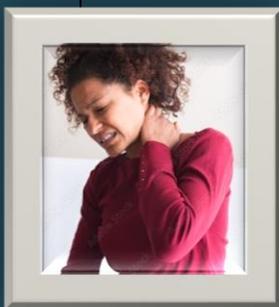


What Are Your Blood Work Markers Telling You?

www.LotusWellnessChoice.com

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Your guide to understanding WHY you are feeling what you are feeling while your lab results are normal!



*To you all health warriors
who are not giving in
or giving up!*

TABLE OF CONTENTS

Introduction

Deficiency to Sufficiency

Infections?

Blood Sugar & Stress

Reboot Your Hormones

Detox Done Right

How to Heal



Introduction

We all know our body is our temple. We need to feel great in our skin. But in nowadays we are witness of a real pandemic. And I don't mean the Big C-19 pandemic. The chronic health issue pandemic. It began with a few chronic conditions in elderly, but within last 50 years spread out to more than 100 different kind and it can be found in any age range.

If this is your story, if your lab results are "Normal" but you don't feel "Normal", you are not alone. I am here to help you find out the "WHY BEHIND YOUR HEALTH DILEMMA". To instigate an ideal healing environment inside your body I give you step by step guide, using your normal blood works. Follow it and then watch as symptoms just start resolving."

To dig deeper, find more specific answers and go over more of the lab markers join our community at: lotuswellnesschoice.com. You can also order the right supplements at: lotuswellnesschoice.com

These supplements are:

- ☆ Switching on your innate healing power
- ☆ Highly absorbable, made with the synergistic herbal blend with long shelf life
- ☆ They are clean: Non-GMO, Gluten, Dairy and Egg Free

Keep in your mind, I am a doctor. But I'm not your doctor. I don't know your health history. All I know is that I specialize in turning "normal labs into answers, healing, and hope. You're going to get more personalized answers than ever before. And when you have real answers, you can find real relief, diagnosis or not.

I love to hear from you and your findings inside your "normal labs" and the actions that you take. You can tag me on social media with #IChoseToHeal#, and let's celebrate your wins together:

<https://www.facebook.com/Lotus-Wellness-Choice-103820931424508/?ref>

The lab ranges that we use in this guide are the Functional ranges of your lab markers. That means that if your results are outside of this ranges, one or more of your body systems doesn't function properly whether you have related signs and symptom or you just don't feel like yourself. What you usually find in the lab tests are the Pathological ranges of your lab markers that they need the medical and medication intervention. The Functional ranges that we use are a combination of the Dr. Datis Kharrazian, Dr. Kylie Burton and Functional Nutrition Alliance. The information shared here are the result of the Dr. Burton hard work & my clinical experience.

Disclaimer: *This guide is solely for sharing my personal experience and to provide education. It doesn't account for or replace your doctor visits and your primary care physician advice. In case of medical diagnosis or if your lab results are outside of the normal pathologic range, please seek your physician management and drug administration.*

Deficiency to Sufficiency

Step One

There are few micronutrients* in our body which playing major roles in our body's functionality. Here I am going over three of them:

Iron → What's the big deal with iron? To make it simple: every cell in your body requires oxygen to make energy that it needs for its daily function! That's why our body need oxygen to live. Without iron, your cells cannot receive the very much needed oxygen to function - let alone heal. You need iron. Your cells need iron. How do you know if you have enough? Check your labs. Numbers never lie. But let's keep it simple inside here:

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Serum Iron	85-100	You need more iron.	No changes need to be made.

Your Serum Iron Status: _____

Vitamin D → EVERY cell needs vitamin D too:

☆ It boosts your immune system. If you have autoimmune probably this should be your BFF.

☆ It reduces the chance of heart diseases and severe illnesses.

☆ It regulates the mood and help with depression and anxiety.

☆ (Listen to Dr. Kylie Burton podcast episode 57:

<https://drkylieburton.podbean.com/?s=vitamin+D>

Did you know that in the winter months, 80% of America's citizens will not get vitamin D from the sun (those who live above the 35th parallel). So, is it "flu" season or is it really vitamin D deficiency season? I vote for the latter.

The vitamin D test: 25-OH Vitamin D3 normal range in your lab minimum basically is a suggestion for the amount to survive but not to thrive! You don't want to feel like crap on your normal range 30! Pump it up!

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
25-OH Vitamin D	70-100	You need more vitamin D.	-/-

Your Serum Vitamin D Status: _____

What if you don't have a vitamin D in your blood work? Get one! You can also look at your Calcium, since there's a direct correlation:

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Calcium	9.2-10.1	You need more vitamin D.	-/-

Your Serum Calcium Status: _____

Step Two

Low-Grade infections are the culprits that usually get missed by everyone. These low-grade infections can chisel your health gradually but continuously. If you're fighting one (or more) of these chronic infections, there's no chance your body is interested in healing! No chance! After you get the vital nutrients, your cells need (iron and vitamin D), these little guys need to be tackled.

There are 3 different types of infections of which your "normal" labs can identify. Remember, these are low-grade. They will likely not be "positive" on a test, as they're not strong enough (unless they become full blown). Usually, these low-grade infections are attacking body as co-infections:

1. Bacterial & Fungal
2. Viral
3. Parasitic

For example: a person with autoimmune psoriasis, chronic fatigue and brain fog, with fungi infection under big toenail can be a case of these low grade co-infections. So, if you once had a test done for parasites and it came back negative, I believe this method is more accurate to see what's really going on. Go grab your CBC (Complete Blood Count). If your doctor ordered it correctly, it was the CBC w/ differential. If it was simply a CBC, you don't have this valuable information. You need it; get it. If you do, thank heavens. Here's what you need to know:

Infections?

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Neutrophils	<60%	-/-	Bacterial infection.
Lymphocytes	<30%	-/-	Viral infection
Monocytes	<7%	-/-	Viral infection
Eosinophils	<3%	-/-	Parasitic infection
Basophils	<1%	-/-	Parasitic infection

Your Neutrophil % Status: _____

Your Lymphocyte % Status: _____

Your Monocyte % Status: _____

Your Eosinophil % Status: _____

Your Basophil % Status: _____

After healing low-grade infections, it's important to replenish your gut with the "good guys". Your immune system depends on a wide variety of organisms to remain healthy and healing those low-grade infections includes getting rid of many of them.

Step Three

"It's my hormones." I don't know how many times I've heard this. Sometimes it is. Most often not so directly.

Can I share with you a secret?

Blood sugar imbalances and stress are destroying your hormones!

Now, I'm not talking pre-diabetes blood sugar status. I'm speaking of little dips and bumps of blood sugar throughout the day. This feels like sugar cravings, maybe even lightheadedness when you go from sitting to a standing position. Or, what catches people off guard is lying in bed at night feeling exhausted, but your mind is going a million miles an hour. Is that sound familiar?!

You know what I'm talking about!

Before I tell you to figure out how to reduce the stress in your life - oh wait - I won't tell you that, not here.

What we did in step 2 was removing the stress on the inside of your body! With the infection(s) gone, your body can handle the external stressors much easier. And in your freebies, you also can find brain retraining programs to lowering your stress. With nowadays life it's easy to become an adrenaline junkie.

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Blood Glucose	85-99	Balance the blood sugar.	Balance the blood sugar.
A1c	4.8-5.6	Long term blood sugar status. If over 6.0 then prediabetic. If over 6.5, diabetic.	

Your Blood Glucose Status: _____

Your A1c Status: _____

Have you ever heard of a saliva adrenal panel? It exists. It's the most accurate way to test adrenals. But I don't believe it's a necessary test. You can get a good idea of how the adrenals are functioning with regular blood work. These markers are found inside a complete metabolic panel (also known as a CMP) and it only takes one marker to be high or low to indicate adrenal fatigue; just one.

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Sodium (Na)	135-140	Adrenal fatigue	Adrenal fatigue
Potassium (K)	4.0-4.5	Adrenal fatigue	Adrenal fatigue

Your Adrenal Status: Na _____, K _____

Blood Sugar & Stress

Reboot Your Hormones

Step Four

I tried to track down the amount of money spent on hormone therapy each year within the U.S. I couldn't find it. The only thing that I found was this article from Indiana University School of Medicine, Department of Public Health, in "Costs of hormonal and nonhormonal prescription medications for hot flashes":

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3637932/>.

Here is the sneak peak of their conclusion:

Range of annual population costs for treating vasomotor symptoms.

	Estrogen-only therapy	Combined estrogen-progestin therapy	Nonhormonal therapy
Annual population cost for oral medication (range)	US \$264,294,697– 3,293,518,531	US \$1,992,709,605– 3,663,921,004	US \$2,642,946,969– 4,472,679,486
Annual population cost for transdermal medication (range)	US \$2,392,410,078– 3,136,779,800	US \$406,607,226– 6,648,028,145	NA

Expensive?!!! Right?!!! and to be honest about hormone replacement therapy: I'm not a fan.

More often than not, people jump straight into taking hormones, bypassing the first 3 steps. Don't bypass these steps. Your body can produce hormones again. In order for it to do so, you'll not only need to complete steps 1-3, but now you need to feed your body healthy fats. After all, without healthy fats, your body doesn't have the ingredients it needs to make estrogen, progesterone, and testosterone.

What's your status of healthy fats?

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
Cholesterol	150-199	Need more healthy fats. (when you take good fats body balances the HDL & LDL)	Think 3 things: thyroid, blood sugar imbalances, inflammation (find the source). Again these includes all three.
HDL "the good guys"	55-100		
LDL "the bad guys"	<99		

Your healthy fat status is: Chol: _____, HDL: _____, LDL: _____

Detox Done Right

Step Five

Chances are, by the time you've received this 5-step guide, you've tried a detox or two. You may have even tried several & attempted "detoxing" numerous times (even in our practice).

That's WHY we put detox as step 5. If you didn't get the result you expected from your detox before, it very well could be that your handle all 5 steps at the same time.

We need to break down the steps (like we did here) and let your body take its time.

Detox can be hard on the body. In fact, news flash, this journey may not be a smooth process the whole time. More often than not, it isn't a smooth process. Healing isn't easy. Healing, true healing takes time. We can't force our body to.

How long should you expect? On average, 3 months per step. But depending on how long you've felt off, your journey could be more or less than that. Get started sooner than later. Get your family, friends, and loved ones started, sooner than later.

I always love working with teenagers because they heal so fast! If you're 60, 50, or even 40, be patient with your body. Everyday you are making progress. Trust in it.

Does your body need a detox? take a look at just a few possible indicators: liver markers found inside a complete metabolic panel (CMP).

<u>Lab Marker</u>	<u>The Ideal Range</u>	<u>If Low...?</u>	<u>If High...?</u>
ALT	10-26	-/-	Detox
AST	10-26	-/-	Detox

Your Liver Status: ALT _____, AST _____



How To Heal?

Healing Journey can be lengthy and difficult, but for sure is very rewarding. All I want for you is to be healthier happier person who enjoys her/his life. I have already given you some powerful tools to help you through your healing journey. Now I am going to share some skills that could be helping you not only through your healing but through your life.

To begin there are few facts that need to be accepted:

- What you are going through right now is not your fault.
- You don't own your condition (you and your condition are not one), you are just experiencing a condition or conditions.
- Chronic conditions usually are developed through the years, 10,20, or more; it takes good amount of time for your body to heal, give it time, this is not going to be quick fix.
- Because your conditions developed through the years and each person is unique, we need to dig deep in your health history to find out the root causes. Be patient!
- Celebrate your big and small wins, both. Keep your eyes on your prize: THE CONFIDENCE YOU GAIN WITH HEALING. You are going in the right direction.
- Believe that your innate healing powers are in you, and as you get rid of obstacles and provide what body needs, your innate healer is going to heal you.



What To Eat. What To Drink?

There is high likelihood that by now you are very aware of what works for your body and what doesn't, what are your food sensitivities. But there are some tips which are always good to be reminded of:

- ☆ More than half of your body weight is water. You need water for your brain, your joints, your transporting food to your cells and transporting the byproducts out. You need water for your metabolism, for your skin, for your balance, for every single function in your body. And tea, coffee, juice and soda DO NOT replace water. The only good replacement for water is Water.
- ☆ Your body needs moderate amount of all the Macro and Micronutrients. Macronutrients are the energy-carrying components: The carb, protein and fat. Micronutrients don't carry the energy, but they are enabling our cells to make energy out of Macronutrients. The good example of these are vitamins and minerals. What we call whole food has both Macro and Micronutrients. The lesser food is processed the more nutrients you get, and absorption is going to be easier.
- ☆ Try to eat in a relax and calm environment. Playing a calm music or saying gratitude for food can help.
- ☆ Chew your food thoroughly.

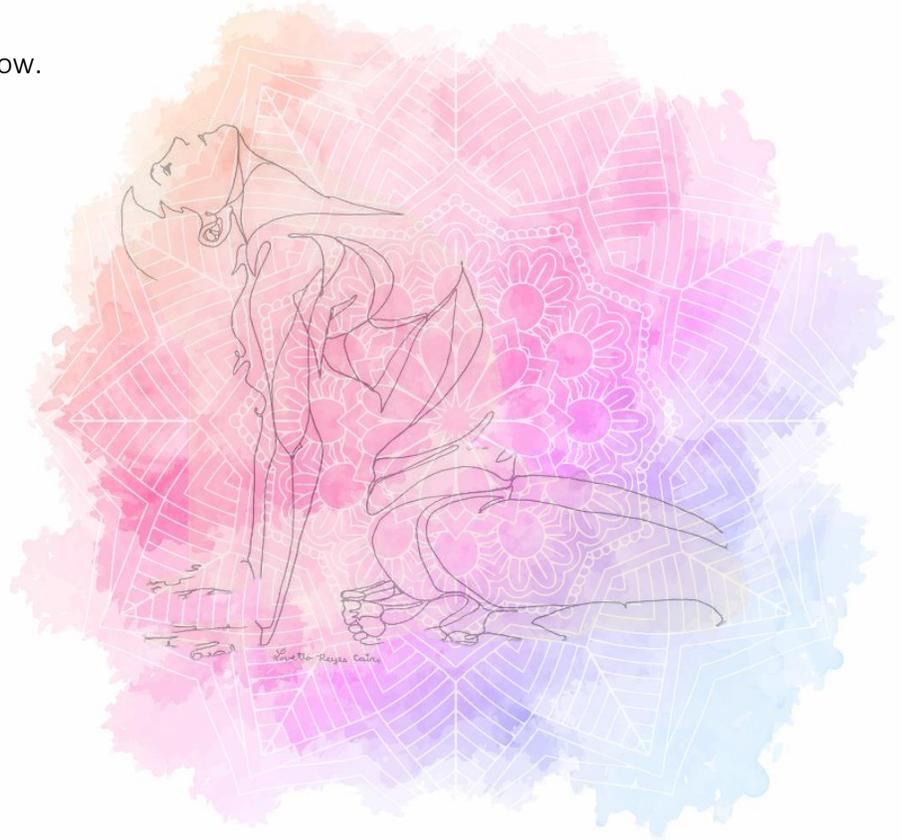


What Kind of Exercise?

When it comes your exercise, your daily activities are practically much more important and quite healthier than an hour harsh workout.

A gentle stretch, a rocking side to side with your favorite music, going for a brief walk in the nature, moving your legs back and forth while you are sitting on your chair like when we were kids, all count. Every little move counts. So:

- ☆ Do the move that you can do and enjoy the most. The more fun you have the more chance you continue. Jumping jacks and push ups are not for you if you have injured knee or your shoulder is already hurting. But can you rotate you ankles CW and CCW while you are sitting in your chair and watching your favorite show.
- ☆ Make your daily activities fun: Can you play a music and dance while washing your dishes or vacuuming? Can you sing while you are cooking? Can you walk to a flower to smell it?
- ☆ Do not over do.
- ☆ Always begin low and slow.



What To Do With Stress?

Stress is mother of all diseases. So, what to do about it:

- ☆ When you are going through stressful situation think about it as a challenge not stress. And yes, different thoughts causing different chemical to be released in your body.
- ☆ When you go through difficult time try to help others in trouble. Your compassion can release oxytocin the hormone that can keep your heart healthy. Also, reminds yourself that you are bigger than your problems.
- ☆ Do meditation and breathing practices even for few short minutes. In the morning and before bed.
- ☆ Journal and write your gratitude. Focus on what you have, what you can and what you are rather than what you don't have, what you can't, what you are not.



Continue your progress and learn more:

LotusWellnessChoice.com

This handout is based upon the hard work of the Dr. Kylie Burton and mostly quoted from her handout. I added what worked in my practice to it to bring you the best chance for healing. Please check our website for updates.

Our online supplement shop is coming soon. To order you're the supplements now please call us at 512-456- 7508, or text us at 512-553-3573.

Don't forget to check us out on all our social media platforms:

Facebook, Instagram, LinkedIn, TikTok, YouTube

Frequently Asked Questions:

- 1.** I don't have any recent blood work. Do I need to get some?
If you had blood work done when you weren't feeling your worst, you can use it. I love to get as many previous labs on a patient as possible, up to 10 years back. The more labs, the more puzzle pieces, the more complete the puzzle. Updated labs never hurt though.
- 2.** When should I get new blood work throughout this process?
It's been my experience that labs are going to get worse before they get better. So don't think you need labs at each step of the way. In fact, there's things that'll mess up the numbers too: environment, detox, and buried emotions, just to name a few. I typically recommend a new set of labs every 6 to 12 months.
- 3.** How soon will I start feeling better?
Every person is different. If your vitamin D needs drastic help, with the right dosage, you're going to feel like a million bucks pretty quick. Just remember to be patient in the journey and to never compare your journey to somebody else. I do know that these steps work, and your "normal" labs reveal answers when they are interpreted correctly. Trust the innate healing your body is meant to do!