

Driver Assessment

1. **Diet and eliminating food sensitivities.** Use an anti-inflammatory diet and food sensitivity testing.
2. **Digestive dysfunction.** Use Health Assessment form (see attached).
3. **Internal dysbiosis in the release of endotoxins through a leaky gut.** Urinary Indican test. Not as accurate but very valuable are the Bennet reflexes to palpate a four inch radius around the umbilicus. Comprehensive Stool digestive analysis.
4. **Hidden infections bacterial and viral.** WBC's above 7.00 and below 5.00 with lymphatic % higher than neutrophil %. Tender trigger points.
5. **Insulin and blood sugar effects..** Elevated Hemoglobin a1c over 5.6 and or Insulin levels over 10.
6. **Environmental toxins especially genetically modified foods.**
7. **Adrenal** stress which is a reflection of sympathetic overdrive. Use the Ragland blood pressure test. If blood pressure drops from supine to standing, consider adrenal.
8. **An acidic chemistry** which impairs aerobic metabolism Anion Gap using the following calculation (Sodium and Potassium)- (Co2 and Chloride). If the anion gap is 13 or higher chances of a need for B1 are increased. If first morning urine is less than 6.5 assume an acid chemistry. See TM for saliva ph. Testing.
9. **Toxic element exposure** or heavy metals. Consider Romberg test (see attached).
10. **Miochondrial impairment** .Mitochondria are concentrated in muscle if muscle are flabby particularly the triceps and fatigue is an issue chances are mitochondria are underperforming.
11. **Liver impairment;** including a fatty liver. SGOT, SGPT or GGT.
12. **Methylation issues.** Elevated Homocysteine or genetic testing evaluating MTHFR gene.
13. **Lack of movement** creating lymphatic stasis and poor circulation.