

LongLife911

The LongLife911 Health Bulletin by Curt Hendrix, M.S., C.C.N., C.N.S.

Diet and Health – are you on the right track?

Nine panels that I suggest you track once or twice a year:

- 1.) A1c - glycated hemoglobin which measures the negative effects of your blood sugar on body proteins over the past few months. This should be 5.7 or less.
- 2.) Triglycerides - blood fats that contribute to heart disease. This number should be under 150.
- 3.) Apo B/Apo A-1 ratio - measures your risk of developing atherosclerosis. This should be under 1.
- 4.) C reactive protein - a measure of inflammation in your body. Inflammation contributes to increased risk of most chronic degenerative diseases. This number should be under 1.
- 5.) Blood pressure - contributes to heart disease and failure. This should be 120/80 or less.
- 6.) Fasting blood sugar - should be under 100. Elevated blood sugar contributes to heart disease, blindness, kidney disease, nerve damage and dementia/Alzheimer's disease.
- 7.) Homocysteine - faulty processing of the amino acid methionine. Thought to be associated with many life threatening conditions and diseases. This number should be between 7 and 10.
- 8.) Serum ferritin levels - is the storage of iron in the body. Both too low and too high levels can be life threatening. Levels should be between 40 and 60.
- 9.) Insulin levels - in many people, as we age our insulin receptors on our cells become less sensitive to insulin and initially, even though our blood sugar levels may be normal, it takes way too much insulin to keep the levels normal. This can eventually burn out the insulin making cells of the pancreas and lead to full blown diabetes. Healthy insulin levels should be between 2 and 6.

I wish you a happy, healthy and vibrant long life.

Curt Hendrix

LongLife911.com