

**Peter's Blog** - This is the first article on a new series I will be writing health topics I am excited about.

**Blood Tests that really can give you the information you need for health optimization.**  
The standard bloodwork or CBC that you get done routinely by your doctor does not give you a full picture of what is going on with your health. Your doctor will often look at the CBC report and say "Well your blood work looks perfectly normal to me" when there may be other underlying health problems that if you had the proper information on you could use this information and take better control of your health.

I recently listened to an interview that Dr. Ronald Hoffman MD did on his "Intelligent Medicine Show" with Dr Russell Jaffe MD who is an integrative physician - he elucidated information on the most important blood tests to get done in order to prevent many of the chronic health problems that afflict the vast majority of people as they age. By monitoring these markers and taking the appropriate life style changes - exercise, diet, supplements and stress reduction - he believes that 90+% of chronic health problems can be prevented. These are many of the same tests that I get run for myself when Ray Friche of Medical Screening Services comes to the store 4x a year - he will be here this coming Thursday morning. I made a tailored info sheet of the services he offers that tailors into the information from the Audio interview with Dr. Jaffee.

**Functional Predictive Biomarker Tests**  
Available from Medical Screening Services  
**Thursday 9am - Noon January 28th at Brighter Day**  
call 236 - 4703 for appointment or call 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 you 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 athlerosclerosis 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. Proper methylation is important in the regulation of neurotransmitters and if depression runs in a family this information can be valuable. **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. Vitamin D regulates 100's of important functions in the body. **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. Optimal Omega 3's can play a major role in inflammation and optimizing brain health. **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 wakening 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

**FREE AUDIO AVAILABLE !!!**

From an interview by Dr. Ronald Hoffman MD on the Intelligent Medicine Podcast with Dr. Russell Jaffe MD on New Cutting Edge Medical Testing - Just ask for a copy at the register