BALEDONEEN METHOD - LIPID PANEL

	RESULT PARAMETERS	TOTAL CHOLESTEROL	LDL	HDL	TRIGLYCERIDES	ApoB	Cario IQ Lipoprotein, Fractionation, Ion Mobility LDL-P	Lp(a)	Total Cholesterol / HDL ratio	Triglyceride / HDL ratio
		OPTIMAL VALUES								
	ALL LABS		Only useful for diagnosing Familial Hypercholesterolemia and checking statin compliance		< 100 mg/dL	< 80 mg/dL	< 1000	< 75 nmol/dL	< 3	< 3.5 Caucasian < 3 Hispanic Americans < 2 African Americans
LIFESTYLE	Weight Loss									
	Aerobic									
	Resistance									
	HI-IT									
	Mediterranean									
	Soluble Fiber 30 grams total = AHA Diet Benefit									
	Vegetarian									
	Alcohol if NOT Apo E 4									
	Stress									
	Oral Health									
	Sleep									
SUPPLEMENTS	Cinnamon Chromium Biotin									
	Phytosterols									
	Omega 3 EPA-DHA									
	Vitamin D3									
	Nicotinic Acid									
	L-Carnitine ONLY IF STRICT VEGAN							Only if STRICT VEGAN		
MEDICATION	Pravastatin									
	Atovastatin and Simvastatin NEVER ALLOWED IN INSULIN RESISTANCE/MET SYN									
	Rosuvastatin									
	PCSK9 Agents--Repatha									
	Pioglitazone									
	Liraglutide, Semiglutide, Abiglutide									
ADDITIONAL NOTES										