

# **FORMS AND HANDOUTS FOR IN-OFFICE TESTING**

---

# Patterns Chart for In-Office Lab Testing

Client's Name: \_\_\_\_\_ Practitioner: \_\_\_\_\_ Date: \_\_\_\_\_

Assimilation and Digestion Assessment					
Test		Result		Interpretation:	
Urine Indican Test (0)					
Urine Sediment (0.5)					
Urine Calcium (Normal)					
↑ Indican ↑ Sediment	↕ Indican ↕ Sediment	N Indican ↓ Sediment	N Indican ↑ Sediment	↑ Indican ↑ Calcium	↕ Indican ↕ Calcium
Hypochlorhydria Panc. Insuff. Leaky Gut	Maldigestion Malabsorption	Malabsorption Deficient dietary intake	Leaky Gut Syndrome	Hypochlorhydria	↓ systemic pH Bicarbonate def. ↑ Phosph. loss

Acid/Alkaline Assessment: Respiration or Breath hold plus Urine pH, Saliva pH						
Test	Result	Resp. Acid.	Met. Acid.	Resp. Alk.	Met. Alk.	Interpretation:
Resp Rate (14-18)		> 19 or < 13	> 19	> 19 or < 13	< 13	
Breath Hold (40-65)		< 40	< 40	>65	> 65	
Urine pH (6.4-6.8)		< 6.4	<6.4	>6.8	>6.8	
Salivary pH (7.1-7.4)		< 7.1	>7.4	>7.4	<7.1	

Electrolyte Assessment				
Test		Result		Interpretation:
Urine Chloride (7 - 8)				
Urine ph (6.4-6.8)				
Urine Calcium (Normal)				
↓ Urine Chloride, ↑ Urine pH	↕ Urine Chloride, ↕ Urine pH	↓ Urine Chloride ↓ Urine pH	↑ Urine Chloride, ↑ Urine pH ↑ Calcium	↑ Urine Chloride, ↑ Urine pH ↕ Calcium
Excess alkaline reserves	Electrolyte Insufficiency	Potassium def.	Excess salt	Excess potassium

Calcium and Mineralization				
Test		Result		Interpretation:
Urine pH (6.4-6.8)				
Urine Calcium (Normal)				
↓ Urine pH ↓ Urine calcium	↓ Urine pH ↑ Urine calcium	↑ Urine pH ↓ Urine calcium	↑ Urine pH ↑ Urine calcium	N Urine pH ↓ Urine calcium
Hypoglycemia ↑ Stomach acid Magnesium def.	Complex CHO Def. Alkaline mineral Def.	Hypochlorhydria	Protein deficiency	Low calcium

Macronutrient maldigestion patterns				
Test		Result		Interpretation:
Urine Chloride (7 - 8)				
Urine Specific Gravity (1.015)				
↓ Urine Chloride, ↑ S.G.	↓ Urine Chloride, ↓ S.G.	↑ Urine Chloride, ↑ S.G.	↑ Urine Chloride, ↓ S.G.	
Protein maldigestion	Fat maldigestion	Fiber/CHO Maldigestion Adrenal insufficiency	Sugar maldigestion	

# Results Form for In-Office Lab Testing

Client's Name: \_\_\_\_\_ Practitioner: \_\_\_\_\_

1. Breath Hold (40-65)	
Date	Score

2. Resp. Rate (14-18)	
Date	Score

3. Salivary pH (7.1-7.4)	
Date	Static pH

4. Urine pH (6.4-6.8)		
Date	1	2

5. Dr. Bieler's Salivary pH Acid Challenge							
Date	Baseline pH	Lemon	1 minute	2 minutes	3 minutes	4 minutes	5 minutes

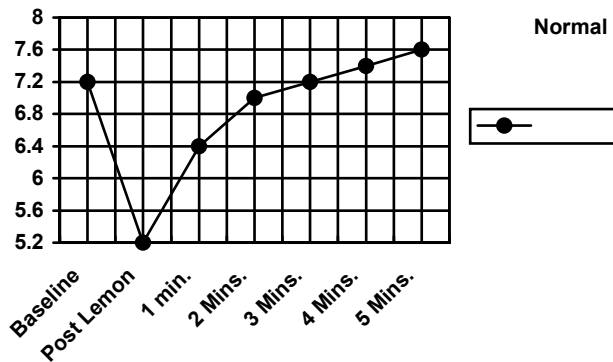
6. Zinc Taste Test			
Date	Strength of taste	Seconds to taste	Result

Strength of Taste					
	1	2	3	4	
Time (in Seconds)	1				
	2	Optimal			
	3				
	4				
	5	Mild			
	6				
	7				
	8				
	9		Moderate		
	10				
	11				
	12				
	13				
	14				
	15			Severe	

Optimal Immediate taste Strong Metallic	Mild Not so strong taste Delayed metallic	Moderate No taste noted initially. Sweet or bitter	Severe Tasteless or "tastes like water"
---	---	---	--



7. Dr. Kane's Mineral Assessment Test				
Date				
Potassium Phosphate				
Zinc Sulfate				
Magnesium Chloride				
Copper Sulfate				
Potassium Chloride				
Potassium permanganate				
Ammonium molybdate				
	<b>1-3</b> Need to take	<b>4</b> Normal	<b>5-7</b> No need to take	

8. Urine S.G. (1.015)	
Date	Score

9. Achilles reflex	
Date	Score

10. Urine Vitamin C Test	
Date	Score

11. Urinary Chloride		
Date	Score	

1-6  
 ↓ Urinary chloride  
 Adrenal Stress

7 - 8  
 Normal

>8  
 ↑ Urinary Chloride  
 Adrenal Fatigue

12. Bowel toxicity Test/Urinary Indican			
Date	Score		

0 Normal

1-3 Mild  
 Dysbiosis

4-7 Mod.

> 7  
 Severe Dysbiosis

13. Urine Calcium Test		
Date	Score	

↓ Calcium  
 Clear  
 Light Turbidity

Normal  
 Some Turbidity

↑ Calcium  
 Heavy Turbidity  
 Milky

14. Urine Sediment Test				
Date	Total	Calc. Phos	Uric Acid	Calc. Ox.

Normal  
 0.5 ml Total  
 Sediment

↑ Calc. Phos = Carbohydrate sediment  
 ↑ Uric acid = Protein sediment  
 ↑ Calc. Oxalate = Fat Sediment

15. Oxidata Free Radical Test			
Date	Score		

0  
 Low  
 Oxidation

+1  
 Normal

+2  
 Moderate  
 Oxidation

+3  
 High  
 Oxidation

16. Iodine Patch Test	
Date	Score

Color Lasts  
 > 24 Hours  
 Sufficient Iodine

Color fades  
 < 24 hours  
 Insufficient Iodine

17. Raglands Postural Hypotension Test				
Date	Supine BP	Standing BP		

1  
 Normal  
 6-10  
 point  
 rise in  
 systolic  
 pressure

2  
 Fair  
 Systolic  
 pressure  
 remains  
 the  
 same

3  
 Poor  
 Up to 10  
 point  
 drop in  
 systolic  
 pressure

4  
 Worse  
 Up to 20  
 point  
 drop in  
 systolic  
 pressure

5  
 Failure  
 > 20  
 point  
 drop in  
 systolic  
 pressure

18. Paradoxical Pupillary Reflex Test				
Date	Score			

1  
 Normal  
 Pupil  
 holds

2  
 Fair  
 Holds  
 but  
 pulses  
 after 10  
 secs.

3  
 Poor  
 Pulses,  
 becomes  
 large  
 after 10  
 secs.

4  
 Worse  
 Pupil  
 pulses,  
 becomes  
 large  
 after 5  
 secs.

5  
 Failure  
 Pupil  
 immediately  
 becomes  
 large

## Urine Dipstick Results form

Client's Name: \_\_\_\_\_ Practitioner: \_\_\_\_\_

Pathology Screening With Reagent Test Strip		Date: _____				
TEST	NORMAL	ABNORMAL FINDINGS				
Color	Straw to amber	Colorless	red	green/yellow	orange	brown
Turbidity	Clear to hazy	Cloudy	very cloudy		mucous	
Volume	1500 ml	< 800ml (oliguria)			> 2400ml (polyuria)	
Glucose	Negative	+1	+2	+3	+4	
Bilirubin	Negative	+1	+2	+3		
Ketones	Negative	+1	+2	+3		
Blood	Negative	<b>Hemolyzed:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
		<b>Non-heme.:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
Protein	Negative	Trace (5-20mg) +1 (30mg) +2 (100mg) +3 (300mg) +4				
Urobilinogen	Trace	+1	+2	+3	+4	
Nitrites	Negative	Positive				
Leukocytes	Negative	+1 (10-25)	+2 (25-75)	+3 (>75)		

Pathology Screening With Reagent Test Strip		Date: _____				
TEST	NORMAL	ABNORMAL FINDINGS				
Color	Straw to amber	Colorless	red	green/yellow	orange	brown
Turbidity	Clear to hazy	Cloudy	very cloudy		mucous	
Volume	1500 ml	< 800ml (oliguria)			> 2400ml (polyuria)	
Glucose	Negative	+1	+2	+3	+4	
Bilirubin	Negative	+1	+2	+3		
Ketones	Negative	+1	+2	+3		
Blood	Negative	<b>Hemolyzed:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
		<b>Non-heme.:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
Protein	Negative	Trace (5-20mg) +1 (30mg) +2 (100mg) +3 (300mg) +4				
Urobilinogen	Trace	+1	+2	+3	+4	
Nitrites	Negative	Positive				
Leukocytes	Negative	+1 (10-25)	+2 (25-75)	+3 (>75)		

Pathology Screening With Reagent Test Strip		Date: _____				
TEST	NORMAL	ABNORMAL FINDINGS				
Color	Straw to amber	Colorless	red	green/yellow	orange	brown
Turbidity	Clear to hazy	Cloudy	very cloudy		mucous	
Volume	1500 ml	< 800ml (oliguria)			> 2400ml (polyuria)	
Glucose	Negative	+1	+2	+3	+4	
Bilirubin	Negative	+1	+2	+3		
Ketones	Negative	+1	+2	+3		
Blood	Negative	<b>Hemolyzed:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
		<b>Non-heme.:</b> +1 (5-10) +2 (10-25) +3 (25-50) +4 (>50)				
Protein	Negative	Trace (5-20mg) +1 (30mg) +2 (100mg) +3 (300mg) +4				
Urobilinogen	Trace	+1	+2	+3	+4	
Nitrites	Negative	Positive				
Leukocytes	Negative	+1 (10-25)	+2 (25-75)	+3 (>75)		