Patient turns her life around with proper diagnoses and natural treatment
Case presented to you by Dr. Natalie Yahle

A 55 year old female presents with:

- Fatigue and exhaustion
- Depression
- Feelings of “ups and downs”
- Inability to exercise

She had been so exhausted that she had to quit her factory position at work and switched to operating a forklift. She quit drinking alcohol over 2 years ago and replaced it with ice cream. The most significant findings in her blood test showed elevated liver enzymes, elevated Ferritin levels, and low vitamin D. Since her Ferritin was critically high, it was recommended to donate blood to reduce the stored Iron levels which can contribute to liver inflammation as well. She took a while to retest but had stayed on her vitamins. Her retest results are impressive and this is her testimony:

“In 2020 I was sitting on my forklift, head down with no energy. I felt dead.
You saved my life…I tell everyone to come see Dr. Natalie!”

Legend: Warning | High Risk | Critical | ★ Optimal | ☺ Improvement | ☹ Worse | Ø No Improvement

Test Description	Current Rating 10/23/2021		Prior 10/19/2020	Delta	Healthy	Clinical	Units
SGOT (AST)	18.000	★	36.000	☺	10.000 - 26.000	0.000 - 40.000	IU/L
SGPT (ALT)	18.000	★	66.000	☺	8.000 - 26.000	0.000 - 32.000	IU/L
GGT (r-GTP)	8.000	low	21.000	☹	10.000 - 35.000	0.000 - 60.000	IU/L
Serum Iron	88.000	★	68.000	☺	71.000 - 115.000	27.000 - 159.000	ug/dL
Ferritin	118.000	high	274.000	☺	45.000 - 110.000	15.000 - 150.000	NG/ML
Vitamin D 25-Hydroxy (total)	85.700	★	36.200	☺	50.000 - 90.000	30.000 - 100.000	ng/mL

The findings in yellow are not clinical findings, meaning that the lab would not have flagged these findings. The blue findings are critical. Since her Iron was low initially, perhaps she would have been told to take Iron, but that would have made the Ferritin value worse. High Ferritin can sometimes indicate an iron handling problem and may be an inflammatory condition involving the liver. It can also be a genetic condition. With proper supplementation, a quick blood donation to remove the excess iron stores, and temporary high intake of vitamin D, her results show significant improvement. She still takes her vitamins and her recent testing as of 2024 is healthy. Getting tested is easy and the findings can be a safe and quick fix, if done properly. It is never too late to test and find out what your body really needs. A proactive approach with a personalized plan may be all you need to get healthy and feel great!

“Whether it takes 2 weeks, 2 months, or 2 years, it is never 2 late to get healthier!

Get started 2day with Take2 Healthcare!”

~ Dr. Yahle