

How To Interpret Lab Tests

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the work from:
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HCL deficiency

sodium 145, chloride 105

if lower: give HCL (Betaine HCL) before meals

alk phos low normal or below

give proteolytic anti-inflammatory enzymes, zinc and magnesium

Ph

CO₂: 25-27

the lower the more acid you are. The higher the more alkaline.

Adrenals:

sodium 145 potassium 4.6

If potassium 1/3 off either direction, problem. If sodium off 3 points either direction, also

sodium divided by potassium should be 35. If below 32: hypofunction., If above 38 hyperfunction

Sleep apnea:

rbc 4.6 hemoglob 14.6 hematokrit 42

If Hgb, rbc or Hkt up: the more up, the more likely to have sleep apnea

Treat with Carbo Veg 30 C 2 pellets every night

Osteoporosis:

Alk phos: 65-85 (**zinc** and **mag** dependent)

Calc 9.8-10.2

Phos: should be 1/3rd of calcium

Blood aggregation:

Platelets 250 000. Hkt: 42

The higher the more **toxic metals**

Inflammation /autoimmunity

Cholesterol 165-185

Triglycerides 50 % cholesterol. If lower = autoimmune

Basophils: 0 - if higher: inflammation

Ferritin: 30-50 if over: inflammation/free radical pathology.

If high give copper and selenium

Low cholesterol implications

- Myelin sheaths
- brain tissue
- immune complexes
- hormone production
- pesticide protection

Pesticides/heavy metals

HDL normal 60-90

over 90: pesticide exposure and toxic metals

LDL goes up with toxin-release related inflammation (acute state – requires protective action, i.e. chelation, complexing or clathrating agents)

Toxic metals

platelets above 250 000

HDL goes up immediately, platelets slower (chronic state)

Alcohol, drugs, sugar intake

GGT 10-15= normal. If higher, above is true

Allergies

eosinophils 0-2. If higher: allergic state

B6/ Vit C

MCV 90-92 (lower than 90 =B6/C deficiency)

MCH 28-29 (higher then 29 =B6/Vit C deficiency)

B12/folate

MCV above 92

MCH 28-29 (the higher the worse def.)

RDW 12-12.9 (reticulocyte diameter width) -the higher the more deficient

MCHC 32-33

Lyme patients 50 mg B12 per day i.m

Paralysis: 100 mg/day (!)

Vit K injections work well for pain

Viral anemia

All low:

Iron 100-110, rbc: 4.6, Hemoglobin 14.6, Hct 42.0

Bacterial anemia

Elevated ferritin and lowered iron

Ferritin 30-50 (bacteria use iron as transporter – sequestered iron in ferritin)

Other markers low

Iron anemia

TIBC should be 3 times what iron in serum is

Normals: rbc: 4.6, iron 100-110, Hct:42, Ferritin 30-50

Hgb 14.6

Acute infection:

- Normal: Wbc not over 6.9. If higher: acute infection
- 5.5 – 6.8 = chronic infections (sinuses, gums, STDs, teeth, URIs)

Viral infections

- Lymphocytes: neutrophils below 55 (55-60) - the lower the more viral
- Lymphos above 28 (25-28)
- albumin 4.5, if below= viral
- total protein 7.3, if higher chronic infection (every point above 7.2 – the more chronic)
- Globulin should not be over 2.8
- Classic viral infection: virus 4 feet away from people in air, alive for 4 days
- Neutrophils low
- lympho high
- Tot. protein low
- albumin low
- glob (2.8) low if below =trouble
- Gluc 6 phosphate dehydrogenase 10-11, if below 10; don't give iv Vit C

Lyme indicators

- Initially: iron, ferritin, cholesterol immunity up: neutros climb upwards and lymphos begin to drop
- Classic pattern: declining cholesterol and iron
- increasing ferritin (decreasing if micro bleeding)
- Neutros continue to climb
- Lymphos continue to drop

Thyroid dysfunction

- T3 uptake 32 (lower is low T3)
- T4 8.5-9.0
- TSH: 0.4-0.9 (British values)
- If TSH below 0.4 and no adverse symptoms and on T3 = ok for a while

Amino acid deficiency

- BUN 16-18 goes down . if goes down in cancer below 9– death soon
- Albumin 4.5: if low, heart “melts” - edema death
- Transporter of bili, fatty acids, hormones, protect fatty acids from oxidative damage, binds drugs and residues
- Build alb and glob with hemp seed , eggs, shellfish, (avo for glutathione)
- Glob 2.8

Plasma amino acids

- Aminos: taurine, glycine, gaba high: too much stress - try to calm excitation
- Taurine maintains magnesium and potassium
- Detox aminos: methionine, glycine, cystine, cysteine, taurine
- Anti viral aminos: lysine
- Neurotransmitter aminos: trypt, phenylalanine, glut, GABA, glycine, tyrosine, asparagine, aspartic acid, glutamic acid

Mineral deficiency (fix in order to fix hormones)

- Alk phos: 65-85
- Calcium 9.8-10.2
- Phos 33% of calcium

- **Hair**

- Look at sulfur first. If low, false neg readings on toxic metals
- Normal 50-52 000. If higher: gut inflammation.
- If iron high: = toxic metals much higher then shown
- If essential minerals low: give minerals. If high, you do not know what it means. Get packed red blood cell test.

- **Toxic metals**

- Antimony, arsenic, nickel, tin, cadmium =pesticides
- Germanium creates oxidation = important and good in Lyme 20 mg/day.
Too much: neurological disorders
- Bismuth: toxic material. Good for H pylori (get from Thorne: Bismuth citrate
May need blood bismuth level
- In whole blood cal and mag should be high (cal higher then mag, if revrsed:
phos low = ATP def and vit D def.) Test only gives numbers for this
moment! Transient value
- Cadmium allowed in white non organic rice