

Vital Health Diagnostics
 M Attya Ph.D. (eng)

Analysis report

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 D.o.b. : 08/05/1967 Sex : Male
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 Institute : Vital Health Diagnostics
 Depart. :



Applicant VHD
 Appoint. date 9/17/25
 Appoint. time 04:42 PM
 Appoint. No. 291903

Unit Ref. Range

TOXIC CHEMICALS

PFAS in serum

PFOS Linear +branched Perfluorooctanesu	7.30	ng/mL	<= 6.00
PFOA Perfluorooctanoic acid (linear) PFOA	1.60	ng/mL	<= 3.00
PFNA Perfluorononanoic acid	0.80	ng/mL	<= 1.20
PFHxS Perfluorohexanesulfonic acid	2.00	ng/mL	<= 1.30
PFBA Heptafluorobutyric acid	0.00	ng/mL	<= 0.10
PFBS Perfluoro-1-butanesulfonic acid	0.00	ng/mL	<= 0.20
PFDA Perfluorodecanoic acid	0.00	ng/mL	<= 0.35
PFHxA Perfluorohexanoic acid	0.00	ng/mL	<= 0.10
PFHpA Perfluoroheptanoic acid	0.00	ng/mL	<= 0.10
PFMPA Perfluoro-3-methoxypropanoic acid	0.50	ng/mL	<= 0.10
PFPeA Nonafluoropentanoic acid	0.00	ng/mL	<= 0.10
PFMBA Perfluoro-4-methoxybutanoic acid	0.00	ng/mL	<= 0.10
FTS Fluorotelomer sulfonates	0.00	ng/mL	<= 0.10
6:2 FTSA Fluorotelomer sulfonic acid	0.20	ng/mL	<= 0.10
PFEESA	0.00	ng/mL	<= 0.10
PFBes Perfluorobutanesulfonic acid	0.00	mg/ml	<= 0.10
PFPes Perfluoropentanesulfonic acid	0.00	ng/mL	<= 0.25
ADONA Undecafluoro-2-methyl-3-oxahexa	0.00	ng/mL	<= 0.20
PFHpS Perfluoroheptanesulfonic acid	0.00	ng/mL	<= 0.15
8:2 FTSA Fluorotelomer sulfonic acid	0.00	ng/mL	<= 0.10
N-MEFOSAA N-Meth.perfluorooct.sulfonam	0.40	ng/mL	<= 0.30
EtFOSAA Ethyl-FOSAA	0.00	ng/mL	<= 0.30
PFUnDA Perfluoroundecanoic acid	0.00	ng/mL	<= 0.50
PFDoda Perfluorododecanoic acid	0.00	ng/mL	<= 0.15
PFTDa Perfluorotridecanoic acid	0.30	ng/mL	<= 0.25
PFTeDA Perfluorotetradecanoic acid	0.00	ng/mL	<= 0.10
GENX HFPO-DA (GenX precursor)	0.00	ng/mL	<= 0.10

PFAS

High levels of PFAS (per- and polyfluoroalkyl substances) in the blood are a significant concern due to their persistence in the body and potential health effects. PFAS are widely used chemicals found in products like non-stick cookware, water-resistant clothing, and firefighting foams. Due to their stability, they tend to accumulate in the body over time and are linked to various health risks, such as:

- Immune system dysfunction
- Hormonal imbalances
- Liver damage
- Increased risk of certain cancers
- Elevated cholesterol levels
- Reproductive and developmental issues

Interpreting High PFAS Levels in the Blood: High PFAS levels can indicate prolonged exposure to these chemicals from various sources, such as contaminated water, food, or occupational hazards. Given their strong bioaccumulative properties, the detection of high levels in the blood reflects long-term exposure rather than a short-term spike. This is concerning because PFAS are resistant to metabolic breakdown, making detoxification challenging. Immediate actions to reduce further exposure are essential, including identifying and removing the sources of PFAS contamination.

Detoxification Protocol for PFAS Using Natural Supplements:

Given the difficulty in eliminating PFAS from the body, a detoxification protocol should aim to support the body's natural elimination pathways, especially the liver, kidneys, and gastrointestinal tract. This protocol includes natural supplements and lifestyle modifications that can enhance detoxification without introducing synthetic substances.

1. Milk Thistle (*Silybum marianum*):

- **Action:** Milk thistle contains silymarin, a compound that supports liver function by promoting regeneration and increasing antioxidant activity. The liver is crucial for filtering toxins like PFAS.
- **Dosage:** 200-400 mg of silymarin daily.
- **Product Recommendation:** Milk thistle extract in capsule form, standardized to contain at least 70% silymarin.
- **Note:** Best taken with meals to enhance absorption.

2. Vitamin C:

- **Action:** Vitamin C is a powerful antioxidant that neutralizes free radicals and reduces oxidative stress, which is often increased by the presence of toxins like PFAS in the body. This can help protect cells from damage caused by PFAS exposure.
- High PFAS levels are linked to immune system dysfunction. Vitamin C boosts immune function, helping the body better cope with the stress of toxin exposure.

- The liver relies on antioxidants like Vitamin C to perform its detoxifying functions effectively. Vitamin C supports both Phase I and Phase II detoxification processes, helping the liver neutralize and eliminate toxins, including PFAS.
- Vitamin C increases kidney function and urine production, which can help facilitate the elimination of toxins, including PFAS, through the urine.
- **Dosage:** 1000-2,000 mg of Vitamin C daily, depending on individual tolerance and health needs.

3. Chlorella:

- **Action:** Chlorella is a freshwater algae known for its ability to bind heavy metals and toxins, including PFAS, through a process called chelation.
- **Dosage:** 2-3 grams daily, taken with meals.
- **Product Recommendation:** Organic Chlorella supplements, available in powder or capsule form.
- **Note:** Chlorella is rich in chlorophyll, which also supports the liver in detoxification.

4. N-Acetylcysteine (NAC):

- **Action:** NAC increases the body's production of glutathione, a powerful antioxidant that helps neutralize and eliminate toxins. It plays a key role in the detoxification of persistent chemicals like PFAS.
- **Dosage:** 600-1,200 mg per day.
- **Product Recommendation:** NAC supplements, available in capsule or powder form.
- **Note:** NAC also supports respiratory health, potentially reducing PFAS-induced inflammation.

5. 6. Probiotics:

- **Action:** Healthy gut flora plays a role in the detoxification process by improving digestion and helping eliminate toxins. Certain strains of probiotics may enhance the excretion of PFAS through the digestive system.
- **Dosage:** 5-10 billion CFU (colony-forming units) daily.
- **Product Recommendation:** Probiotic supplements containing Lactobacillus and Bifidobacterium strains.

6. Flaxseed:

- **Action:** Flaxseeds are high in fiber, which helps support bowel regularity and the elimination of toxins, including PFAS, through the stool. They also provide lignans, which have detoxifying effects on the liver.
- **Dosage:** 1-2 tablespoons of ground flaxseed daily.
- **Product Recommendation:** Organic ground flaxseed.
- **Note:** Ensure adequate water intake when consuming flaxseed to promote digestion.

Lifestyle and Dietary Modifications:

- **Increase Hydration:** Drink plenty of purified water (avoid tap water potentially contaminated with PFAS) to support kidney function and aid in the elimination of toxins.
- **Sauna Therapy:** Using infrared saunas can enhance the elimination of fat-soluble toxins like PFAS through sweat.
- **Consume Antioxidant-Rich Foods:** Foods like berries, leafy greens, and cruciferous vegetables (broccoli, kale) provide natural antioxidants that can help reduce oxidative stress caused by toxin buildup.
- **Avoid Further Exposure:** Minimize exposure to PFAS by using filtered water, avoiding non-stick cookware, and choosing PFAS-free products.

Conclusion:

While PFAS are notoriously challenging to eliminate, a natural detoxification protocol incorporating supplements like chlorella, milk thistle, NAC, and activated charcoal can support the body's elimination pathways. Additionally, lifestyle changes, such as sauna therapy and increased fiber intake, can further aid in detoxification. Since PFAS persist in the environment, ongoing avoidance of exposure is crucial for long-term health. Always consult a healthcare professional before starting any detoxification regimen.