

**Everything started going TITS UP THROUGH GRIEF.**

**My new blood test is due to be sent out on Monday so let us see!**

**Everything reversed by Diet and Healing. Except the latest blood tests which I needed Antibiotics and needed them about 6 months before I become very ill. Medics should listen I am never wrong but proves the power of healing as the consultant said "Why are you not in a coma? And only dizzy?" I had done a lot on myself, but it reached the point that my dad (Spirit) Made it no choice but to go to hospital.**

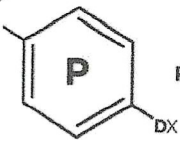
**All symptoms have now resolved so hopefully the blood work just confirms that. I am in the perimenopause though but without symptoms.**

**I share this because I have nothing to hide and you guys share your NHS apps and everything with me.**

**Let's keep being healthy and age where we aren't reliant on medications that put a sticking plaster over everything.**

**Walking into the future the healthiest version I can possibly be.**

**Andrea**



\_ Thriva  
Thriva Limited,  
Classic House,  
6Th Floor, 174-180 Old Street,  
London  
EC1V 9BP

Surname : **Waddington**  
Forename :  
Date of Birth (Age):  
Patient ID Number :  
Sex:  
Lab No : 22532116  
Sample Dated : 13/05/2022 8:49 AM  
Sample Received : 16/05/2022 8:34 AM  
Result Reported : 17/05/2022 8:27 AM  
Specimens : Capillary, , EDTA, SERUM,

**Pathology Report**

Test	Result	Normal Range	Units	Comment
<b>BIOCHEMISTRY</b>				
Hb A1c (mmol/mol)	CLOTTED	20 - 42		mMol/Mol
C Reactive Protein (high sensitivity)	1.10	<3.0		mg/L
<b>LIVER FUNCTION TESTS</b>				
Total Protein	70	63 - 87		g/L
Albumin	39	34 - 52		g/L
Globulin	31	19 - 35		g/L
Alkaline Phosphatase	102	<130		U/L
Alanine Transferase	14	10 - 35		U/L
Gamma GT	18	<42		U/L
Bilirubin	6	<15		umol/L
<b>LIPIDS</b>				
Cholesterol	4.5	<5.2		mmol/L
Triglycerides	0.85	<2.0		mmol/L
	Non-Fasting: <2.3 mmol/L			
HDL Cholesterol	1.16	1.0 - 3.88		mmol/L
Non HDL Cholesterol *	3.34	<4		mmol/L
LDL Cholesterol *	3.0	<3.4		mmol/L
Cholesterol:HDL Ratio *	3.88	<4.0		Ratio
Triglyceride:HDL Ratio *	0.73	<1.74		Ratio
<b>THYROID FUNCTION TESTS</b>				
Thyroid Stim. Hormone	1.15	0.270 - 4.2		mIU/L
Free Thyroxine (FT4)	16.2	12 - 22		pmol/L

----- End of report -----

Key for report symbols: # indicates a referred test

\_ Thriva  
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 6Th Floor, 174-180 Old Street,  
 London  
 EC1V 9BP

Surname : **Waddington**  
 Forename : **Andrea**  
 Date of Birth (Age): **08/10/1977 (45y)**  
 Patient ID Number : **03080557**  
 Sex: **F**  
 Lab No : **23080557**  
 Sample Dated : **27/10/2022 12:00 PM**  
 Sample Received : **28/10/2022 1:21 PM**  
 Result Reported : **29/10/2022 10:11 AM**  
 Specimens : **Capillary, , EDTA, SERUM,**

**Pathology Report**

Test	Result	Reference Range	Units	Comment
<b>BIOCHEMISTRY</b>				
Creatinine	55	55 - 100	umol/L	
estimated GFR	>90	>90	ml/min/1.73m2	
Hb A1c (mmol/mol)	33	20 - 42	mMol/Mol	
	HbA1C Reference range as per NICE guideline [NG17] 2015 20 - 42 mmol/L: Non-diabetic 43 - 47 mmol/L: Impaired glucose regulation/increased risk of diabetes mellitus >48 mmol/L: Consistent with diabetes mellitus/impaired glucose regulation			
C Reactive Protein (high sensitivity)	0.80	<3.0	mg/L	
<b>LIPIDS</b>				
Cholesterol	4.4	<5.2	mmol/L	
Triglycerides	0.99	<2.0	mmol/L	
	Fasting: <1.8 mmol/L			
	Please note non-fasting range now given as primary range.			
HDL Cholesterol	1.25	1.0 - 3.88	mmol/L	
Non HDL Cholesterol	3.15	<4	mmol/L	
LDL Cholesterol	2.7	<3.4	mmol/L	
Cholesterol:HDL Ratio *	3.52	<6	Ratio	
Triglyceride:HDL Ratio *	0.79	<1.74	Ratio	
<b>HAEMATINICS</b>				
Ferritin	21	13 - 150	ug/L	
	Please note change in ref range for females in line with NICE recommendations.			
<b>ENDOCRINOLOGY</b>				
Testosterone	1.21	0.29 - 1.67	nmol/L	

----- End of report -----

Key for report symbols: # referred test \* Not a UKAS accredited test \*\* accredited for venous samples only

Inuvi Diagnostics Limited is a UKAS accredited medical laboratory No. 10641



thrive

## Blood Test Results

### Lab Details

Pura  
Unit D5  
Churcham Business Park  
Churcham  
Gloucestershire  
GL2 8AX  
United Kingdom

All our partner labs hold UKAS ISO17025/ISO15189 accreditation  
UKAS is the governing body for labs in the UK

### Customer Details

Name: Andrea  
Surname: [REDACTED]

Sample Collected: Unknown

Sample Received: 2023-08-11 09:58:01 UTC

Results Released: 2023-08-11 17:48:04 UTC

Sample Type: Not specified

Test	Results	Ranges	Units	Comments
CRP (high sensitivity)	1.77	< 3.0	mg/L	-
Ferritin	21.5	30.0 - 150.0	ug/L	-
Cholesterol	5.2	< 5.0	mmol/L	-
Triglycerides	0.9	< 2.3	mmol/L	-
HDL cholesterol	1.6	0.9 - 1.7	mmol/L	-
Non-HDL Cholesterol	3.6	< 4.0	mmol/L	-
LDL cholesterol	3.2	< 3.0	mmol/L	-
Total Cholesterol/HDL Ratio	3.2	< 6.0	Ratio	-
Triglyceride/HDL ratio	0.54	< 1.74 Ideal < 0.87 Raised 0.88 - 1.74 High 1.75 - 2.62 Very High > 2.62	Ratio	-

Test	Results	Ranges	Units	Comments
Vitamin D	43.5	50.0 - 250.0 Total Vitamin D level > 250.0	nmol/L	Total 25(OH) vitamin D 25 nmol/L is deficient. Total 25(OH)D of 25-50 nmol/L may be inadequate in some people. Total 25(OH)D > 50 nmol/L is sufficient in most individuals. Please note change of reference range 23 Oct 2022

----- End of Report -----



thrive

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### Customer Details

Name: Andrea

Sumner Road, Addington



Sample Collected: 2023-09-15 07:41:00 UTC

Sample Received: 2023-09-18 09:24:01 UTC

Results Released: 2023-09-18 17:41:15 UTC

Sample Type: Capillary

Test	Results	Ranges	Units	Comments
Testosterone (free or unbound)	0.03	0.003 - 0.033	nmol/L	-
Free Androgen Index	4.8	0.2 - 7.1	%	-
Albumin	40.0	35.0 - 50.0	g/L	-
Testosterone	1.7	0.29 - 1.67	nmol/L	-
SHBG	35.6	32.4 - 128.0	nmol/L	-
Lutenising Hormone	6.6	Luteal 1.0 - 11.4 1.7 - 8.6 Follicular 2.4 - 12.6 Ovulation 14.0 - 95.5 99	IU/L	Male - LH (IU/L) Female - LH (IU/L) Post-meno 7.7 - 58.5 Please note change of reference range 23 Oct 2022
Free thyroxine (FT4)	13.0	12.0 - 22.0	pmol/L	-
Thyroid-stimulating hormone (TSH)	2.89	0.27 - 4.2	mIU/L	-

Test	Results	Ranges	Units	Comments
Follicle-stimulating hormone	11.3	1.5 - 12.4 Luteal 1.7 - 7.7 Follicular 3.5 - 12.5 Ovulation 4.7 - 21.5	IU/L	Female - FSH (IU/L) Female - FSH (IU/L) Post-meno 25.8 - 134.8 Please note change of reference range 23 Oct 2022
Oestradiol	207.0	41.4 - 159.0 Follicular 114.0 - 332.0 Ovulation 222.0 - 1959.0 Luteal 222.0 - 854.0	pmol/L	Female - Oestradiol (pmol/L) Female - Oestradiol (pmol/L) Post-meno: 505 Please note change of reference range 23 Oct 2022

----- End of Report -----



thrive

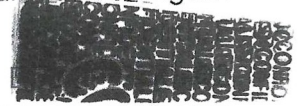
## Blood Test Results

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### Customer Details

Name: Andrea  
Surname: Waddington



Sample Collected: 2024-07-10 11:05:00 UTC  
Sample Received: 2024-07-11 13:38:02 UTC  
Results Released: 2024-07-12 08:36:20 UTC  
Sample Type: Capillary

Test	Results	Normal Ranges	Units	Comments
HbA1c	37.0	0.0 - 41.9	mMol/Mol	-
Ferritin	40.3	30.0 - 150.0	ug/L	-
Iron	Haemolys ed	10.0 - 30.0	umol/L	-
Total iron-binding capacity (TIBC)	Haemolys ed	45.0 - 81.0	umol/L	-
Transferrin saturation	Haemolys ed	25.0 - 45.0	%	-
Unsaturated iron binding capacity (UIBC)	Haemolys ed	13.0 - 56.0	umol/L	-
Free thyroxine (FT4)	12.4	12.0 - 22.0	pmol/L	-
Thyroid-stimulating hormone (TSH)	1.71	0.27 - 4.2	mIU/L	-

----- End of Report -----



Lab Details

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Churcham Business Park  
Churcham  
Gloucestershire  
GL2 8AX  
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Customer Details

Name: Andrea  
Surname: Waddington



Sample Collected: 2025-02-03 09:54:00 UTC  
Sample Received: 2025-02-04 14:25:01 UTC  
Results Released: 2025-02-05 09:54:18 UTC  
Sample Type: Capillary

Test	Results	Normal Ranges	Units	Comments
HbA1c	Clotted	0.0 - 41.9999		-
CRP (high sensitivity)	3.91	0.0 - 3.0	mg/L	-
Creatinine	51.0	55.0 - 100.0	umol/L	-
Estimated glomerular filtration rate	>90.0	> 90.0	ml/min/1.73m2	-
Cholesterol	4.9	0.0 - 4.9999	mmol/L	-
Triglycerides	1.4	0.45 - 1.8	mmol/L	-
HDL cholesterol	1.4	1.2001 - 2.3	mmol/L	-
LDL cholesterol	2.9	0.0 - 2.9999	mmol/L	-
Non-HDL Cholesterol	3.5	0.0 - 4.0	mmol/L	-
Total Cholesterol/HDL Ratio	3.6	0.0 - 4.0	Ratio	-
Ferritin	43.0	30.0 - 200.0	ug/L	-
Triglyceride/HDL ratio	1.0	0.0 - 1.75	Ratio	-
Thyroid-stimulating hormone (TSH)	1.68	0.27 - 4.2	mIU/L	-
Free thyroxine (FT4)	12.5	12.0 - 22.0	pmol/L	-
Vitamin D	35.0	50.0 - 250.0	nmol/L	-
Total protein	71.0	60.0 - 80.0	g/L	-
Albumin	40.0	35.0 - 50.0	g/L	-

Test	Results	Normal Ranges	Units	Comments
Globulin	31.0	19.0 - 35.0	g/L	-
Alanine transferase	Haemolys ed	0.0 - 34.0		-
Alkaline phosphatase	Haemolys ed	30.0 - 130.0		-
Gamma-GT	Haemolys ed	0.0 - 37.9999		-
Bilirubin	5.0	0.0 - 20.9999	umol/L	-

----- End of Report -----

RANGE

**7.5-32** breaths/min

May 2025





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United Kingdom

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Customer Details

Name: Andrea
Surname: Waddington



2025-05-30 12:43:01 UTC
2025-05-30 16:19:08 UTC
Type: Automatic Capillary

Table with 5 columns: Test, Results, Normal Ranges, Units, Comments. Rows include HbA1c, CRP (high sensitivity), Creatinine, Estimated glomerular filtration rate, Cholesterol, Triglycerides, HDL cholesterol, LDL cholesterol, Non-HDL Cholesterol, Total Cholesterol/HDL Ratio, Triglyceride/HDL ratio, Apolipoprotein A1, Apolipoprotein B, APOB:APOA ratio, Thyroid-stimulating hormone (TSH), Free thyroxine (FT4), Total protein.

Test	Results	Normal Ranges	Units	Comments
Albumin	42.0	35.0 - 50.0	g/L	-
Globulin	29.0	19.0 - 35.0	g/L	-
Alanine transferase	28.0	0.0 - 34.0	U/L	-
Alkaline phosphatase	113.0	30.0 - 130.0	U/L	-
Gamma-GT	28.0	0.0 - 37.9999	U/L	-
Bilirubin	4.0	0.0 - 20.9999	umol/L	-
Iron	10.8	10.0 - 30.0	umol/L	-
Unsaturated iron binding capacity (UIBC)	54.2	13.0 - 56.0	umol/L	-
Total iron-binding capacity (TIBC)	65.0	45.0 - 81.0	umol/L	-
Transferrin saturation	17.0	25.0 - 45.0	%	-
Ferritin	32.0	30.0 - 200.0	ug/L	-

----- End of Report -----