

Functional Predictive Biomarker Tests

Available from Medical Screening Services

Ray Fritsch at 919-452-5404

These 9 tests are not normally used by standard blood tests and cover 92% of the health issues that people need to follow for lifetime health and vitality

They are epigenetic, lifestyle based tests. By following these tests you can tune up your health to an optimal state for healthy longevity.

1. **Hemoglobin A1c** - High sensitivity version + or - 5% This test measures extra sugar stuck on the hemoglobin protein - it means an imbalance of average sugar inside the cell. The sugar, insulin, energy, economy of the cell. The goal value is less than < 5% **Test cost \$35.00**
2. **HsCRP - The highly sensitive C-reactive protein** - This is a test that measures inflammation. It is a great test for all cause morbidity and mortality. It is a measure of repair or repair deficit. Which really is what inflammation is. The goal value is less than < .5 **Test cost \$ 45.00**
3. **Homocysteine** - it's a hard test to measure accurately + or - 5% Aggressive atherosclerosis is often related to imbalances in the sulfur amino acids. It can also point out deficiencies in a liver detoxification pathway called methylation which vitamins B-6, B-12 and Methyl - Folate can help correct. **test cost \$ 50.00**
4. **ALCAT** - Tests 350 food sensitivities - The ALCAT test is the most effective food intolerance test available, identifying your cellular reactions to over 350 different foods, chemicals, and herbs. **test cost \$ 450.00**
5. **Vitamin D - 25 Hydroxy D** - the goal range is 50 - 80 ng/ml - Vitamin D is fat soluble so it should be taken with food containing fat. Sublingual forms may be the best delivery available. **Test cost \$ 50.00**
6. **Omega 3 Index** - This test measures how much EPA/DHA from (fish oils are the best form) is in the blood stream - 8% or over is considered optimal **test cost \$ 65.00**
7. **Oxidized LDL (4x the risk of LDL)** **test cost \$ 55.00** or more importantly PlakTrak tests for unstable plaque - raises the risk of sudden heart attack and stroke even if LDL is low **test cost \$ 105.00**
8. **Full Thyroid Profile** - tests far more than a standard TSH - full free T4 and free T3 and Thyroid antibodies. **test costs \$ 95.00**
9. **pH** - after 6 hours of rest the urine - enhanced uptake of magnesium - choline citrate - check your urine on waking the first urine that comes out - use a 5.5 - 8 sensitive pH paper - goal range is 6.5 to 7.5 - if you are down 1 point it measures by a factor of 10 - 2 points down its by a factor of 100. Magnesium supplementation is one of the best ways to return the body to alkalinity. Eating a diet - purchase pH testing paper at Brighter Day