

BALEDONEEN METHOD - BASIC LAB

	RESULT PARAMETERS	BMP	LIVER PROFILE INCLUDING AST, GGT	BILIRUBIN	VITAMIN D	MAGNESIUM	URIC ACID	CBC	TSH with reflex to FREE T4
		OPTIMAL VALUES							
		Optimize Potassium, GFR	AST < ULN GGT < ULN	> 0.32 mg/dL	40-80 ng/dL	> 1.99 mg/dL	< 5 mg/dL	Reference lab norms	Reference lab norms
L I F E S T Y L E	Weight Loss								
	Aerobic								
	Resistance								
	HI-IT								
	Magnesium rich foods: Dark chocolate, Pumpkin seeds, almonds, walnuts, cashews, edamame, black beans								
	Intermittent Fasting, Early								
	Dark Chocolate								
	Stop Smoking/Nicotine								
Treat Seasonal Affective Disorder									
	Vitamin D3				100 Units raises level 1 mg/dL				
	Magnesium Glycinate								
	Nicotinic Acid								
M E D I C A T I O N S	Pravastatin			10-20% increase					
	Atorvastatin, Simvastatin-NEVER ALLOWED IN INSULIN RESISTANCE/MET SYN			10-20% increase					
	Rosuvastatin			10-20% increase					
	Allopurinol								
	Optimize Testosterone Status			Raises by approx. 0.1 mg/dL					
A D D I T I O N A L	MISCELLANEOUS	Monitor K, GFR	NALFD, NASH Think Insulin Resistance	6x Risk for CAD in MetSyn Glibert's present in 10% of population	Low level associated with: Insulin Resistance Statin Myopathy Inflammation Osteoporosis	Levels above 1.99 mg/dL to reduce risk for atrial fibrillation	Think Insulin Resistance	Watch for hemodilution from Pioglitazone Low MCV--Fe def, thal, Pb poisoning High MCV--B12, Folate, Metformin and many others	TSH > 10 mIU/L increases MACE, Total cholesterol TSH < normal range increases atrial fibrillation risk