

# Breast Cancer Conqueror®

LABS:	Normal Range	Optimal Range	Possible Indications to Consider
<b>Dr. Nasha Winter's "Trifecta" Labs</b>			
hs C-RP (C-Reactive Protein)	0.00 - 3.00	<1	High: full body inflammation, cancer activity
LDH (Lactate Dehydrogenase)	0 - 214 (or <650) u/l	<175 or <450	High: mitochondrial malfunction, liver or kidney issues, possible bone breakdown or metastasis, sugar metabolism issues, general inflammation. Low: possibly leaky gut
ESR (Erythrocyte Sedimentation Rate)	0 - 40 mm/h	<10	High: autoimmune issues, general inflammation
Dr. V likes to add: Homocysteine	0.0-15	< or equal to 7	High: methylation problems, B12 deficiency, general inflammation
<b>CBC w/Differential- Complete Blood Count</b>			
WBC	4.0 - 10.5 x10E3/uL	5-7	Low: immune malfunction, infection, immune suppression
RBC	3.77-5.28 x10E6/uL	4-5	Low: anemia
Hemoglobin	11.1-15.9 g/dL	13-15	Low: anemia
Hematocrit	35.0-46.6 %	40-45	Low: Anemia
MCV	79-97 fL	<90	High: B12 deficiency. Low: leaky gut, stress, deficiency in B6, Zinc or Magnesium
MCH	26.6-33.0 pg	<30	High: B12 deficiency. Low: leaky gut, stress, deficiency in B6, Zinc or Magnesium
MCHC	31.4-35.7 g/dL	29-30	High: B12 deficiency. Low: leaky gut, stress, deficiency in B6, Zinc or Magnesium
RDW	12.3-15.4 %	12.3-14.5	High: oxidative stress, B12 deficiency
Platelets	140-415 x10E3/uL	175-250	High: inflammation, viral infection
Neutrophils %	40-74 %	N:L ratio = 2:1	N:L ratio off- immune system malfunction
Lymphs %	14-46 %	N:L ratio = 2:1	N:L ratio off- immune system malfunction
<b>CMP- Comprehensive Metabolic Panel</b>			
Fasting Glucose, Serum	65-99 mg/dL	<90	High: fuel to cancer cells, diabetes, heart disease, gout
BUN	8.0-27.0 mg/dL	6-20	High or Low: dehydration or kidney malfunction
Creatinine, Serum	0.57-1.00 mg/dL	<1	Low: possible indicator of cachexia, kidney inflammation
eGFR	>59 mL/min	>59	Low: kidney malfunction
BUN/Creatinine Ratio	11.0-26.0 mnol/L	9-23	High: dehydration, kidney malfunction
Sodium, Serum	134-144 mnol/L	>140	Low: dehydration, electrolyte imbalance, adrenal insufficiency
Potassium, Serum	3.5-5.2 mnol/L	>4.0	Low: dehydration, electrolyte imbalance, adrenal/HPA insufficiency, edema
Chloride, Serum	97-108 mnol/L	(as per scale)	Low: lung issues, poor oxygenation, electrolyte imbalance, dehydration
Carbon Dioxide, Total	20-32 mnol/L	around 20ish	High: low oxygenation, implement more deep breathing
Calcium, Serum	8.6-10.2 mg/dL	<9.6	High: feeds inflammation
Protein, Total, Serum	6.0-8.5 g/dL	7.1-7.3	Low: malabsorption, deficient protein in diet, poor wound healing, leaky gut
Albumin, Serum	3.6-4.8 g/dL	>4.0	Low: possible indicator of cachexia, muscle wasting, edema, ascites, kidney malfunction
Globulin, Total	1.5-4.5 g/dL	(as per scale)	Low: kidney, liver malfunction. High: autoimmune, infections
A/G Ratio	1.1-2.5	(as per scale)	Low: dehydration. High: infection, autoimmune
Bilirubin, Total	0.0-1.2 mg/dL	(as per scale)	High or Low: liver malfunction
Alkaline Phos, Serum	25-165 IU/L	<90	High: liver malfunction, bone breakdown. Low: deficiency in magnesium, protein, B6
AST (SGOT)	0-40 IU/L	20's	High: liver malfunction, methylation issues, drug/supplement toxicities. Low: deficiency in
ALT (SGPT)	0-40 IU/L	20's	High: liver malfunction, methylation issues, drug/supplement toxicities. Low: deficiency in
Vitamin D, 25-Hydroxy	30.0-100.0 ng/mL	80-120	low vitamin D3: SNP DNA mutation, autoimmune issues, bone loss and endocrine malfunction along with immune deficiency and poor differentiation

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<b>Blood Sugar</b>			
Insulin, total, serum (fasting)	2.6-24.9 uIU/mL	<4.0	High: insulin resistance
HgA1c, HbA1C, hemoglobin A1C	4.8-5.6	<5.0 or <5.3	High: elevated average blood sugars, above 5.6 is considered pre-diabetic, 6 and above is
IGF-1 (insulin growth factor)	39.0-168.0	<100	High: fuels cancer growth, poor stress management, lack of sleep
G6PD	in range	in range	If in range good candidate for high IVC
Uric Acid, serum	2.5-7.1 mg/dL	<4	High: too much fructose in diet
<b>Iron Storage</b>			
Ferritin	13-150 ng/mL	<75 (ideal 35-60)	High: fuels cancer growth, inflammation
Iron, serum	35-155 ug/dL	35-155	
Total Iron Binding Capacity	250-450 ug/dL	250-450	
% Iron Saturated	15-55%	15-55	
UIBC	150-375 ug/dL	150-375	
<b>Blood Clotting/Thickness</b>			
Fibrinogen	200-400 mg/dL	<300	High: Thick, sticky blood, higher risk of clotting and can fuel cancer
D-dimer	< .5	<.5 or <300	High: Thick, sticky blood, higher risk of clotting and can fuel cancer
PAI-1	as per scale	as per scale	High: Thick, sticky blood, higher risk of clotting and can fuel cancer
<b>Angiogenesis Markers</b>			
Copper, serum	72-166	<.90 or <90	High: fuels cancer growth
VEGF	0-115 or 62-707	<50 or <350	High: indicator of angiogenesis (abnormal blood supply growth)
Ceruloplasmin	16-45 mg/dL	<20	High: fuels cancer growth
Galectin-3	1.4-94.8 ng/mL		High - Inflammation factor
<b>Thyroid Panel</b>			
TSH	0.45-4.5 mIU/L	0.8-2.0	High or Low: thyroid imbalance, iodine deficiency
T4, Total (thyroxine)	4.5-12.0 ug/dL	7-11	High: can cause heart or bone damage. Low: deficient thyroid function, iodine and selenium
T3, free (triiodothyronine)	2.0-4.4 pg/ml	>3 or >125	Low: deficient thyroid function, iodine and selenium deficiency, methylation problems,
T4, free (thyroxine)	.83-1.7 ng/dl	>1	Low: deficient thyroid function. High: overactive thyroid
Anti-thyroglobulin AB (Thyroglobulin Antibodies)	0-40 IU/mL	<1.0	High: possible autoimmune to thyroid, Hashimoto's
TPO Antibodies (Thyroid Peroxidase Antibodies)	0-34 IU/mL	<5	High: possible autoimmune to thyroid, Hashimoto's
<b>Lipids</b>			
Triglycerides	0-200 mg/dL	under 70	High: Possibly fatty liver
Total Cholesterol	46 mg/dL	160-300	Low: possible sign of lack of B12
HDL-C	0-130 mg/dL	70-110	High: hormone imbalance or B12 deficiency
LDL-C	5-40 mg/dL	50-200	
VLDL-C	0-1 mg/dL	5-40	
TC/HDL Ratio (Cardiac Risk)	1.0-1.5	0-4	

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<b>Saliva Hormones</b>			
Estriol	NA	7.5-66 pg/mL *If Supplementing- 45-680 pg/mL	Consider EQ Ratio
Estradiol	NA	0.5-3.2 pg/mL *If Supplementing- 1.0-6.0 pg/mL	Consider EQ Ratio
Estrone	NA	<35 pg/mL	Consider EQ Ratio
Progesterone	NA	18-130 pg/mL *If Supplementing- 400-4,000 pg/mL	Consider Progesterone/Estradiol Ratio
EQ Ratio- Estriol /(Estradiol + Estrone)	NA	>1.5	If low then possible imbalance of estrogens- may need more Estriol
Progesterone Ratio- Progesterone/Estradiol	NA	200-500	If low then possible imbalance of estrogen to progesterone- may need more progesterone
DHEA	NA	106-300 pg/mL	If low then may need DHEA replacement; if high then may be over supplementation with DHEA or blood sugar imbalance
Testosterone	NA	6-49 pg/mL *If Supplementing- 25-60 pg/mL	If low then may need more testosterone; if high then may be over supplementation with testosterone or blood sugar imbalance
AM Cortisol	NA	7-30 nmol/L	If low or high then possible adrenal malfunction- may need adrenal support
Sex Hormone Globuline Binding Hormone	NA		
<b>Blood Hormones</b>			
Estriol			
Estradiol	30-400 pg/mL	NA	
Estrone	17-200 pg/mL	NA	
Progesterone	5-20 ng/mL	NA	
DHEA	per scale depending on age	NA	
Testosterone	15-70 ng/dL	NA	
AM Cortisol	6-23 mcg/dL	NA	
Sex Hormone Globuline Binding Hormone	18-144 nmol/L	NA	

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