

## The World's Most Advanced Blood Science Working For You.

FunctionalDX Blood testing and Health Reports go beyond traditional blood analysis to reveal more about your health picture. We believe that assessment of the whole is worth far more than the sum of individual components. Which is why, in our testing we apply between 80 up to 120 blood biomarkers.

## YOUR FUNCTIONAL HEALTH REPORT

The FDX Functional Health Report is the result of a detailed algorithmic analysis of your blood test results. Our analytical and interpretive software analyses the blood test data for its hidden meaning and reveals the subtle, web-like patterns hidden within the numbers that signal the first stages of functional change in your body.

## **HOW IT WORKS**

The FDX Functional Health Report uniquely organises and creates an interpretation of your blood test results. Providing a comprehensive insight and assessment into the state of previously hidden health trends of the main body systems. Its supporting body accessory systems, along with reporting on the status of key nutrients and trends to and from clinical dysfunction.

You will receive a 50 - 75 page report of health findings depending on which test you have taken.

## WHAT YOU WILL FIND IN YOUR REPORT

Your Patient FunctionalDX Health Report covers 4 areas;

#### **SECTION 1: INTRODUCTION**

An introduction into blood chemistry analysis and your report.



#### **SECTION 2: ASSESSMENT**

Your view into your health through an in-depth functional system and nutrient evaluation.

### **SECTION 3: ANALYSIS**

A full breakdown of all individual biomarker results, showing distance from optimal, comparative and historical views.

## **SECTION 4: APPENDIX**

Highly detailed and interpretive descriptions of the results presented in each of the assessment and analysis section reports.



### **ASSESSMENT**

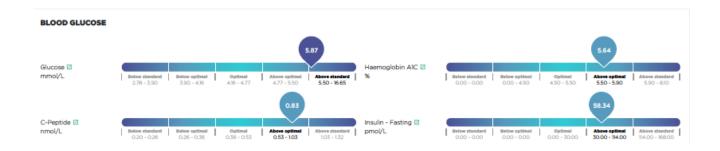
- The Assessment section is at the very heart of the Functional Health Report. It is here that the findings of the algorithmic trend analysis are presented. The Body Systems and Accessory Reports show the level of dysfunction that exists in the various physiological and supporting accessory systems in your body.
- We identify the status of 13 body system, 7 accessory systems, 7 Macronutrient systems and assess the status of 14 nutrients.
- The Nutrient Systems report gives you an indication of your general nutritional status as well as the degree of deficiency for individual nutrients.
- All the information on the Assessment section of the report is summarized in the Health Improvement Plan, which focuses on the top areas of need as presented in this report.





## **ANALYSIS**

- The Analysis section shows you the actual results of your blood test itself. The Blood Test Results Report lists the results of your blood test results and shows you if an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.
- The Blood Test Results Comparative Report compares results of the latest and previous Chemistry Screen and Haematology test and gives you a sense of whether or not there has been an improvement on the individual biomarker level.
- The Blood Test History report allows you to compare results over time and see where improvement has been made and allows you to track progress in the individual biomarkers.
- A Deviation from Optimal report is made showing which markers exhibit the largest shifts away from an optimal norm either higher or lower.





### **APPENDIX**

The appendices contain highly detailed descriptions and interpretation explanations of the results presented in each of the reports in the assessment and analysis sections.

Here you will be able to read in depth what each biomarker means, see the patterns used in the algorithmic analysis and see what factors have gone into the creation of the health trend assessment levels reported. This section is both informative and highly educational.



Much improvement required.

#### BLOOD SUGAR REGULATION 🗵

The Blood Sugar Regulation score tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes.

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Glucose ↑, Haemoglobin AIC ↑, Insulin - Fasting ↑, Cholesterol - Total ↑, LDI

#### Blomarkers considered

Glucose, LDH, Haemoglobin A1C, Insulin - Fasting, Cholesterol - Total, Triglycerides, LDL Cholesterol, HDL Cholesterol, DHEA-S - Male, C-Peptide

Patient result not available - consider running in future tests:

# "NORMAL" IS NOT OPTIMAL

Most patients who feel "unwell" will come out "normal" on a blood test. Clinical experience suggests that these people are by no means "normal" and are a far cry from being functionally optimal.

The issue is not that the blood test is a poor diagnostic tool, far from it. The issue is that the ranges used on a traditional lab test are based on statistics and not on whether a certain value represents good health or optimal physiological function.

The problem is that "normal" reference ranges usually represent "average" populations rather than the optimal level required to maintain good health. Most "normal" ranges are too broad to adequately detect health problems before they become pathology and are not useful for detecting the emergence of dysfunction.

#### THE FUNCTIONAL APPROACH

The functional approach to chem screen and CBC analysis is oriented around changes in physiology and not pathology.

We use ranges that are based on optimal physiology and not the "normal" population. This results in a tighter "Functional Physiological Range", which allows us to evaluate the area within the "Normal" range that indicates that something is not quite right in the physiological systems associated with this biomarker. This gives us the ability to detect changes in your physiological "function".

We can identify the factors that obstruct you from achieving optimal physiological, biochemical, and metabolic functioning in your body. Another thing that separates the Functional Blood Chemistry Analysis from the Traditional approach is we are not simply looking at one individual biomarker at a time in a linear report of the data.

Rather, we use trend analysis between the individual biomarkers to establish your otherwise hidden trend towards or away from a functional health optimal.

