

20 LIFE-SAVING TESTS

YOUR DOCTOR
HASN'T
PERFORMED
(AND SHOULD!)

*Discover &
Eliminate the
Toxins, Allergies
& Deficiencies
That Are Harming
Your Health*



www.HealingGourmet.com

20 Life-Saving Tests Your Doctor Hasn't Performed (And Should!)

By Kelley Herring & the Editors of Healing Gourmet[®]

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DISCLAIMER: This publication does not provide medical advice. Always consult your doctor.

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Do You Know the Warning Signs of Disease?



You may think you're getting good care from your doctor. But the truth is, most doctors fail to test their patients for the important warning signs for disease including:

- ✓ **Early Warning Signs & Biomarkers**
- ✓ **Nutritional Deficiencies**
- ✓ **Environmental Toxins**
- ✓ **Organ & Immune Function**

And as the saying goes—an ounce of prevention is worth a pound of cure.

Most of these tests are simple to perform and are covered by insurance. So all you have to do is ask. If your doctor believes these are unnecessary, you may want to find a more forward-thinking health care provider trained in functional and complementary medicine. Visit *The Institute for Functional Medicine* and *The American Association of Integrative Medicine (AAIM)* for a health care provider in your area.

What you'll glean from these tests isn't just information or yet another reason for your doctor to write a prescription. These are cues you can use. And at *Healing Gourmet*, we show you how to reduce these markers of disease, optimize nutrient intake, protect your vital organs and cleanse your body of toxins. All using the power of your plate.

Empowered with the results from your tests, you can visit us online to learn more about the specific foods and nutrients that can help reduce your risk for disease.

What's more, you can personalize your prevention with our free and easy-to-use [Personalized Recipe Search](#) to help you find meals that are:

- ✓ High in more than 20 nutrients (including all of those we discuss in the
- ✓ Nutritional Deficiencies section)
- ✓ Free of gluten, dairy, soy, red meat, shellfish, seeds, eggs, nuts, poultry or fish
- ✓ Low sodium, low carbohydrate, low sugar, low saturated fat

Early Warning Signs & Biomarkers

#1: Body Fat & Waist-to-Hip Ratio

The amount of fat on your body is directly associated with your risk of nearly every chronic disease including diabetes, some cancers, heart disease, metabolic syndrome and Alzheimer's disease. And as we age, our muscle mass naturally decreases... and body fat increases.

But it's not just more fat that's the problem, it's where we store it. The belly is the most dangerous place. That's why waist-to-hip ratio is a measurement is so important. Research shows it's an accurate predictor of disease risk.

The single best thing you can do to reduce your risk of chronic diseases is to keep your body fat and waist-hip-ratio in check with a healthy diet and vigorous exercise. Get these tests done and monitor your progress. Quarterly is ideal, but bi-annually is also beneficial.

Body Fat Guidelines		
Classification	Women (% Fat)	Men (% Fat)
Essential Fat	10-12 percent	2-4 percent
Athletes	14-20 percent	6-13 percent
Fitness	21-24 percent	14-17 percent
Acceptable	25-31 percent	18-25 percent

Waist to Hip Ratio (WHR)		
Male	Female	Health Risk Based Solely on WHR
0.95 or below	0.80 or below	LOW RISK
0.96 to 1.0	0.81 to 0.85	MODERATE RISK
1.0+	0.85+	HIGH RISK



Don't Diet...Indulge! All of the recipes we provide at *Healing Gourmet* are calorie controlled — with less than 500 calories per delicious serving.

What might surprise you is how long you stay satisfied eating the *Healing Gourmet* way. That's because our recipes are low in sugar (which causes the spike- and-crash effect) and provide a satiating balance of protein, healthy fat and fiber-rich carbs.

If you have 5 pounds to lose or 50, it all happens the same way. *One pound at a time.* Get started today so you can be disease-free tomorrow.

#2: Hemoglobin A1C

The hemoglobin A1C test is typically used to evaluate how well diabetes is being controlled over a period of time. It is far superior to glucose measurements that only provide a snapshot of blood sugar levels.

But the A1C isn't just for diabetics. It is for anyone who wants to evaluate how they're aging. That's because the A1C measures glycation levels in your body.

As you learned in *Your Guide to Living a Low-Glycemic Lifestyle* and also in *Smart Cooks Age Better*, glycated compounds are formed when the sugar we eat combines with proteins. The resulting "sticky" molecules are called advanced glycation endproducts (AGEs). And they are associated with:

- Inflammation & Oxidation
- Heart disease
- Diabetes
- Alzheimer's disease
- Kidney disease
- Cataracts
- Microvascular complications of diabetes
- Physical aging

For longevity, strive for an A1C less than 5% which would correspond to an average glucose level of 90 mg/dL.

The more sugar we eat, the more AGEs we create. For optimal longevity, you want to strive for an *A1c less than 5% which would correspond to an average glucose level of 90 mg/dL.*



Get Unstuck! At *Healing Gourmet*, all of our recipes are low glycemic and have less than 10 grams of sugar/serving. They're designed to keep your blood sugar stable and reduce the formation of disease-promoting and vitality-sapping AGEs. From dips to desserts, visit our website for delicious disease prevention...and meals that would make Maillard proud!



Maillard was Right!

In 1912, a French physician and chemist named Louis Camille Maillard began researching the reactions between sugars and amino acids. When he heated solutions with these two ingredients for a few hours, they turned a yellow-brown. Maillard discovered a series of complex and important chemical reactions that now bear his name: Maillard reactions. Maillard predicted that these reactions would occur in the human body, especially in diabetic patients because of their chronically high blood sugar levels. His prophetic insight went unnoticed for half a century, and he did not live to see it realized.

#3: Oxidized LDL

For years you've been getting your cholesterol checked. Right? Turns out, it may have been for naught. We've been measuring the wrong thing!

That's because standard cholesterol tests only provide information on the levels of cholesterol in your blood and a ratio of LDL to HDL.

Healthy cholesterol isn't what causes heart disease; damaged or oxidized cholesterol is the culprit. Protect your cholesterol (and the rest of your body) from the woes of oxidation by following Healing Gourmet's antioxidant-rich, low glycemic diet.



Is Your Cholesterol Oxidized? The oxidized LDL test is covered by most insurance providers with a prescription. It is currently only available through Shiel Medical Laboratory (www.shiel.com). If you have to go out of pocket, you'll be glad to know the test is inexpensive – only \$82.50 for Oxidized LDL or \$113.30 for the Oxidized LDL/HDL Ratio.

#4: C-Reactive Protein (CRP)

C - reactive protein is an inflammatory factor that increases the risk of heart attack and stroke.

Unlike cholesterol or blood pressure tests, the CRP test provides valuable information about the health and condition of your coronary arteries (the arteries that feed the heart).

In Your ***Guide to Living a Low Glycemic Lifestyle*** you learned that people with diabetes have 57% higher levels of CRP and people with more belly fat were found to have 53% higher CRP. That means that most Americans have high levels of CRP.

CRP levels of less than 1 mg/L are optimal.

The "normal" range of CRP is between 1 and 4.9mg/L. The optimal level of CRP in your blood is less than 1 mg/L. Knowing is half the battle. Get your CRP tested today.



Slash CRP with Fiber! The National Health and Nutrition Examination Survey 1999-2000 evaluated 3920 participants. The researchers found that dietary fiber intake was inversely associated with serum CRP concentration. To get more inflammation-fighting fiber in your diet, visit our website and use our [Personalized Recipe Search](#) to find delicious "High Fiber" recipes.

#5: Homocysteine (Hcy)

Homocysteine (Hcy) is a dangerous amino acid byproduct. When you don't have enough B vitamins, your body can't convert harmful homocysteine to methionine (a harmless amino acid). When this happens, homocysteine builds up in the blood.

High levels of homocysteine are directly linked to both heart attacks and stroke. In fact, people with high homocysteine levels nearly double their risk for heart attack, and nearly triple their risk for stroke.

Homocysteine is also associated with diseases of the kidney, liver and eye, Alzheimer's disease, dementia, depression and deep venous thrombosis (DVT).

Homocysteine levels under 8 mmol/L are ideal.

By ages 40 to 42, mean homocysteine levels are about 11 micromoles per liter ($\mu\text{mol/L}$) in men and 9 $\mu\text{mol/L}$ in women. But even homocysteine levels this low have been associated with disease. Homocysteine levels under 8 $\mu\text{mol/L}$ are ideal.



Get Your B's To Fight Disease: Use our [Personalized Recipe Search](#) to find recipes that are high in the natural homocysteine-taming trifecta: *folate, vitamin B6 and vitamin B12.*

#6: C-peptide

C-peptide is a small protein that's made when proinsulin is split into insulin and C-peptide. Therefore the more insulin you produce in response to carbohydrate-rich foods, the more C-peptide you produce.

Recent research shows that C-peptide increases the risk of colon cancer. In fact, in a recent study of 15,000 men, those with the highest C-peptide were almost three times as likely to develop colon cancer as those with the lowest.

The best way to reduce this cancer-promoting factor is to keep your blood sugar levels stable (as you learned in [Your Guide to Living a Low Glycemic Lifestyle](#)).

Normal C-peptide levels are between 0.78-1.89 nanograms per milliliter (ng/mL) or 0.26-0.62 nanomoles per liter (nmol/L).

Have your doctor check your levels of C-peptide and be sure to get an annual colonoscopy. *Normal fasting C-peptide levels are between 0.78-1.89 nanograms per milliliter (ng/mL) or 0.26-0.62 nanomoles per liter (nmol/L).*

Nutritional Deficiencies

#7: Magnesium Deficiency

It is estimated that magnesium deficiencies cause 20 million deaths a year worldwide and 590 deaths per day in the U.S. alone.

That's because magnesium plays hundreds of crucial roles in the body including regulating heart rhythms, controlling blood pressure, maintaining insulin sensitivity and regulating more than 300 enzymes.

A magnesium deficiency has been associated with a long list of illnesses and symptoms including ADHD, anxiety, asthma, autism, chronic fatigue, constipation, cramps, diabetes, fibromyalgia, headaches, high blood pressure, IBS, kidney stones, metabolic syndrome, obesity, PMS, and reflux to name a few.

While whole foods provide all the magnesium the body requires, processed foods contain almost none. And as you learned in *Organics: Beyond Green*, 90% of the money Americans spend on food is on processed foods, stripped of magnesium and other vital nutrients.

But the problem doesn't end there. We drink bottled water containing no magnesium (as opposed to mineral-rich spring water). And we further deplete our body's magnesium stores with phosphoric acid in colas, coffee, sugar, excess alcohol, salt, profuse sweating or diarrhea, diuretics (water pills), antibiotics and other drugs. As we age, we lose more magnesium. Celiac disease and parasites deplete us as well.

Unlike many of the tests we recommend in this book, blood levels are a poor barometer of true body magnesium levels. Only 1% of the body's magnesium is in the blood; the remaining 99% is in the tissues and therefore the best measure is a tissue biopsy.

Because magnesium deficiency is such a life-threatening problem, the best way to ensure adequate body levels is to supplement. Magnesium citrate and magnesium chloride are the best absorbed (as opposed to magnesium oxide). The RDA is 420 mg for adult males and 320 mg for adult females.



Go Nuts for Magnesium! Along with taking a high-quality, whole foods multivitamin/mineral supplement, boost your levels of magnesium naturally with nuts, pumpkin seeds and spinach. And use our [Personalized Recipe Search](#) to find meals high in magnesium like:

- ✓ **Baked Halibut with Orzo, Spinach, and Cherry Tomatoes** (238 mg/60% of the daily value)
- ✓ **Asian Rotisserie Chicken Salad** (178 mg 44% of the daily value)
- ✓ **Chicken with Quinoa and Garbanzo Beans** (137 mg 34% of the daily value)

#8: Vitamin D Deficiency

Long overlooked, the sunshine vitamin is vital to optimum health into your golden years.

That's because it acts more like a hormone than a vitamin. In fact, we have vitamin D receptors all over our body. The receptors wait to receive vitamin D and then send important metabolic signals to our endocrine system.

When we are deficient, the results are disastrous and include an increased risk of diabetes, heart disease, cancer, obesity, Alzheimer's disease, depression and even autism.

More than 50% of us are critically deficient in this health-promoting nutrient. The government set the RDA too low and our food supply provides almost none.

Most experts believe we need 2,000—5,000 IUs per day. The RDA for vitamin D is 400 IU—just enough to prevent rickets.

"Dermatologists tell you to hide from the sun and modern living would lead us to believe we can do just fine by living in caves — offices, homes automobiles. But our genetic roots tell us we should be naked and in a climate where we can be so. That is our origin — and was the norm for 99.99% of our history. Should we believe dermatologists and modern lifestyle or our genes and history?"

- Dr. Randy Wysong

Common sense trumps "conventional" wisdom. We were born in the sun. Our bodies need sunlight to survive... and thrive.

The solution: *Regular, moderate sun exposure.* Aim for 15-30 minutes with as much skin exposed as possible, 3-5 days a week. Here are the deficiency reference ranges for vitamin D:

- ✓ Optimal: 55 ng/ml
- ✓ Healthy: 45-55 ng/ml
- ✓ Acceptable: 35-46 ng/ml
- ✓ Borderline deficient: under 35 ng/ml
- ✓ Clinically deficient: under 32 ng/ml
- ✓ Extreme deficiency: 20 ng/ml or less

Get 15-30 minutes of natural sunlight, 3-5 days a week.

If you don't live in a sunny place, take 2,000-5,000 IU of vitamin D daily and consider buying a safe tanning system like Sunsplash or DLite sold by Dr. Mercola. And read ***Your Best Health Under the Sun*** to learn more about the countless benefits of vitamin D and why you should soak up the healing power of sunlight.

#9: Potassium Deficiency

Most Americans don't get enough potassium. What's more, we get way too much sodium – potassium's counterbalancing mineral.

Potassium and sodium work together to regulate blood pressure and muscle contraction. When we have too much sodium and/or not enough potassium, it can lead to many problems, the most dangerous of which is *hypertension* (high blood pressure).

Hypertension is a leading predictor of heart disease and stroke.

"There is considerable evidence that a potassium intake of at least 4.7 grams a day helps reduce the risk of stroke, hypertension, osteoporosis and kidney stones."

- Jane Higdon, Ph.D, Linus Pauling Institute

But a potassium deficiency can cause less severe health effects too.

- **Restless Leg Syndrome:** Low potassium contributes to muscle spasms and 'restless leg syndrome'. Because potassium plays a major role in regulating smooth muscle contractions, low potassium levels are associated with muscle twitches and spasms. Increasing potassium intake to optimal levels can reduce or eliminate muscle spasms and contractions that interrupt sleep and contribute to a general feeling of restlessness and discomfort.
- **Fatigue:** Low potassium levels contribute to general feelings of fatigue and muscle tiredness. Because potassium is an important part of synthesizing protein and metabolizing glucose and glycogen, prime energy sources for the body, low potassium levels can leave you feeling tired, achy and generally fatigued.
- **Osteoporosis:** Low potassium levels are linked with bone loss in osteoporosis. Because potassium inhibits bone resorption, adequate levels of potassium help reduce loss of bone due to osteoporosis.

It's important to note that along with not eating potassium-rich foods and getting too much sodium in the diet, many anti-inflammatory drugs, laxatives, analgesics and diuretics deplete potassium too.



Power Up with Potassium: Visit our website and use our [Personalized Recipe Search](#) to find potassium-rich dishes to help you meet the daily requirement of 3,500 mg like:

- ✓ **Chicken Stuffed Poblano Peppers** (857 mg or 24% of the daily value)
- ✓ **Chopped Mediterranean Salad with Chicken** (943 mg or 27% of the daily value)
- ✓ **Apple Fennel Splash** (747 mg or 21% of the daily value)

#10: Selenium Deficiency

As you learned in *Your Guide to Antioxidant Superfoods*, selenium is an antioxidant micronutrient that is required to produce glutathione — your body's "Master Antioxidant and Detoxifier". It's also vital to the health of the immune system.

Without enough selenium, the body struggles to detoxify and defend itself. And the result is cellular damage and inadequate protection against foreign invaders as well as the mutations that can lead to cancer.

But the selenium story doesn't end there. Selenium is also vital to the "Master of Your Metabolism" — your thyroid. It is estimated that more than 20 million people in the U.S. have undiagnosed thyroid dysfunction. Much of which may be corrected by adequate selenium.

That's because selenium is a component of the enzyme that helps convert the thyroid hormone T4 to T3 for use in the body. When there's not enough selenium, the body produces lower levels of T3 which leads to hypothyroidism (and its associated ails).

Unfortunately in this day and age, it's tough to get enough selenium from our foods. In fact, Dr. Margaret Rayman, a professor of nutritional medicine at the University of Surrey in Guildford, England found that dietary consumption of selenium has dropped 50% in the past two decades. That's because our soil has been critically depleted of this vital nutrient due to the reliance on chemical fertilizers and improper farming practices.

Optimizing your selenium levels can help to: increase thyroid hormone metabolism, improve fertility, boost your defenses against cancer, and reduce the risk of cardiovascular disease and arthritis.



The Great Selenium Slight: Almost all of us are being slighted when it comes to selenium. The exception is those living off the land in the high plains of northern Nebraska and the Dakotas. Thanks to their rich soil and clean living, these folks have the highest selenium intakes in the United States. In addition to buying locally grown, organic foods there are three other things you can do to boost your selenium levels, naturally.

1. **Eat Brazil Nuts:** Just one ounce provides 767% of the RDA.
2. **Pick Pasture-Raised:** Opt for pastured pork and turkey, plus grass-fed beef.
3. **Enjoy Wild, Sustainable Seafood:** Treasures from the sea are often a rich source of selenium. But it's important you're not getting uninvited dinner guests (like PCBs) along for ride, as you learned in *Organics: Beyond Green*. Choose wild seafood, especially wild salmon, sardines, green-lipped mussels and wild shrimp.

#11: Omega-3 Deficiency

As you learned in *Fats That Heal, Fats That Harm*, more than 80% of us are critically deficient in essential omega-3 fatty acids.

The problem isn't just that we don't eat enough fish. It's also that we eat too much corn (and corn oil, and soybean oil and other seed oils rich in omega-6 fats) which counterbalance omega-3's.

Our brains, first and foremost, use omega-3 as fuel. Without them, thinking slows, memory decreases and depression sets in. These fats are especially important during pregnancy and in the early years of development when they lay the foundation for a healthy brain and strong learning capabilities.

But that's not all. When we don't have enough omega-3s, inflammation is inevitable. And inflammation is the cornerstone of nearly every chronic disease including diabetes, heart disease, Alzheimer's, autoimmune diseases, cancer and more.



Have You Checked Your Oil Lately? Dr. William Harris, PhD and Clemens von Schacky, MD makes checking your "oil" easy. *The HS-Omega-3 Index*[™] measures the levels of omega-3 fatty acids in red cell membranes. The ideal level is 8%. If your level is between 4-8%, boost your intake of fatty acids by 500 mg/day. If it is below 4% boost your intake by 1 g/day. The cost for the test is \$100 (available at Sanford Laboratories Test Code 9899) and it's not covered by Medicare or insurance.

Get your oil checked and start improving your Omega-3 Index today by adding a high quality fish oil supplement to your diet (we like Carlson's) and eating delicious, sustainable, omega-3 rich dishes like:

- ✓ **Mustard Baked Wild Salmon with Lentils** (1,210 mg EPA/DHA providing 186% of the daily value)
- ✓ **Salmon Niçoise Sandwiches** (1,280 mg EPA/DHA providing 197% of the daily value)
- ✓ **Halibut Provençale** (502 mg EPA/DHA providing 94% of the daily value)
- ✓ **Baked Coconut Shrimp** (430 mg EPA/DHA providing 68% of the daily value)

Environmental Toxins

#12: Mercury Toxicity

How many tuna sandwiches have you eaten in your life? Fifty? One hundred? More? Do you have amalgam fillings? Did you ever get a vaccine?

If so, you're like most of us. And that means it's probable that you have some degree of mercury toxicity.

Mercury is nothing to fool with. It is the second most toxic substance known to man after plutonium. But yet our government allows and recommends "safe" levels to be consumed in mercury-tainted seafood. What's more, millions of people tread through life with toxic fillings that leach mercury into the body and brain.

The EPA considers the "safe" level of mercury to be less than 0.1 mcg/kg of body weight per day.

For a 150 lb. person, eating 4 six ounce cans of albacore tuna (.35 ppm of mercury) in one month would exceed the "safe" mercury exposure by 30%!

The list of problems mercury causes is extensive and includes: neurological disorders, autism, ADHD, depression, low IQ, fatigue and lethargy, memory problems and Alzheimer's.

"Mercury, I believe (because of hundreds of patients I have seen with mercury toxicity), causes some of the most serious threats to our brain, and is responsible for or contributes to much of the modern epidemic of autism, ADHD, depression, dementia, and other versions of broken brains. Finding it and getting rid of it in my patients is one of the most effective ways I have to improve mood, attention and memory."

- Dr. Mark Hyman, MD author of The UltraMind Solution

Get your mercury levels tested. Have your amalgam fillings safely removed. Don't eat mercury-contaminated fish (including tuna, swordfish, shark, tilefish, sea bass and river fish). And work with your health care provider to create a mercury detoxification plan including chelation therapy.



Try a Cilantro & Chlorella Mercury Detox Elixir! This potent detox drink can help rid your body of toxic mercury thanks to its starring ingredients - cilantro and chlorella. Cilantro mobilizes mercury (as well as aluminum, lead and tin) stored in the brain and in the spinal cord and moves it into the connective tissues. The chlorella then helps the body to mobilize and eliminate it. Visit us online for the recipe!

#13: Lead Toxicity

Lead was the first toxic heavy metal to be identified. While lead-based paint and leaded-gas have been banned for some time, the issue of lead toxicity is still a big concern.

In addition to toxic toys from China, the pollution from those factories makes it way to us via the atmosphere and gets deposited in our environment.

This is of great concern to everyone, but especially children.

Nearly 40% of Americans have lead levels over 2 mcg/dL—enough to significantly increase the risk for heart attack stroke... and death!

Children exposed to lead have lower IQs, more behavior problems and less success in school. Research shows that the biggest drops in IQ scores happen at levels between 1 and 10 micrograms per deciliter.

The symptoms of lead exposure in adults include irritability, fatigue, anger, schizophrenia and depression. Lead toxicity is also linked with brain degeneration that is visible on an MRI.

The Third National Health and Nutrition Survey (NHANES III) found that any level over 2 micrograms per deciliter significantly increased the risk for heart attack, stroke and death. In fact, at these levels, lead increased the risk of overall mortality by 45%, deaths from heart disease by 55%, risk of heart attacks by 151% and risk of stroke by 89%!

Unfortunately, the American government offers little protection. The “safe” levels of lead have been set at 60 micrograms per deciliter of blood (“upper normal limit”). But severe brain damage happens at 100 micrograms per deciliter, and death at 150 micrograms per deciliter.

Get your levels of lead tested today. It’s available for \$199 at www.labsafe.com



Consider Chelation: From the Greek word *chelè* meaning “to claw”, chelation binds to heavy metals (including lead, mercury and arsenic) and facilitates their excretion from the body. If your levels of lead are above the 2 mcg/dL noted here, we urge you to find a trained health-care professional in your area for chelation therapy.

#14: PCB Toxicity

As you learned in *Organics: Beyond Green*, PCBs are chemicals that have a broad range of negative effects including endocrine disruption, altered gene transcription, cancer and neurotoxicity.

If you've been eating farmed fish and conventional meats, this is a test you should seriously consider.

Because PCBs have a long half-life and are stored in fat (are lipophilic), it takes the human body a great deal of time to rid them. And they accumulate as we age, further compounding their toxic effects. In fact, the PCBs you get today in a piece of farmed salmon will stay in your body until 2025 or later!

Along with swearing off farmed fish and conventional meats to reduce your exposure to PCBs, you can speed their excretion from the body using a Lipophil-Mediated Detoxification Procedure done by a physician trained in complementary therapies including ayurveda.

A study published in *Alternative Therapies in Health and Medicine* found that this simple detoxification procedure reduced PCBs and Beta-HCH by 46% and 58% respectively. Without this intervention, the expected drop in PCBs and Beta-HCH over two months would be only a fraction of one percent.

"This is the first published study on humans to demonstrate that a specific detoxification regimen can significantly reduce levels of lipophilic toxicants in the blood that are known to be associated with disease."

- Robert Herron, Ph.D., lead author of the study and Director of Research at the Institute of Science, Technology and Public Policy.



Don't Delay, Detox Today! To get started, consider a PCB test from Lab Safe (www.labsafe.com). The PCB panel costs \$399.

1. **Consider Ayurveda:** Find a health practitioner in your area familiar with PCB detoxification or go to Lancaster Health Spa — the world's leading health spa on 200 acres of scenic woods offering ayurvedic treatments for detoxification and more. Visit them at www.lancasterhealth.com.
2. **Feel Better with Chlorella:** Chlorella is a powerful detoxification aid best known for its use in removing heavy metals from the body. Numerous studies show that chlorella can also aid the body in breaking down pesticides and other persistent pollutants including PCB and DDT while strengthening the immune system response.

#15: Styrene

Do you use a microwave, order takeout food regularly or drink from Styrofoam cups? If so, you're being exposed to dozens of toxic compounds which you learned about in ***Smart Cooks Age Better***. Styrene is one of them.

At low-level concentrations, styrene exposure may produce headaches, nausea, and irritation to the mucous membranes. Long-term exposure can produce central nervous system depressant effects such as mental confusion, and unconsciousness.

First, make a switch to the non-toxic alternatives we discuss in ***Smart Cooks Age Better***. Next, check your levels of these toxic compounds. Lab Safe offers a styrene test for \$299 (www.labsafe.com).



Get Clean From Styrene! Your liver is a miraculous organ that's responsible for detoxifying and disarming thousands of harmful substances — including styrene. You can boost your liver's production of glutathione — Your "*Master Antioxidant and Detoxifier*" with the foods you learned about in ***Your Guide to Antioxidant Superfoods***. Some of the best include grass-fed whey protein isolate, cruciferous veggies, omega-3 pasture-raised eggs as well as garlic and onions.

#16: Fluoride

Do you drink tap water or use a cheap water filter? If so, you're being exposed to fluoride—an internationally recognized poison.

While fluoride may protect against cavities, its negative systemic health effects far outweigh its benefit.

Fluoride is an enzyme inhibitor; it reduces thyroid function, impairs the immune system, and damages DNA. What's more, research shows it contributes to brittle bones and tooth weakness (what it is intended to prevent!).

Fluoride, like many other persistent pollutants builds up in the body over time.



Free Yourself From Fluoride! Protect yourself from the harmful effects of fluoride by using a high quality water filter and by choosing oral care products that are fluoride-free. If you suspect your levels of fluoride may be high, a test from Lab Safe is \$299 (www.labsafe.com). According to recent research published in the journal *Molecular and Cellular Biochemistry*, an antioxidant-rich diet (coupled with low intake of fluoride, of course) has been found to reduce fluoride toxicity. Learn more about the benefits of antioxidants in ***Your Guide to Antioxidant Superfoods***.

Organ & Immune Function

#17: Gluten Sensitivity

Could the bread, crackers and cereal you eat every day be destroying your intestines and prohibiting the absorption of vital nutrients? Based on recent research and rising diagnosis of Celiac disease, the answer could be YES.

Gluten sensitivity is a big problem. It happens when the immune system reacts to a protein called gluten contained in wheat, barley, rye, and oats.

The reaction starts in the intestines. After time, the body begins to recognize gluten as an antigen (a foreign invading molecule). When this happens, the body tries to defend itself and in doing so damages the finger-like surface projections (or villi) that make nutrient absorption possible.

Gluten causes problems for many people. Of the 3 million people in the U.S. living with Celiac disease—97% of them are undiagnosed.

But the problems begin long before the official diagnosis of Celiac disease. And often, by the time of the diagnosis, the damage is so extensive that the body simply cannot regain function.

Avoid that risk. Get tested today. And change your diet tomorrow using the free tools at Healing Gourmet. We have hundreds of gluten-free creations that are—from appetizers to desserts. And you can access them all by using our [Personalized Recipe Search](#)



When It Comes to Your Health... Never Hesitate! The truth is, we'd all benefit from less grain in our diet. You learned about the many reasons why in *Organics: Beyond Green* and also in *Your Guide to Living a Low-Glycemic Lifestyle*.

Before the long-term damage to your organs occurs and nutrient deficiencies deplete your cells of these essential substances, we urge you to test your sensitivity to gluten today.

Dr. Kenneth Fine, M.D. of the Intestinal Health Institute offers a range of products to foster early diagnosis of immune sensitivities to foods. We recommend a full panel for optimum health (visit www.enterolab.com). The tests include:

- Gluten Sensitivity (\$99)
- Yeast Sensitivity (\$99)
- Soy Sensitivity (\$99)
- Chicken & Egg Sensitivity (\$99)
- Cow's Milk Sensitivity (\$99)

Remember, no matter what the outcome of your tests, Healing Gourmet has a [Delicious Solution™](#) for you!

#18: Allergen & Mold Profile

Recent research shows that 40 to 50 million Americans are affected by allergies. Could they be wrecking your health? It's likely.

We've evolved from nomads who hunt and gather in the fresh air and sunlight to a cooped-up, computer-clad culture breathing conditioned air all day, every day. And in that air are disease-causing mold toxins (called mycotoxins) that burden our bodies.

This exposure called "sick building syndrome" causes the obvious respiratory problems (like sinus infections and wheezing). But mold isn't just a little problem. Chronic exposure can impair your immune system and take a serious toll on your nervous system too, with effects ranging from short term memory loss to brain damage.



Toxin Testing for Your Body & Home: Get an allergen and mold profile test to determine your body's response to common allergens. A full Allergen and Mold Profile is available at www.labsafe.com and costs \$449. Next, reduce your exposure to mycotoxins and other harmful airborne compounds by getting a HEPA filter. Finally, you may want to have your home tested. Services are available nationwide for mold detection and remediation.

#19: Liver Function

Your liver is truly the guardian of your health. It's the largest gland in the human body and performs a wide range of functions including detoxification, protein synthesis, carbohydrate and lipid metabolism, production of hormones, substances necessary for digestion, and much more.

Our liver is our first line of defense against the toxins we encounter every day. And the more toxins we're exposed to — from pharmaceutical and over the counter drugs to the chemicals in our food — the more work our liver must do.

You learned about the many foods and supplements that boost your liver and promote healthy detoxification in *Your Guide to Antioxidant Superfoods*. You also learned about the toxins that tax it.



Love Your Liver: Keep your liver healthy with a "clean and green" life-style — stay hydrated with 64 ounces of purified water each day, enjoy lots of organic veggies and fruits, choose only healthy fats and clean proteins from organic sources, and avoid sugar in any form. Also, consider a Hepatic Function Panel test to check the basic functioning of your liver. It includes albumin, alkaline phosphatase, ALT (SGPT), AST (SGOT), bilirubin, total bilirubin, and protein. It's available for \$199 at www.labsafe.com.

#20: Thyroid Function

The thyroid is often called the “canary in the coalmine”. This tiny endocrine structure is highly sensitive and sends us subtle warning signs when toxins cause us trouble.

And the trouble is, we’re exposed to more toxins today than ever before.

The endocrine disrupting chemicals we’ve discussed in this series as well as specific nutritional deficiencies and “trigger foods” compromise thyroid function including:

- PCBs in farmed fish and feedlot-raised animals
- Pesticides on conventionally grown produce
- Heavy metals in some fish and the environment
- Chlorine & Fluoride in unfiltered tap water and dental products
- MSG in processed foods
- Artificial sweeteners
- Gluten sensitivity or grain allergy
- Processed soy foods
- Cruciferous vegetables (the broccoli family)
- Nutritional deficiencies (selenium, vitamin D, omega-3)

The thyroid plays many important roles in the body and affects every the function of every other hormone. Common symptoms of poor thyroid function include depression, fatigue, memory loss, insomnia, low sex drive, dry skin and hair, hair loss, brittle fingernails, constipation, fluid retention, reproductive problems and weight gain.

Thyroid dysfunction is on the rise. It is estimated that 20% of women and 10% of men have low thyroid function. And half of them are undiagnosed.



What Is Your Thyroid Telling You? Do you have any of the common symptoms listed above? If so, get on track to a healthier thyroid today using these tips:

1. **Temperature Test:** For 4 consecutive days, take your temperature immediately upon waking. You must do this before you get up. If your temperature runs below 97.8 then you most likely have low thyroid.
2. **Get Checked:** Get your thyroid levels checked. It’s important to evaluate all of the thyroid hormones (including TSH, free T3 and free T4) as well as the thyroid antibodies (TPO and antithyroglobulin antibodies). Most doctors only check TSH which is insufficient to detect subclinical thyroid problems that still pose health problems.
3. **Opt for Natural Relief:** Armour Thyroid is a natural alternative to Synthroid. It was also found to be more effective, according to a study published in *The New England Journal of Medicine*.