RÊVE HEALTH

PROLOGUE PROTOCOL

WELLNESS PLAN

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

CONTENTS

ABOUT THE FOUNDERS

Julie Elaine Brown, M.A.

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Julie Elaine Brown, M.A.

I got sick in my early forties, and was gaslit by doctors who told me my issues were “normal” for my age. While I was able to resolve many health concerns with lifestyle changes and holistic treatments, I still underwent two Myomectomy surgeries (fibroid surgeries).

In hindsight, I believe these could have been avoided with earlier holistic intervention. My experience was a catalyst to help empower other women at any age.

We have the ability to balance our hormones, avoid surgical interventions, and extend our healthspan with a blend of science and lifestyle.

Madeline Cunningham, L.Ac, IHP, AFMCP

After years of living a healthy lifestyle and growing a private practice, I began experiencing symptoms that slowly increased over time. Many doctors appointments, misdiagnoses and being told I was “tired” or “anxious,” I was finally diagnosed with Lyme disease and environmental illness.

In my private practice, I constantly saw women suffer from chronic illness or toxicity and worry about how it was going to impact their fertility. I was now one of them.

After healing my body with holistic and lifestyle interventions, I realized I could teach other women to do the same– to create healthier versions of themselves and potentially healthier future generations.

INTRODUCTION

WELCOME TO YOUR HEALTH PLAN

At Rêve Health, we believe health is more than your physical body - it also includes your lifestyle, relationships, environment, and emotional wellbeing. Through advanced lab work, Traditional Chinese Medicine, personalized guidance, and community we help you understand the root-root cause of imbalances in the body.

Take your time reading through your personalized health report and let the information digest in a way that feels best for you. We are here to support you and your health journey over the next 6 months. We're cheering you on!

EXECUTIVE SUMMARY

LIFESTYLE RECOMMENDATIONS

- **Diet**:
  - Shift your phrasing to “my body is not currently accepting gluten and dairy containing foods, so it’s best to avoid these foods at the moment.”
  - Limit or avoid gluten and dairy for at least 3 months.
  - Limit your intake of raw veggies, focus on cooked veggies instead.
  - Follow the outlined plate structure:
    - 50% non-starchy vegetables
    - 25% protein
    - 25% complex carbohydrates
    - 1-2 tbsp plant-based heathy fat

- **Exercise**:
  - Consider HIIT or MIIT interval training to spike your heart rate to 70-75% bpm a few days a week. This will activate fast twitch muscles which can help weight loss, improve cardiovascular health as a double fire, and reduce C-Reactive Protein levels.
  - Add a few sessions of strength training using low resistance (bands, bodyweight or up to 15lbs weights) to improve creatinine levels and soreness from pilates or Yoga which may be due to lower muscle mass.

- **Stress**:
  - Practice nervous system regulating practices throughout the day.
  - See the daily schedule for frequency of regulation practices.

EXECUTIVE SUMMARY

SUPPLEMENT RECOMMENDATIONS

- **Adrenal Response**: 2 tablets in the morning - 3 months
- **Methyl B Complex**: 1 capsule in the afternoon - ongoing
- **Detoxification Factors**: 2 capsules in the afternoon - as long as continuing birth control
- **Vitamin D3+K2**: 6 drops per day with a meal - 3 months then decrease to 4 drops per day
- **Curalive**: 2 capsules per day - 3 months
- **ProButyrate**: 2 capsules per day - 3 months
- **Therbiotic Synbiotic**: 1 capsule per day - ongoing
- **Akkermansia 500**: 1 capsule per day for 1 bottle
  - **Akkermansia 100**: after finishing the 500 bottle, switch to 100 for at least 2 bottles - 4 months
- **ONE Multi:** 1 capsule per day with a meal - ongoing
- **Magnesium Citrate**: 3 capsules in the evening - ongoing

FUTURE CONSIDERATIONS

Consider adding on additional testing after optimizing the gut microbiome if interested in further exploration of health issues:

- **Salivary Cortisol Test**: evaluates the state of the stress response and nervous system
- **Environmental Pollutants Test**: examines which common environmental pollutants you are currently exposed to and may be impacting your hormones
- **Heavy Metals & Minerals Test**: examines the balance of minerals and heavy metals in the body and the impact on the immune system

YOUR CONSTITUTION TYPE

YOUR UNIQUE TRADITIONAL CHINESE MEDICINE ELEMENT PROFILE

THE FIRE ELEMENT

Fire is associated with the heart, small intestine, pericardium, and the lymphatic system. It houses the emotion of joy, helps us develop our sense of excitement, and creates connection to others.

When you are living in alignment with your fire constitution, you may experience:

- Healthy cardiometabolic function
- Healthy absorption of nutrients
- The ability to create heartfelt connections
- The ability to experience true joy
- A strong sense of giving and receiving love

When you are living out of alignment with your fire constitution, you may experience:

- Issues associated with the heart and/or metabolism
- Nutrient absorption issues
- Limited or superficial connections with others
- Frequently experiencing anxiety
- Difficulty experiencing love

DOUBLE FIRE

Your second constitution element is also fire. This means when you are living in alignment, you are likely to experience the fire element very strongly - strong cardiometabolic health, strong heartfelt connections, and are likely a very joyful person.

When you are living out of alignment, it is likely you feel the symptoms of imbalance very strongly. This includes cardiometabolic issues, difficulty connecting with others, anxiety or panic attacks, and difficulty experiencing love.

Having both elements fall under the fire element means your strengths are very noticeable and your imbalances will be equally as noticeable. There is so much power in this combination!

INTAKE FORM INSIGHTS

HOW YOU LIVE YOUR LIFE IS THE BIGGEST DETERMINANT OF YOUR PHYSIOLOGY

SLEEP

The importance of sleep cannot be overstated. High quality sleep sets women up for regulated cortisol, balanced blood sugar, improved detoxification abilities, stable hormones, and more.

Based on your intake form responses, it looks like you are getting 6-7 hours of sleep per night. In order to get optimal sleep, we recommend **aiming for at least 7 hours per night**. If you are unable to sleep longer in the mornings, try gradually going to sleep earlier.

You reported experiencing issues falling asleep and staying asleep throughout the night often. You also reported being unsure if you snore and waking feeling groggy in the morning.

Having difficulty falling and staying asleep along with feeling groggy is typically from two causes - imbalanced blood sugar and mouth breathing while sleeping.

Often people, especially women, can have blood sugar crashes overnight. In order to keep blood sugar balanced, we recommend **eating a small, high fat snack before bed**, such as a spoonful of a nut butter or coconut oil. This will help prevent blood sugar crashes overnight and may help you feel more refreshed in the mornings.

Snoring can have health implications such as changing the oral biome and making you more prone for sleep apnea. We recommend **trying mouth tape** to retrain the muscles in your face to breathe from your nose.

General recommendations for healthier sleep include keeping the temperature cool (between 67-69 degrees F), keep the room as dark as possible, and keep a consistent schedule, even on the weekends.

SUMMARY OF RECOMMENDATIONS

- Try going to bed one hour earlier
- Notice the difference in feeling rested over the next few months
- Consume 1 tbsp of a nut butter or coconut oil before bed

EXERCISE & MOVEMENT

The exercise that best supports your body is different for everyone. Various factors go into determining which movement is for you, including muscle fiber type, specific goals, current health status, and more.

Based on your intake form responses, you exercise 3-5 days a week and you alternate between walking, yoga/Pilates, and spin.

We suspect you may have more slow twitch muscle fibers. Lower intensity workouts, or longer moderate, steady pace workouts primarily engages slow-twitch muscle fibers. While cycling burns calories, it doesn't typically generate enough muscle breakdown in fast-twitch fibers, which are crucial for building lean muscle mass and boosting metabolic rate — both key factors for effective weight loss. We recommend:

- Adding 1-2 days/week of activities that recruit fast-twitch fibers (like HIIT, or MIIT (moderate intensity interval training)for greater muscle stimulation and fat burning both during and after exercise.
- Combine with 10-15 minutes of lighter-resistance strength training (using bands or weights under 15 lbs).
- Try reformer pilates to incorporate some strength training with an exercise you already enjoy.
- Incorporate HIIT/MIIT sessions that are 20-25 minutes total, alternating between 70-75% of your max heart rate (or 134 to 143 bpm) for a minute to 90 seconds, followed by a rest period for a minute (you can stretch during the recovery period). This will improve cardiovascular health and increase fast-twitch muscle fibers which helps metabolism.
- Strength training helps build muscle mass. The more muscle mass a person has, the more creatine they store in their muscles. Creatine is a compound that helps muscles generate energy during intense exercise, and as muscles use creatine, it gets converted into creatinine (a waste product).
- Adding 10-15 minutes of strength training a few days a week may improve creatinine levels. Bodyweight squats, or goblet squats for 3 sets of 8-10 reps is one example of strength training that will help build muscle without causing more inflammation.

SUMMARY OF RECOMMENDATIONS

- Consider HIIT or MIIT interval training to spike your heartrate to 70-75% bpm a few days a week. This will activate fast twitch muscles which can help weight loss.
- Add a few sessions of strength training using low resistance (bands, bodyweight or up to 15lbs weights) to creatinine levels.

Benefits of exercise:

BALANCED BLOOD SUGAR
IMPROVED INSULIN SENSITIVITY
IMPROVED BODY COMPOSITION
BETTER SLEEP
REDUCED ANXIETY & DEPRESSION
BETTER BLOOD CIRCULATION
IMPROVED LYMPH MOVEMENT

FOOD & NUTRITION

Food has the ability to greatly influence our physiology. When we choose foods that keep blood sugar balanced, support healthy hormones, avoid toxins, and provide nourishment, food can be used as a major health tool.

Based on your intake form responses, it looks like you follow a low carbohydrate, gluten free, dairy free, and high protein diet. You also shared you have a negative relationship with food and some confusion around nutrition.

When experiencing significant digestive issues, you are at higher risk of developing a fear-based relationship with food. For example, you may be more prone to blaming some of your symptoms based on the foods you're ingesting. **While food sensitivities, intolerances, and allergies can contribute to digestive dysfunction, they are often not the root cause for the digestive dysfunction.**

To help support a more positive relationship with food, consider using phrasing such as, "my body is not currently accepting gluten and dairy containing foods, so it's best to avoid these foods at the moment," instead of "gluten and dairy are making me feel sick, so I'm going to cut them out of my diet." Notice any shifts in your emotions or feelings when practicing this reframe.

Based on your test results, it may be supportive for your body to **limit or avoid gluten and dairy containing foods for at least three months.** Dairy and grain products with gluten (wheat, rye, and barley) contain protein molecules that the immune system can react to when experiencing increased inflammation.

After three months, you can consider reincorporating these foods back into your diet. Begin by adding in dairy for one week. Notice if you experience an increase in symptoms. Continue avoiding or limiting dairy if you notice any adverse reactions. If you don't notice any changes, continue consuming dairy products, opting for grass-fed and organic when possible. Perform a similar reintroduction with gluten containing products. We don't recommend adding gluten and dairy back in at the same time so you can determine which food group may be triggering your symptoms.

To further support your digestion, consider limiting your intake of raw veggies and focusing on consuming cooked veggies instead. While fiber is supportive for our general health and gut health, it can be too abrasive when digestion is compromised. Additionally, it can further contribute to malabsorption of certain key vitamins and minerals. If you are craving raw veggies, opt for soft leafy greens like romaine and spring mix. Peeling and deseeding veggies, such as cucumber, may make them easier to digest as well.

FOOD & NUTRITION

To ensure you are getting adequate nutrients in your diet using a more intuitive approach, focus on this plate model as a framework to visualize the different proportions of the food groups on your plate:

- 50% of your meal should be from non-starchy and colorful veggies that your body tolerates, such as lettuce, broccoli, cucumber, summer squash, and sauteed Swiss chard.
- 25% of your meal should be from protein dense whole foods such as wild cold water fatty fish low in mercury (salmon), pasture raised eggs and chicken, red meat, legumes, organic dairy, organic and non GMO tofu and tempeh, nuts, and seeds.
- 25% of your meal should be from fiber rich complex carbohydrates such as sweet potatoes, wild rice, quinoa, rolled oats, winter squash, and starchier fruits like banana.
- One to two tablespoons of healthy plant-based fats should be included at each meal from plant based sources like avocado, olive oil, nuts, and seed

SUMMARY OF RECOMMENDATIONS

- Avoid placing the blame on food for any digestive issues you may be experiencing
- Consider avoiding gluten and dairy as part of your daily diet for at least three months
- Avoid raw veggies in the setting of compromised digestion
- Follow the plate model for an intuitive approach to a balanced diet

VICES

Everyone handles and process stress differently, which at times can include vices such as alcohol, sugar, and even overworking. It is always good practice to check in with yourself to see if these habits are supporting your health goals.

Based on your intake form responses, it looks like you drink alcohol occasionally and consume sugar for stress relief.

With all vices, it's important each time we choose to indulge to evaluate our intentions. **What is the feeling I am searching for here? Is there another way I can get my needs met that feels healthier?** Asking these questions allows us to make informed decisions when we decide to indulge.

General recommendations for vices include pausing before taking action, evaluating intentions for indulging, and recognize the difference between an informed action and a habituated response.

SUMMARY OF RECOMMENDATIONS

- Check in with your intentions
- Pause before consuming
- Make an informed action choice vs a habituated response

STRESS

Increased stress and cortisol levels can have detrimental impacts to almost every single system in the body, including gut health, thyroid function, sex hormone production, immune function, rapid aging, and more.

Based on your intake form responses, your reported stress level is elevated, rated a 8/10. You reported experiencing insomnia, racing thoughts, heart palpitations, panic attacks, chest tightness, and digestive issues. You most resonate with the freeze response.

The nervous system gets conditioned to respond to situations through repetition. If there is a repetitive pattern of coping with difficult emotions, reacting to stress in the same pattern, or repeating the same stress-inducing thoughts, the body will continue to respond in the same way.

Based on your intake form, your body is likely alternating between a sympathetic fight or flight response and dorsal vagal shutdown freeze response. There are exercises you can do to re-regulate the nervous system over time.

Finding Body Boundaries
Gently and slowly rub the sides of your arms
Focus on what the touch feels like
Repeat for 3-5 minutes

Visualizations
With eyes closed, visualize a version of you
This version is calm, peaceful, unwaveringly solid
Imagine in detail who this person is, how they talk, what they wear
Repeat 1-2x/day for 3-5 minutes per session

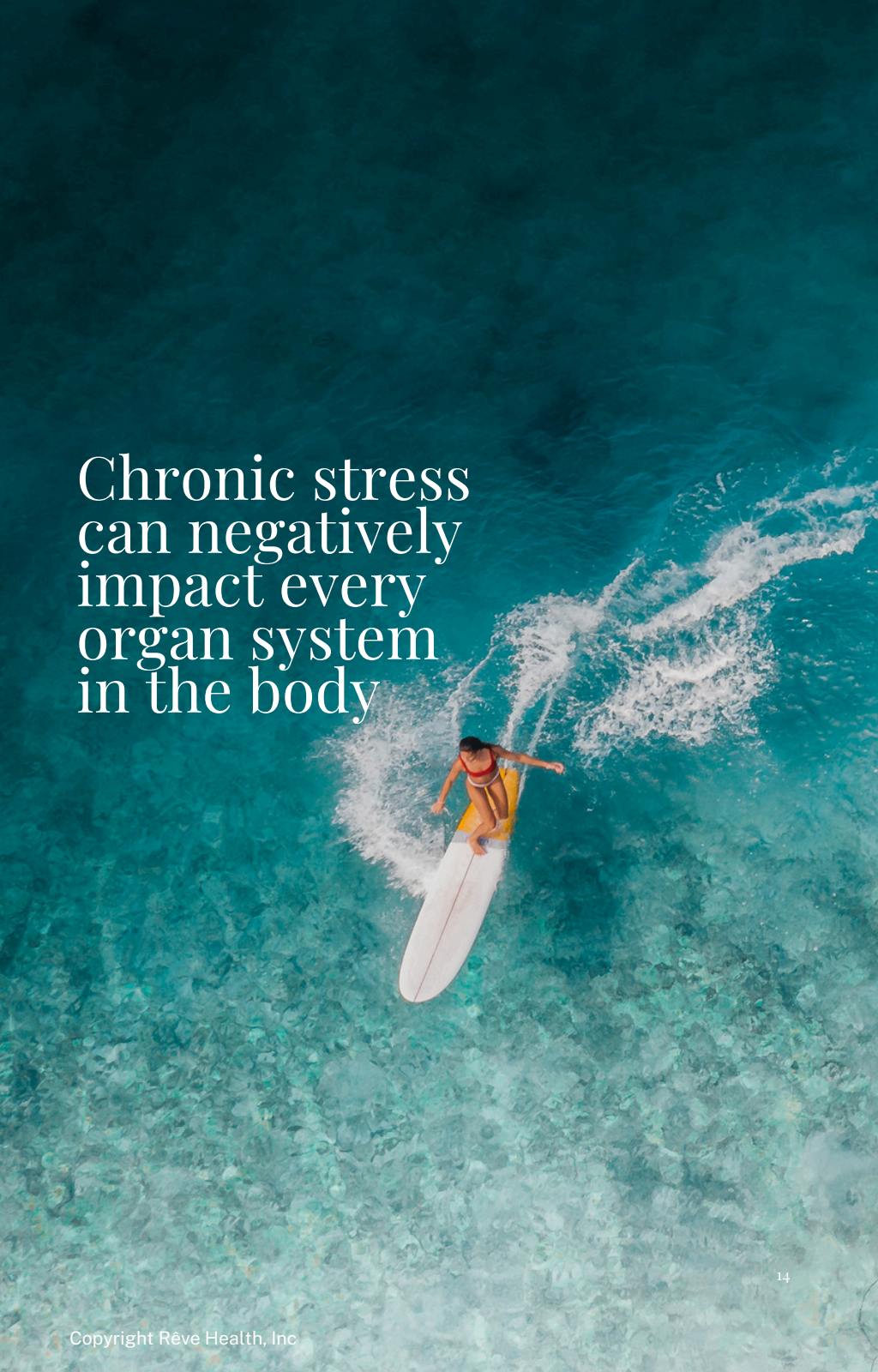
Orient
Feel yourself being supported by the surface beneath you - a chair, floor, bed
Notice the supportive surface touching your body and relaxing into it, feeling fully held
Repeat several times throughout the day

General recommendations for stress management include taking epsom salt baths, set boundaries to support your needs, and develop a spiritual practice that supports a connection to something greater than yourself.

SUMMARY OF RECOMMENDATIONS

- Develop a consistent nervous system regulating practice
- Find the titration of coming back to your body
- Attend our weekly meditations if possible
- Set healthy boundaries

Chronic stress can negatively impact every organ system in the body



REPRODUCTIVE HEALTH

Our sex hormones act as a vital sign for women's health. Based on your intake form, you are currently taking the birth control pill and do not want to get pregnant at this time.

Our sex hormones respond to our environment - when the overall environment of the body feels safe, nutrient deficiencies are rectified, and toxicity is addressed, sex hormones can resume function as normal.

Working on balancing blood sugar and regulating the stress response are some of the strongest practices for regulating sex hormones. Optimizing the gut microbiome can also make a big impact on balancing sex hormones.

General recommendations for maintaining healthy hormones include being mindful of endocrine disrupting chemicals such as parabens and phthalates, use non-toxic feminine products such as menstrual cups vs tampons, consider organic cotton underwear, and keep blood sugar balanced.

SUMMARY OF RECOMMENDATIONS

- Avoid toxins when possible, such as parabens and phthalates
- Use non-toxic feminine products
- Keep blood sugar stable
- Practice stress management exercises

RELATIONSHIPS

Having a sense of meaningful connection, platonic or romantic, is important for our overall wellbeing. Humans are relational by nature and having a strong sense of community has been proven to improve our health and longevity.

According to your intake form response, you are currently in a relationship and lean toward an anxious attachment style.

Navigating relationships with an anxious attachment style can feel vulnerable. There is typically an underlying fear of abandonment that can make it feel difficult to fully express yourself in a partnership.

In an anxious attachment style, there is usually a reliance in someone outside of yourself to regulate the nervous system. If you feel chosen, seen, or loved, there is a high sense of self worth and sense of calm. Without it, self worth is low and there is dysregulation. The message of having an anxious attachment style is to find that sense of worth and calm within yourself.

The following journaling exercises can help you understand the messages this anxious attachment style is trying to communicate and how it may be protecting you:

RELATIONSHIPS

- Can I tap into the feeling I get when I feel anxiously attached? Have I felt this before in my life? How old was I? Who was I responding to?
- With any of my caretakers, did I feel like I needed to earn love? Was their love inconsistent or condition dependent? Do I carry that belief in my romantic partnerships?
- What was the relationship dynamic like between my caretakers? Am I emulating the behavior of one of my caretakers in relationships?
- Am I choosing partners that can meet my emotional needs? Or do I choose partners that validate my subconscious beliefs that I'm not enough?
- Can I feel in my body what I want a healthy partnership to feel like?

Spend some time going through the answers to these questions to begin to befriend your anxious attachment pattern.

SUMMARY OF RECOMMENDATIONS

- Do your journal exercises
- Check in with yourself regularly
- Recognize what may be familiar isn't always what's optimal
- Practice nervous system regulating exercises

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Functional lab review

ADVANCED BLOOD CHEMISTRY

ADVANCED BLOOD CHEMISTRY

COMPLETE BLOOD COUNT

WBC

YOUR VALUE	7.4 K/ul
INDICATION	Optimal
FUNCTION	White blood cells fight infection, defend the body and produce, transport and distribute antibodies. They consist of 5 different types - neutrophils, basophils, eosinophils, monocytes, and lymphocytes.

RBC

YOUR VALUE	5.05 M/ul
INDICATION	**Above Optimal**
FUNCTION	Red blood cells carry oxygen from the lungs to the body tissue and transfer carbon dioxide from the tissues to the lungs. RBC may be elevated due to dehydration or stress.

HEMOGLOBIN

YOUR VALUE	14.0 g/dl
INDICATION	**Below Optimal**
FUNCTION	Hemoglobin is an oxygen containing molecule inside red blood cells. The ability of the blood and oxygen to combine is dependent on the concentration of hemoglobin. Below optimal hemoglobin may be due to low iron or b vitamins.

HEMATOCRIT

YOUR VALUE	43.5%
INDICATION	**Below Optimal**
FUNCTION	Hematocrit is the percentage of the volume of red blood cells in a known amount of blood. Below optimal hematocrit may be due to low iron or b vitamins.

MCV

YOUR VALUE	86 fl
INDICATION	Optimal
FUNCTION	Mean Corpuscular Volume (MCV) is a measurement of the volume of an average single red blood cell. It indicates if a red blood cell is normal, small or large.

MCH

YOUR VALUE	27.7 pg
INDICATION	**Below Optimal**
FUNCTION	Mean Corpuscular Hemoglobin (MCH) is the average hemoglobin weight per red blood cell. Below optimal levels of MCH may be due to low iron or b vitamins.

MCHC

YOUR VALUE	32.2 g/dl
INDICATION	Optimal
FUNCTION	Mean Corpuscular Hemoglobin Concentration (MCHC) measures the average concentration of hemoglobin in the red blood cells.

RDW

YOUR VALUE	12.2%
INDICATION	Optimal
FUNCTION	Red Cell Distribution Width (RDW) is an indication of the abnormal variation in size of red blood cells.

PLATELETS

YOUR VALUE	252 k/ul
INDICATION	Optimal
FUNCTION	Platelets are the smallest formed elements in the blood. They are necessary for blood clotting, vascular integrity and vasoconstriction.

NEUTROPHILS %

YOUR VALUE	72%
INDICATION	**Above Optimal**
FUNCTION	Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white blood cell to combat inflammation. Above optimal neutrophils may be due to an acute or chronic bacterial issue or general inflammation.

LYMPHOCYTES %

YOUR VALUE	23%
INDICATION	**Below Optimal**
FUNCTION	Lymphocytes migrate to areas of inflammation in the early and late stages of an inflammatory process. They destroy and get rid of toxic byproducts of protein metabolism. Below optimal levels may be due to an acute or chronic infection, inflammation, or nutrient deficiencies.

MONOCYTES %

YOUR VALUE	3%
INDICATION	Optimal
FUNCTION	Monocytes are the body's second line of defense against infection. They remove dead cells, microorganisms and particulate matter from the blood.

EOSINOPHILS %

YOUR VALUE	1%
INDICATION	Optimal
FUNCTION	Eosinophils help remove and breakdown the byproducts of protein catabolism. They respond to allergic and parasitic disorders.

BASOPHILS %

YOUR VALUE	1%
INDICATION	Optimal
FUNCTION	Basophils exist in the blood and tissues as mast cells. They play a role in releasing substances to prevent clotting in inflamed tissue.

NEUTROPHILS ABSOLUTE

YOUR VALUE	5.3 K/ul
INDICATION	Optimal
FUNCTION	Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white blood cell to combat inflammation.

LYMPHOCYTES ABSOLUTE

YOUR VALUE	1.7 K/ul
INDICATION	Optimal
FUNCTION	Lymphocytes migrate to areas of inflammation in the early and late stages of an inflammatory process. They destroy and get rid of toxic byproducts of protein metabolism.

MONOCYTES ABSOLUTE

YOUR VALUE	0.3 K/ul
INDICATION	Optimal
FUNCTION	Monocytes are the body's second line of defense against infection. They remove dead cells, microorganisms and particulate matter from the blood.

EOSINOPHILS ABSOLUTE

YOUR VALUE	0.1 K/ul
INDICATION	Optimal
FUNCTION	Eosinophils help remove and breakdown the byproducts of protein catabolism. They respond to allergic and parasitic disorders.

BASOPHILS ABSOLUTE

YOUR VALUE	0.1 K/ul
INDICATION	Optimal
FUNCTION	Basophils exist in the blood and tissues as mast cells. They play a role in releasing substances to prevent clotting in inflamed tissue.

IMMATURE GRANULOCYTES %

YOUR VALUE	0.0%
INDICATION	Optimal
FUNCTION	Granulocytes are the most abundant type of white blood cells. When immature granulocytes are high, it can be a sign the body is fighting an infection or another immune related issue.

IMMATURE GRANULOCYTES ABSOLUTE

YOUR VALUE	0.0 K/ul
INDICATION	Optimal
FUNCTION	Granulocytes are the most abundant type of white blood cells. When immature granulocytes are high, it can be a sign the body is fighting an infection or another immune related issue.

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The five white blood cell types show what the immune system is responding to

ADVANCED BLOOD CHEMISTRY

METABOLIC PANEL

FASTING GLUCOSE

YOUR VALUE	84 mg/dl
INDICATION	Optimal
FUNCTION	Glucose is the body's main energy source. It is formed in the liver and from eating carbohydrates. Glucose levels can be impacted by epinephrine, cortisol, and thyroid hormones.

BUN

YOUR VALUE	17 mg/dl
INDICATION	Optimal
FUNCTION	Blood Urea Nitrogen (BUN) measures how much urea nitrogen is in the blood. Urea nitrogen is a waste product of protein metabolism that is excreted by the kidneys. It can be a useful marker to see kidney functionality.

CREATININE

YOUR VALUE	0.75 mg/dl
INDICATION	**Below Optimal**
FUNCTION	Creatinine is a byproduct of muscle contraction and is removed by the kidneys. It can be a useful marker for kidney function. Below optimal levels of creatinine may indicate under-nourishing and muscle break down.

SODIUM

YOUR VALUE	136 mmol/L
INDICATION	Optimal
FUNCTION	Sodium is the most prevalent cation (a type of electrolyte) outside of the cells. Sodium is important for acid base balance, keeping the urine acidic, and helps nerve and muscle function.

POTASSIUM

YOUR VALUE	5.2 mmol/L
INDICATION	**Above Optimal**
FUNCTION	Potassium is the primary electrolyte inside of the cells. It plays a role in nerve conduction, muscle function, cellular transport, and heart and kidney function. Above optimal levels of potassium may indicate dehydration or hypofunctioning adrenals.

CHLORIDE

YOUR VALUE	101 mmol/L
INDICATION	Optimal
FUNCTION	Chloride is the most prevalent anion (a type of electrolyte) outside of the cells It helps with cellular integrity.

CARBON DIOXIDE

YOUR VALUE	20 mmol/L
INDICATION	**Below Optimal**
FUNCTION	Carbon Dioxide is a measurement of bicarbonate, or base, in the blood. A base helps keep the body from becoming too acidic. Carbon dioxide neutralizes acids such as hydrochloric acid and lactic acid. Below optimal levels of carbon dioxide may indicate dehydration, shallow breathing, or a highly refined diet.

CALCIUM

YOUR VALUE	10.0 mg/dl
INDICATION	Optimal
FUNCTION	Calcium has many functions including muscle contraction, blood clotting, protein absorption, cardiac function and transmission of nerve impulses. Calcium levels are primarily regulated by the parathyroid hormone, which will increase bone reabsorption to increase calcium levels. Calcium absorption is dependent on stomach acidity and is physically absorbed in the upper part of the small intestine.

TOTAL PROTEIN

YOUR VALUE	7.5 g/dl
INDICATION	Optimal
FUNCTION	Protein is a measurement of the two proteins albumin and globulin in the serum. Protein absorption is impacted by stomach acidity, pancreas function and the health of the small intestine.

ALBUMIN

YOUR VALUE	4.6 g/dl
INDICATION	Optimal
FUNCTION	Albumin is one of the major blood proteins. It is produced primarily in the liver and plays a role in water distribution and hormone and drug transportation. Levels are impacted by digestive function, proper protein nutrition, and liver function.

GLOBULIN

YOUR VALUE	2.9 g/dl
INDICATION	Optimal
FUNCTION	Globulin is a blood protein that transports substances in the blood and make up the antibody system and clotting proteins.

TOTAL BILIRUBIN

YOUR VALUE	0.4 mg/dl
INDICATION	Optimal
FUNCTION	Bilirubin is formed by the breakdown of hemoglobin in red blood cells by the spleen and bone marrow. Levels can be impacted by liver dysfunction or the breakdown of red blood cells.

ALKALINE PHOSPHATASE

YOUR VALUE	69 U/L
INDICATION	Optimal
FUNCTION	Alkaline phosphatase is an enzyme found throughout the body that breaks down proteins. It is dependent on zinc for optimal function.

ALT

YOUR VALUE	14 U/L
INDICATION	Optimal
FUNCTION	Alanine aminotransferase (ALT) is an enzyme present in high concentrations in the liver and to a lesser extent in the skeletal muscles, kidneys, and heart. ALT is a more specific marker for liver functionality.

AST

YOUR VALUE	17 U/L
INDICATION	Optimal
FUNCTION	Aspartate aminotransferase (AST) is an enzyme that is present in highly metabolic tissues such as skeletal muscles, the liver, heart, kidneys, and lungs.

EGFR

YOUR VALUE	111 ml/min
INDICATION	Optimal
FUNCTION	Estimated Glomerular Filtration Rate (eGFR) is a measurement of how well the glomeruli, filters in the kidneys, are working. Creatinine levels, age, sex, height, weight and race are used to determine an eGFR calculation.

HEMOGLOBIN A1C

YOUR VALUE	5.0%
INDICATION	Optimal
FUNCTION	Hemoglobin A1C is used to determine the average blood glucose levels in the 2-3 months prior to the blood draw.

FASTING INSULIN

YOUR VALUE	9.6 uIU/ml
INDICATION	Optimal
FUNCTION	Insulin is a hormone that regulates blood sugar into cells. Measuring fasting insulin levels tend to show earlier signs of blood sugar imbalances than blood glucose or A1C levels.

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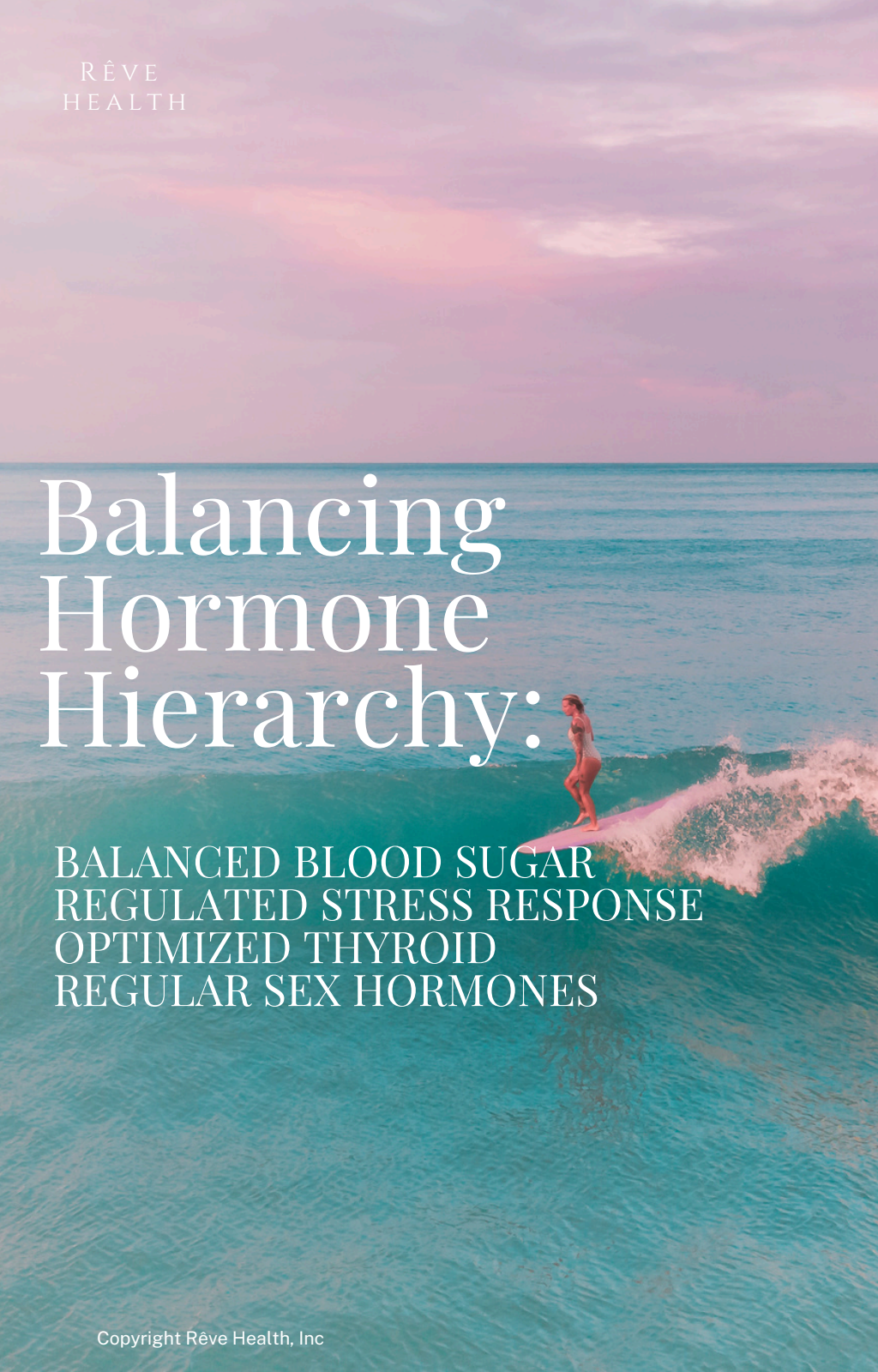
Balancing Hormone Hierarchy:



BALANCED BLOOD SUGAR
REGULATED STRESS RESPONSE
OPTIMIZED THYROID
REGULAR SEX HORMONES

ADVANCED BLOOD CHEMISTRY

FEMALE HORMONE PANEL

LH

YOUR VALUE	2.2 mIU/ml
INDICATION	**Below Optimal**
FUNCTION	Luteinizing Hormone (LH) is a hormone made by the anterior pituitary. In women, LH stimulates the ovaries to release an egg for ovulation and increases progesterone levels. Below optimal levels of LH are likely due to birth control use.

FSH

YOUR VALUE	3.8 mIU/ml
INDICATION	Optimal
FUNCTION	Follicle Stimulating Hormone (FSH) is a hormone made by the anterior pituitary. In women. FSH helps the ovaries prepare and mature an egg for ovulation.

TESTOSTERONE

YOUR VALUE	10 ng/dl
INDICATION	**Below Optimal**
FUNCTION	Testosterone is a sex hormone that is produced in the ovaries and adrenal glands in women. Total testosterone reflects the total testosterone levels in the blood, bound and unbound to protein. Testosterone in women is important for libido, muscle health, and mood. Low testosterone may be due to the birth control pill.

FREE TESTOSTERONE

YOUR VALUE	0.6 ng/dl
INDICATION	Optimal
FUNCTION	Testosterone is a sex hormone that is produced in the ovaries and adrenal glands in women. Free testosterone reflects the testosterone that is not bound to protein and more bioavailable for use.Testosterone in women is important for libido, muscle health, and mood.

ANTI-MULLERIAN HORMONE

YOUR VALUE	3.08 ng/mL
INDICATION	Optimal
FUNCTION	Anti-Mullerian Hormone (AMH) is a marker that correlates to the number of eggs a woman has, or her ovarian reserve. It is a useful indicator when examining fertility related issues, PCOS or menopause.

ESTRADIOL

YOUR VALUE	<5.0 pg/mL
INDICATION	**Below Optimal**
FUNCTION	Estradiol (E2), one of the forms of estrogen, helps eggs mature in the ovaries, helps thicken the lining of the uterus and regulates various systems throughout the body. Changes in estrogen levels are common with birth control use.

SEX HORMONE BINDING GLOBULIN

YOUR VALUE	145.0 nmol/L
INDICATION	**High**
FUNCTION	Sex Hormone Binding Globulin (SHBG) is a protein that binds to sex hormones. It determines how available sex hormones are available for use by the body. It is produced in the liver. SHBG is likely elevated due to birth control use.

TSH

YOUR VALUE	1.090 uIU/ml
INDICATION	Optimal
FUNCTION	Thyroid Stimulating Hormone (TSH) is a hormone found in the anterior pituitary that signals the thyroid to produce thyroid hormone. TSH shows how much the body is asking the thyroid to produce thyroid hormone.

FREE T4

YOUR VALUE	1.18 ng/dl
INDICATION	Optimal
FUNCTION	Thyroxine, or T4, is a hormone secreted by the thyroid gland. T4 is the inactive form of the thyroid hormone - it needs to be converted to T3 in order to become active. Free T4 represents the amount of T4 in the serum that is unbound to protein and available for use.

FREE T3

YOUR VALUE	3.3 pg/ml
INDICATION	Optimal
FUNCTION	Triiodothyronine (T3) is the most active form of the thyroid hormone. It is primarily produced from the conversion of T4 to T3 in the tissues. Free T3 represents the unbound and usable form of T3.

REVERSE T3

YOUR VALUE	18.8 ng/dL
INDICATION	Optimal
FUNCTION	Reverse T3, or rT3, is an inactive form of thyroid hormone. It blocks the conversion of inactive T4 to the active form T3.

THYROID PEROXIDASE ANTIBODIES

YOUR VALUE	<9 IU/ml
INDICATION	Optimal
FUNCTION	Thyroid Peroxidase Antibodies (TPO) when positive can indicate a presence of autoimmunity inside of the thyroid gland, such as Hashimoto's or Graves disease.

THYROGLOBULIN ANTIBODIES

YOUR VALUE	<1.0 IU/ml
INDICATION	Optimal
FUNCTION	Thyroglobulin antibodies tests for antibody levels to the protein thyroglobulin. This protein is found in thyroid cells.

VITAMIN D

YOUR VALUE	41.4 ng/ml
INDICATION	**Below Optimal**
FUNCTION	Vitamin D is both a nutrient that needs to be consumed and a hormone the body produces. Vitamin D has many functions including bone maintenance and immune health. Supplementation is typically required for optimal vitamin D.

ADVANCED BLOOD CHEMISTRY

CHOLESTEROL PANEL

TOTAL CHOLESTEROL

YOUR VALUE	203 mg/dl
INDICATION	Lab High/Optimal
FUNCTION	Cholesterol is found in every cell of the body. It is an essential component of the structure of a cell membrane, provides the structure for steroid hormones (adrenal hormones, sex hormones, and vitamin D) and is a component of nerve fibers. It is produced in the body by the liver, intestines, and skin and also comes from dietary sources.

TRIGLYCERIDES

YOUR VALUE	90 mg/dl
INDICATION	Optimal
FUNCTION	Triglycerides are a type of fat found in the blood. Any excess calories that are not utilized are converted into triglycerides to be used as energy between meals or in fasted states. Triglycerides are highly influenced by dietary carbohydrates and fats.

HDL

YOUR VALUE	57 mg/dl
INDICATION	Optimal
FUNCTION	High Density Lipoprotein (HDL) is a lipoprotein that transports cholesterol from tissues and vessel walls to the liver. It is considered "good" cholesterol because it brings cholesterol away from the tissues to prevent atherosclerosis.

VLDL

YOUR VALUE	16 mg/dl
INDICATION	Optimal
FUNCTION	VLDL stands for very low density lipoprotein. The main job of VLDL is to carry cholesterol and triglycerides to other parts of the body.

LDL

YOUR VALUE	130 mg/dl
INDICATION	**High**
FUNCTION	Low-Density Lipoprotein (LDL) is a lipoprotein that carries cholesterol from the liver to the tissue. It is considered "bad" cholesterol because it brings cholesterol into the tissues and arteries. However it is necessary and beneficial for hormone production. Elevated levels of LDL may be due to undernourishment, insulin related issues, inflammation, and the birth control pill.

ADVANCED BLOOD CHEMISTRY

NUTRIENTS

IRON BINDING CAPACITY

YOUR VALUE	441 ug/dl
INDICATION	**Above Optimal**
FUNCTION	Iron Binding Capacity is an estimation of serum transferrin levels. Transferrin is a protein that carries iron in the blood. It represents the body's craving for iron. Above optimal levels of TIBC indicate the body is craving more iron.

IRON

YOUR VALUE	76 ug/dl
INDICATION	Optimal
FUNCTION	Serum iron levels are a measurement of the iron bound to a protein, mostly transferrin. The majority of iron comes from dietary sources. Adequate stomach acid and vitamin C are required for the absorption of iron where it is mostly absorbed in the small intestine.

IRON SATURATION

YOUR VALUE	17%
INDICATION	**Below Optimal**
FUNCTION	Iron saturation is a calculated percentage to determine iron status. A below optimal iron saturation indicates the body is craving more iron.

FERRITIN

YOUR VALUE	129 ng/ml
INDICATION	Optimal
FUNCTION	Ferritin is a blood protein that contains iron. It is used as a marker to measure the body’s stores of iron.

UIBC

YOUR VALUE	365 ug/dL
INDICATION	Optimal
FUNCTION	Unsaturated Iron Binding Capacity (UIBC) is a marker to determine the levels of transferrin not yet bound to iron. It is a helpful marker in determining iron status.

RBC MAGNESIUM

YOUR VALUE	5.6 mg/dL
INDICATION	Optimal
FUNCTION	Magnesium is involved with many different functions such as carbohydrate metabolism, protein synthesis, energy production, blood clotting and muscle contraction. RBC Magnesium shows the magnesium levels inside the cell, making it a more accurate marker for magnesium.

RBC ZINC

YOUR VALUE	1121 ug/dL
INDICATION	Optimal
FUNCTION	Zinc is involved with many different functions in the body, such as supporting thyroid health, hormone health, immune function, and more. RBC Zinc shows the zinc levels inside of the cell, making it a more accurate marker for zinc.

RÊVE
HEALTH

Cholesterol is the building block of hormones

LOW CHOLESTEROL = LOW HORMONES

ADVANCED BLOOD CHEMISTRY

INFLAMMATION

C-REACTIVE PROTEIN

YOUR VALUE	5.05 mg/L
INDICATION	**High**
FUNCTION	C-Reactive Protein (CRP) is a protein that is made in the liver. It acts as a non-specific inflammatory marker. Elevated levels may indicate general inflammation.

HOMOCYSTEINE

YOUR VALUE	11.7 umol/L
INDICATION	**Above Optimal**
FUNCTION	Homocysteine is an amino acid that is formed as a waste product in the energy production cycle that is broken down by different b vitamins. Above optimal levels of homocysteine may indicate a need for b vitamins and general inflammation.

Summary of Findings

1

NEED FOR B VITAMINS:

An elevated hemoglobin, hematocrit, and homocysteine levels indicate a need for b vitamins.

2

INFLAMMATION SUPPORT:

Elevated CRP and homocysteine levels indicate investigation into inflammation levels

3

VITAMIN D NEED:

Supplementation for vitamin D is necessary to raise levels slightly

4

NUTRITION SUPPORT:

Elevated creatinine, SHBG, and LDL with low levels of carbon dioxide indicate a need for optimized nutrition and fiber intake.

RECOMMENDED SCHEDULE

DAILY SCHEDULE

WAKE UP:
- Finding body boundaries in bed
- Supplements: Adrenal Response (2 tablets)

BREAKFAST:
- Eat within the first hour of waking (if cannot eat a full meal have a spoonful of coconut oil or nut butter)
- Supplements: ONE Multi (1 capsule), Vitamin D3+K2 (6 drops), Curalive (2 capsules), Therbiotic Synbiotic (1 capsule)

MID MORNING:
- Orienting exercise
- Snack with protein and/or fat

LUNCH:
- Meal following the plate structure
- Supplements: Methyl B Complex (1 capsule), Detoxification Factors (2 capsules), ProButyrate (2 capsules), Akkermansia 500 or 100 (1 capsule)

MID AFTERNOON:
- Orienting exercise
- Snack with protein and/or fat

DINNER:
- Meal following the plate structure
- Supplements: Magnesium Citrate (3 capsules)

BEFORE BED:
- Snack of 1 tbsp of coconut oil or nut butter before bed

RECOMMENDED SCHEDULE

WEEKLY SCHEDULE

DETOXIFICATION:

- 2-3 20 minute sauna sessions per week if possible

NERVOUS SYSTEM SUPPORT:

- 1 longer de-stress practice such as a massage, somatic coaching session or yin yoga class per week

CONCLUSION

THIS IS THE BEGINNING OF SOMETHING GOOD.

This is the storybook of you. We've reviewed your intake form and blood work results. We have seen how your physiology is responding to your environment and created a customized plan to empower you to step into the best version of yourself.

Lasting change takes time. This plan is not a quick fix nor meant to be implemented all at once. Review your daily schedule and slowly make the transition over the course of the next several months to embody the routine. This is the beginning of living in alignment with your physiology.

Please feel free to schedule additional guidance calls if you need support along your journey. We can't wait to see you transform.

In health & happiness,

The Rêve Health Team