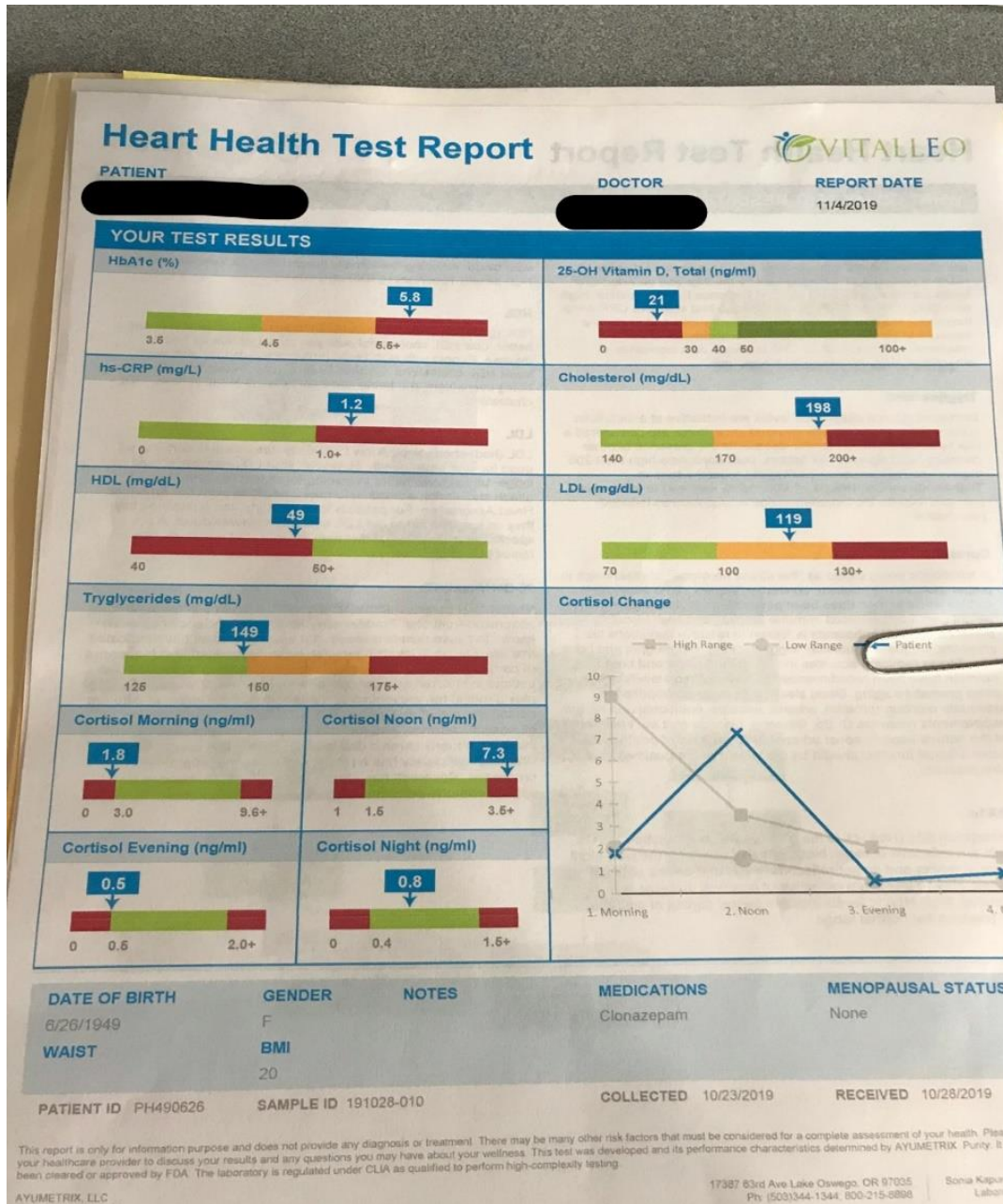


Well Aligned Case Study

Addressing the Heart Health Test Report

Page 1 - Test Report

Page 2 - Corrective Measures





- 1. Lower Carb** - Follow the Cardiac Dietary Protocol.
- 2. Gluco Pro** - 2 pills 1 to 2 times a day (depending on the patient's compliance with Cardiac Nutrition – carb lowering)
- 3. Supplement Vitamin D** - *Vitamin DK* - 10,000 IU per-day for 3 months then retest VD levels.
- 4. Avoid Niacin Flush** - *Niacin 500* - 1 pill in middle of biggest meal to prevent Niacin flush.
- 5. Low Cortisol Levels** - *Becalm* - 1 dropper full in the AM & again in the evening where you can see the cortisol levels tanking.
Important Note: *Adreno care* should be used during these dips in Cortisol levels if the *Becalm* is not effective. ***For best results use both products simultaneously.***
- 6. Addressing Stress levels** - *Stress Response* - 1 dose at 11am to dampen the Cortisol spike. It is important that the patient also addresses the cause of their increased stress levels.
Important Note: Retesting Cortisol levels every 3-6 months is critical. The patient should not be on *Stress Response* longer than necessary, once cortisol levels have been corrected, discontinue the use of *SR*.

