

## Personal Wellness Profile Guidelines

**Know Your Numbers! It will save your life and help you thrive 😊**

**We recommend that you request the following labs from your doctor:**

**CBC** – A complete blood count (CBC) is a blood test used to evaluate overall health and detect disorders such as anemia, infection and leukemia. It includes red and white blood cell count, hemoglobin, hematocrit and platelets.

**CMP** – A Comprehensive Metabolic Panel (CMP) is a panel of 14 tests that provides information about a person's metabolism, kidney and liver health, electrolyte and acid/base balance as well as levels of blood glucose and blood proteins.

**CRP** – C-reactive protein is a marker of inflammation. If CRP is elevated, this can indicate inflammation. Ideal is under 1.

**Fasting insulin** – this test is indicative of the likelihood for insulin resistance. If fasting levels of insulin are elevated, it means your body has developed some level of insulin resistance which will inhibit your body's ability to metabolize carbohydrates. Ideally, it is between 3-6.

**HbA1c** – A1c is a 3-month average blood glucose reading. It will let you know your risk for developing diabetes. Ideal is under 5.4. 5.7-6.4 is pre-diabetes and >6.5 is diabetes.

**Ferritin** - Ferritin is a blood cell protein containing iron. A ferritin test shows how much iron the body is storing.

**Vitamin D:** Ideally vitamin D should be >50. Vitamin D acts more like a hormone in the body and is vital for optimal function. If your vitamin D is < 50, consider taking a D3/K2 supplement.

**Vitamin B12:** B12 is another very important vitamin to ensure you are not deficient.

**Homocysteine:** This is an amino acid in the blood and elevated levels are associated with cardiovascular disease and can be an indicator of chronic inflammation.

**GGT:** Gamma-glutamyl transferase (GGT) is an enzyme found in many organs. Elevated GGT can indicate liver disease, congestive heart failure (CHF), diabetes and/or pancreatitis.

**DHEAs:** Dehydroepiandrosterone sulfate (DHEAs) is a sex hormone (androgen) that is present in men & women. This test measures DHEAs in blood and is indicative of adrenal gland function.

**Lipoprotein particle size:** There are two types of LDL cholesterol. One is large, fluffy and not problematic. The other is small, dense and problematic. It is a good idea to know your particle size and number to know if LDL numbers are a concern or place you at increased risk for heart disease. We now know that LDL (the large, buoyant particles) is very important for overall health and vitality.

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### Guidelines for Biometrics

**Triglycerides Levels:** A triglyceride level < 150 is normal, <100 is ideal, > 200 is high.

**Cholesterol | Total Cholesterol:** less than 200 but not below 150.

**LDL Cholesterol:** below 130 and **HDL Cholesterol:** above 60.

#### Blood Glucose Levels (Blood Sugar Levels)

- A normal fasting blood glucose range is 70-100 | Ideal is 75-90
- A fasting blood sugar between 100 and 125 is indicative of pre-diabetes.
- A fasting blood glucose greater than 126 on two occasions signifies diabetes.

#### Hb-A1c (3-month blood sugar average)

4.8 – 5.3 Ideal | 5.4 – 5.6 Normal | 5.7 – 6.4 Pre-Diabetes | 6.5 + Diabetes

**Blood Pressure** | Ideal <120/80 | Prehypertension 120/80 - 139/89 | Hypertension >140/90

If your triglycerides are low/ideal and your A1c and blood pressure are normal (without medication), you are eating a clean, anti-inflammatory diet, and are active, it may be okay if your cholesterol numbers are higher than the guide above. We need to remember to look at the whole picture. Advanced cardiac testing is a great idea to look deeper into cholesterol profiles.

### Guidelines for Body Measurements

**Waist Circumference (WC) Measurements** | Ideally, WC should be < than 31.5" for women and < than 37" for men. Or your waist should be less than half of your height in inches. >35" for women and > 40" for men is in the high risk zone for health concerns.

**Body Fat Percent** | 8-19% for men and 20-32% for women is recommended for most.

**BMI:** <18 Underweight | 18-24 Normal | 25-29 Overweight | >30 Obese

The highest risks for chronic disease, morbidity and mortality occur when we carry excess weight around the abdomen. This type of fat is metabolically active and increases risk for fatty liver, CVD, Type 2 diabetes, cancer, and health-related risks. The first sign of insulin resistance is often excess weight around the abdomen followed by elevated blood pressure. These signs often show long before the development of Type 2 Diabetes. Elevated insulin levels are responsible for 80-90% of our chronic health conditions.