

Case Study

67 year old female with MENOPAUSAL SYNDROME



This patient also suffered from Candidiasis, Hypothyroidism, UTI and anxiety. She had been taking Estrone (1cc IM weekly), Progesterone (18mg SL QD), Thyroid (1/2 grain BID), Testosterone (2.5% cream 1/4 tsp. QD), DHEA (25mg QD) and Pregnenolone (30mg QD). In October 2007, SpectraCell's micronutrient testing revealed deficiencies in choline, oleic acid, zinc, total antioxidant function and lymphocyte proliferation index. **Based upon her deficiencies found with SpectraCell's micronutrient testing, she was administered the following supplements:**

- 1) **B-Complex**
- 2) **Zinc**
- 3) **Bioflavonoids**
- 4) **Lactobacillus Acidophilus**

Follow Up – October 2009:

Lab work showed the patient had made advances in all areas except choline, which decreased slightly. One new deficiency was detected, CoQ10, but it was only "borderline low".

Clinical Outcome:

The patient has been able continue her current supplement regimen with confidence knowing she is not only making progress but helping to more accurately prescribe items specifically needed to correct her nutritional deficiencies. Further, the patient continues to remain relatively well and in good health without having to take any pharmaceutical prescriptions other than bio-identical hormones from the compound pharmacy as outlined above. Finally, she has less anxiety, lower blood fats, Improved Candida IgG/IgA and reduced urinary tract infections.