six years from now. Through Health Hunter / Beat The Odds, you have the resources to be that person.



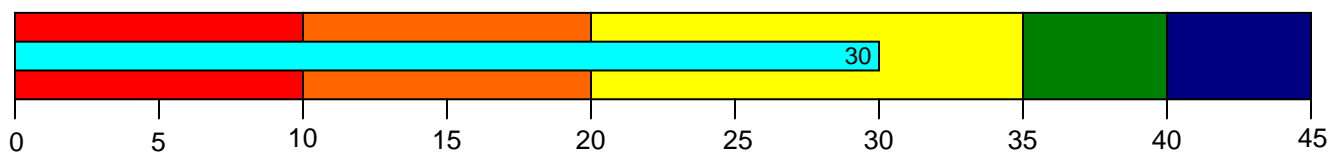
### Vitamin C, Plasma



Your plasma vitamin C measured 1.2 mg/dL. While the normal range is 0.6 to 2.0 mg/dL, the optimal level for antioxidant protection is 1.7 to 2.4 mg/dL or above. Vitamin C is a strong water-soluble antioxidant and promotes the normalization of cell function throughout the body. In addition to free radical stabilization, with vitamin C you may see improvements in your health including fewer colds, prevention of bleeding gums, reduction of anxiety, fewer asthmatic episodes, and reduction of overall allergies. Vitamin C is found most abundantly in citric fruits and green vegetables. If you are supplementing vitamin C, loose stools may indicate that you have reached bowel tolerance.

Vitamin C is the most familiar vitamin among the general public and scientists. More than 4,000 studies have been conducted on this vitamin. Vitamin C is a water-soluble nutrient that is easily assimilated in the body. Humans are one of six species that can't produce vitamin C. Therefore, all of the vitamin C needed by the body must be consumed in the diet or by supplementation.

### Vitamin C, Urine



Your urine vitamin C measured 30 mg/dL. The optimal level for urine vitamin C is greater than 35 mg/dL. Urine vitamin C gives a good indication of your vitamin C reserve. If your plasma vitamin C level is high and your urine vitamin C level is low, your body is fully utilizing the amount that you are consuming. If both levels are high, then you are utilizing what you need as well as assuring you have adequate reserves.

# FOOD SOURCES FOR PROTECTIVE MEDICINE

## Beta Carotene

Natural beta carotene is converted to vitamin A in the body and concentrated amounts of beta carotene are found in carrot juice, sweet potato, pumpkin, carrots, squash, lamb's quarters, shallot, red chili pepper, mango, spinach, dandelion greens, turnip greens, kale, cantaloupe, borage, beet greens, persimmon, broccoli, apricot, papaya, prune, peach, and watermelon, taro leaves, mustard greens, purslane, potato.

## Vitamin C

Foods with high concentrations of vitamin C include guava, papaya, red bell pepper, peach, red chili pepper, orange, apricot, black currant, strawberry, kale, kiwi, lamb's quarters, longans, grapefruit, lychee, cranberry, broccoli, vine spinach, cassava root, tangerine, mango, cantaloupe, potato, brussel sprouts, watermelon, sapote, kohlrabi, snow peas, sweet potato, cabbage, liver, soybeans.

## Vitamin A

Foods with high concentrations of vitamin A include liver, liverwurst, cod liver oil, eel, tuna, goat cheese, egg, kidney, mackerel, sturgeon, mozzarella cheese, milk, clam, Limburger cheese, Muenster cheese, bluefish, cheddar cheese, pate (goose liver), salmon, whipping cream, American cheese, oyster, mackerel, Swiss cheese, Camembert cheese.

## Vitamin E

Foods with high concentrations of vitamin E include black currant seed oil, evening primrose oil, wheat germ oil, sunflower oil, sweet potato, almond, purslane, hazelnut oil, cottonseed oil, almond oil, mayonnaise, peanut, shrimp, mango, peanut oil, spinach, olive oil, oyster, perch, butter, salmon, asparagus, avocado, hamburger, cabbage, apricot.

## Recommended Educational Material

### Audio and videotapes only available at the Center:

#### **Vitamin A**

by Ronald E. Hunninghake, M.D. #2181

#### **Which Supplements are Best For Me?**

by Donald R. Davis, Ph.D. #2114

#### **The Whole Foods Diet**

by Ronald E. Hunninghake, M.D. #2063

#### **Vitamin Takers: Quacks, Kooks, or Cutting Edge?**

by James A. Jackson, Ph.D. #2113

#### **Healthy Healing Test for Vegetarians and Meat Eaters**

by Donald A. Davis, Ph. D. #2183

#### **Vitamin C**

by Ronald E. Hunninghake, M.D. #2148

#### **Is Pycnogenol a Super Antioxidant?**

by Ronald E. Hunninghake, M.D. #2145

#### **The Third Face of Vitamin C**

by Robert Cathcart III, M.D. #2164

#### **Antioxidant and Aging: Fact or Fallacy**

by James A. Jackson, Ph.D. #2205

#### **Vitamin E - the Circulation "Superstar"**

by Ronald E. Hunninghake, M.D. #2111

#### **Fatty Acids and Essential Oils**

by Ronald E. Hunninghake, M.D. #2136

#### **Nuts About Nuts**

by Donald R. Davis, Ph.D. #2085

#### **Antioxidant, Free Radicals and Disease**

by James A. Jackson, Ph.D. #2170

### Books available at the Center:

#### **Wonderful World Within You 20th Anniversary Special Edition (Highly Recommended to be read first!!!)**

by Dr. Roger J. Williams

#### **Eat Right for Your Type**

by Peter J. D'Adamo with Catherine Whitney

#### **Smart Nutrients**

by Dr. Abram Hoffer and Dr. Morton Walker

#### **Antioxidants Your Complete Guide**

by Carolyn Reuben

#### **A Taste of Health from the Heart**

recipes from The Taste of Health Restaurant

#### **Vitamin E Update**

by Len Mervyn, Ph.D.

To obtain a complete list of education materials available or to place an order: Call (800) 447-7276

The Center for the Improvement of Human Functioning International

Phone: 316-682-3100

Fax: 316-682-2062

<http://brightspot.org>



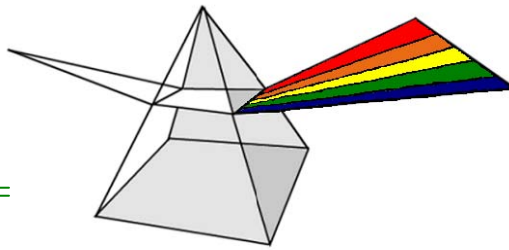
Bio-Center Laboratory

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Phone: 316-682-3100 Fax: 316-682-2062 Web: <http://brightspot.org>

# Health Hunter/ Beat The Odds

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Protective Medicine  
for  
Your Optimal Health

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Now that you have participated in the first opportunity to promote your own better health through Health Hunter/Beat The Odds, you are part of a growing group stimulating an epidemic of health.

Each HH/BTO health panel provides individualized knowledge about your very own levels of nutrients, which are known to reduce the risk of developing health-threatening problems. By optimizing your levels and rechecking them at least annually, you provide every cell in your body with a better environment.

If you have any questions about your tests please contact your personal physician or come in and use our very excellent Mabee Library to learn more in regards to those tests. We believe that the better informed you are, the better you will be able to maintain your health and vigor.

The following Lunch & Lecture video tapes are available to purchase in the Gift of Health. They are also available to view in the Mabee library.

- #2181 Know Your Nutrients: Vitamin A - Ron Hunninghake, M.D.
- #3058 Know Your Nutrients: Vitamin E - Rebecca Kirby, M.D., R.D.
- #3062 Know Your Nutrients: Vitamin C - Hugh Riordan, M.D.
- #3040 Know Your Nutrients: Vitamin B1 - Ron Hunninghake, M.D.
- #3044 Know Your Nutrients: Vitamin B2 - Tim Lawton, M.D.
- #3046 Know Your Nutrients: Vitamin B3 - Rebecca Kirby, M.D., R.D.
- #3042 Know Your Nutrients: Vitamin B6 - Hugh Riordan, M.D.
- #3052 Know Your Nutrients: Vitamin B12 - Ron Hunninghake, M.D.
- #2954 Keys to Staying Healthy: Why is Folic Acid Important? - Hugh Riordan, M.D.
- #3056 Know Your Nutrients: Vitamin D - Rebecca Kirby, M.D., R.D.
- #2961 Keys to Staying Healthy: Why is Vitamin D Important? - Hugh Riordan, M.D.
- #2828 Lycopene: Or Will a Tomato a Day Keep Cancer Away? - James Jackson, Ph.D.
- #3208 CoQ10 - The Energy Nutrient - Chad Krier, N.D., D.C.
- #3181 Magnesium: The Bone Strengthening Mineral (..and More!) - Ron Hunninghake, M.D.
- #2242 Know your Nutrients: Copper - a Double Edged Sword - Ron Hunninghake, M.D.
- #2331 Know Your Nutrients: Manganese - Ron Hunninghake, M.D.
- #2958 Keys to Staying Healthy: Why is Selenium Important? - Hugh Riordan, M.D.
- #2802 Know Your Nutrients: Zinc - Ron Hunninghake, M.D.
- #2402 Zinc: Brains, Bugs, and Better Skin - Ron Hunninghake, M.D.
- #2477 Boron: For Better Bones - Ron Hunninghake, M.D.
- #2363 Calcium: The Many Ways "It Does a Body Good" - Ron Hunninghake, M.D.
- #2096 Know Your Nutrients: The Amino Acids - Ron Hunninghake, M.D.
- #2290 Know Your Nutrients: Glutamine - Ron Hunninghake, M.D.
- #2842 T3: The Missing Piece in Optimal Thyroid Function - Ron Hunninghake, M.D.
- #2136 Know Your Nutrients: Fatty Acids and Essential Oils - Ron Hunninghake, M.D.
- #2180 DHEA: What Doesn't It Do? - Ron Hunninghake, M.D.
- #3211 C-Reactive Protein - Ron Hunninghake, M.D.
- #2894 Breast Biomarkers - Ron Hunninghake, M.D.
- #2901 Eye Health - Hugh Riordan, M.D.
- #3019 Aging and Vision Loss: Can Nutrients Help? - James Jackson, Ph.D.
- #3210 Improve Your Eyes and Save your Sight - Rebecca Kirby, M.D., R.D.
- #2896 Heart Biomarkers - Ron Hunninghake, M.D.