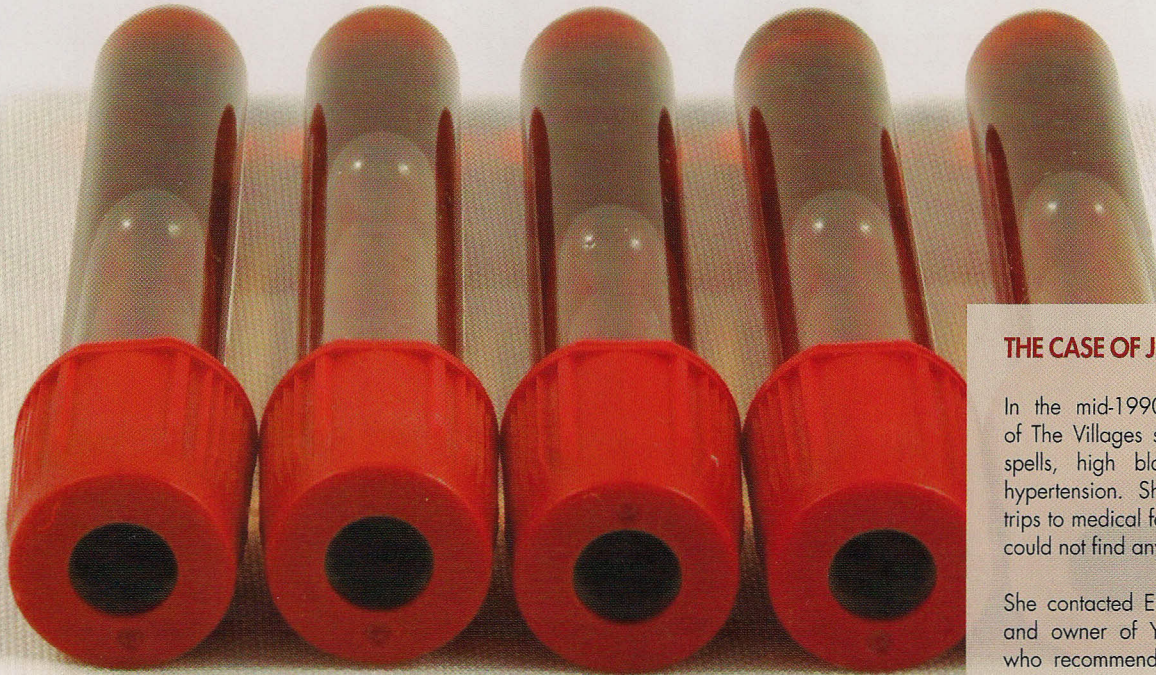


Is a Normal Blood Test Score an Accurate Indicator of Good Health?



In today's healthcare system, the vast majority of all blood tests are ordered in response to symptoms. Lab results have some version of a normal reference range. Doctors look at test results and compare them to normal ranges. If a score falls between the normal range patients are given a clean bill of health.

This has always been troublesome to Ellie Cullen. She never felt that just because someone falls within the normal blood test range that it necessarily means he or she is healthy. After all, she argued, it made little sense to compare someone's blood test results to averages taken from people who were already experiencing a symptom.

"Let's say that someone has an annual physical and each year their blood sugar level rises a few points but stays within a range that the doctor considers normal," Ellie said. "The lab won't flag your score, and your doctor will probably tell you you're normal—until a few years later when your score slips out of the normal range. At that point the doctor will tell you that you have adult onset diabetes. If your various blood sugar tests were

being analyzed preventively, you could have made changes in your diet and lifestyle to prevent you from crossing the line into diabetes."

"We have seen countless times how a nutritional program customized to each person's unique biochemistry is the most effective way to help prevent or solve just about every health problem," Ellie said. "My own daughter stopped breathing when she was 18 months old and the doctors said she was epileptic. It turned out she had a blood-sugar problem we fixed through diet."

A registered nurse of 30 years, Ellie too overcame personal battles with arthritis and low blood sugar. Therefore, she recommends that everyone have their blood tested at least once a year to spot potentially hazardous trends or monitor improvement. "We want to encourage people to take control of their health and be educated. Our primary goal is to protect and enhance our clients' future health."

Ellie is also author of a book, *Normal Blood Test Scores Aren't Good Enough*, which was released in 2002.

THE CASE OF JUDY FLICKINGER

In the mid-1990s, Judy Flickinger of The Villages suffered from dizzy spells, high blood pressure and hypertension. She made countless trips to medical facilities, but doctors could not find anything wrong.

She contacted Ellie Cullen, founder and owner of Your Future Health, who recommended that Judy have a carcinoembryonic antigen (CEA) blood test. Judy underwent several of these tests, and each time her score came back elevated. So Judy saw a specialist who scanned, probed and tested her organs for cancer. The results came back negative.

"My doctor told me that the only organ that had not been checked was my pancreas, so that led me to an oncologist."

A test revealed that Judy had pancreatic cancer. But the cancer was in its early stages and was effectively treated.

"I'm a former Hospice nurse and I've seen how evil pancreatic cancer is," Judy said. "Finding it that early undoubtedly saved my life. I owe a lot to Ellie. She saved me from a horrible, distressing illness that I wouldn't wish on my own worst enemy. She is very knowledgeable and passionate in her career and knows everything there is to know about vitamin therapy."