



Know Your Numbers

There are some numbers, some pieces of self-awareness that you will want to keep track of so best protect your health. You can use this simple sheet to take to the doctors and record vital information and test results :

My total cholesterol is: _____ Healthy would be: <200

My HDL is: _____ Healthy would be: >40

(Think “H is for happy, healthy cholesterol” so you want this one to be up, over 40. The easiest way to raise this number is exercise.)

MY LDL is: _____ Healthy would be: <130

(Think “L is for *L*oser, so I want to *L*ower this one because it is bad.)

Triglycerides are: _____ Healthy would be < 150

Glucose is: _____ Healthy range is: 70-105

My BMI is: _____ Healthy for my age: _____ (There are many online BMI calculators)

My weight is: _____ Healthy for me would be: _____

My blood pressure is: _____ Healthy for me would be _____ (Healthy is below 140/90)

These are some of the basics, but there are doctors who specialize in even more extensive testing. Often, they are Naturopathic Physicians (<http://www.naturopathic.org>) who look for more natural ways to identify and combat family history and other risk issues. Ask your physician if they will do a blood test, saliva samples, or give a Comprehensive Cardiovascular profile (which gives readings on variables like: HDL2 and HDL3, Lp(a), VLDL1,2 , VLDL3, hs-CRP, Homocysteine , Fibrinogen), or ask if they have the equipment for a Bioimpedance Analysis which will give an accurate read out on things like BMI, lean body mass, basal metabolic rate, hydration, and other base readings that can help you track how healthy your body is getting.ⁱ Some of the extra tests may or may not be covered under your insurance plan but you might consider them a wise investment of resources as they help you gain the information to make informed decisions about your health care and wellness plan.

© Excerpt from *10 Secrets of Living Smart, Savvy and Strong* by Pam Farrel (Harvest House) Available at www.Love-Wise.com

ⁱ (To find a physician who is a specialist who will give these extra kind of tests and provide treatment that may include more natural forms of science, nutrition and supplements : Call *The America Association of Naturopathic Physicians* at 866-538-2267 or <http://www.naturopathic.org>)