

# Taking Control

## VILLAGER CREDITS PREVENTIVE BLOOD TESTING WITH SAVING HER LIFE

By CAROLINE KLAPPER  
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THE VILLAGES –

Even though Judy Flickinger, of the Village of Calumet Grove, has been a nurse for more than 40 years, she knows conventional medicine doesn't always have all the answers.

"I had high blood pressure that wasn't being controlled with medication," she said "I thought, 'Well, I'll try something else.'"

Looking for alternative ways to treat her condition, Flickinger was told about a nationwide company called Your Future Health(YFH), which specializes in preventive blood testing. She saw YFH as an opportunity to improve her health, but it turned out that her decision to take a proactive approach to her own health might have save her own life.

### Taking control of her health

After looking into the company, Flickinger started having her blood tested by them, and every year she had a panel of tests done which YFH calls a Health Print, After looking at her test results, the people at YFH recommended vitamins, dietary supplements and dietary changes.

After taking their advise, Flickinger's blood pressure returned to normal and she said she felt better and healthier.

"It's made remarkable changes in my life," she said.

### Your Future Health

For information on Your Future Health, go to  
[YOURFUTUREHealth.com](http://YOURFUTUREHealth.com) or call  
(877) 468-6934.

Your Future Health is a company that uses conventional blood testing in an unconventional way. While most blood testing is used as a tool for diagnosing illnesses, YFH tests blood to try to prevent people from becoming sick and to help them stay healthy.

The company tests 57 different measures in a Health Print, a computer reviews the data against a 30-year database, and from those results, they give their clients nutritional suggestions.

"It is done for prevention purposes. We are looking for trouble with your blood before you have symptoms," said Ellie Cullen, a registered nurse and the owner of YFH. "We do not diagnose, or treat or cure anything. That is for your physician to handle."

YFH doesn't offer medical treatment or sell supplements or vitamins. Cullen said the simply are trying to use blood tests to advise clients on how they can be healthier and to show them the risks for certain diseases.

Flickinger was so impressed with the results she got from using

YFH that she decided to go further with more testing and do a cancer screening called a Carcino-Embryonic Antigen. The CEA test screens eight organs in the body, including the breasts, thyroid, lung, liver, pancreas, stomach, bone and colon, for cancer.

Since Flickinger's family history included several of those cancers, she thought the test would be a good idea. It turned out to be a life-saving choice.

### Early detection

Usually, CEAs are done only to check on the effectiveness of chemotherapy treatment on a patient who already has cancer, but YFH uses the test to determine if someone is at risk for developing cancer.

Flickinger's first score was slightly above the YFH lab's statistical reference range, and a test three months later indicated another increase. After a third test in another three months, her score was still rising, and Flickinger decided to see her physician..

Although the scores still were well below what a doctor normally would consider dangerous, Flickinger's doctor performed some tests but found no signs of cancer. He sent

Flickinger to an oncologist for further testing, but her experience was anything but positive.

Flickinger said the oncologist told her she was wasting her time and money looking for cancer when her numbers weren't very high and she had no symptoms, but she persevered. She went back to her physician, and he referred her to another oncologist, who did a CAT scan on her pancreas.

The scan found a precancerous tumor on the head of her pancreas. Flickinger, a hospice nurse, knew exactly how painful and deadly pancreatic cancer can be.

"It's a very painful cancer I've taken care of a lot of people with it, and the pain level is excruciating." She said. The death rate for people diagnosed with pancreatic cancer also is discouraging. About 97 percent of people diagnosed with pancreatic cancer die from the disease. The high death rate is because the cancer usually doesn't produce symptoms until it already has taken hold.

But in Flickinger's case, it was caught very early. "I am so lucky. I had no symptoms." Flickinger said of her early diagnosis. "This is so unusual that they found this. It's a miracle."

### **Dealing with the results**

Without early warning from the tests by YFH, Cullen said the tumor on her pancreas very likely would have grown and taken

Over her pancreas. She said her doctor told her most people have no symptoms until they are in the end stages, and that because of the YFH tests, she is alive today.

Flickinger went on to have surgery to remove the tumor, and since it hadn't had time to become cancerous and spread into the pancreas, she didn't have to undergo chemotherapy or radiation therapy.

Now almost 5 years after the surgery to remove the tumor, Flickinger is cancer-free and still feeling great. She is continuing to work with YFH to maintain her health, and she said she fully credits the company with her survival.

"Modern medicine is wonderful, but they don't know everything, and what they don't know is very important." She said, adding she believes traditional medicine and alternative methods can work together to create optimum health. "I don't think one has to be exclusive of the other, they work together."

"We were very proud to be a part of it." Cullen said of her company's involvement in Flickinger's success story. "I'm using blood tests in a creative way. I don't want people to just come to me because they are sick. I want people to stay well."

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