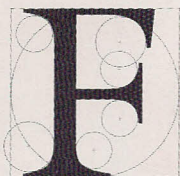


HealthPrint

Optimizing Nutrition and Supplements to Individual Biochemistry



For a number of years we have been aware that establishing and monitoring personal biological baselines are critical to optimal health. So when noted radio health talk show host Frankie Boyer recently sent me a copy of a book titled *Normal Blood Test Scans Aren't Good Enough!* by Ellie Cullen, R.N., founder and CEO of Your Future Health (YFH), I was immediately interested. Frankie pointed out that Ann Louise Gittleman, N.D., M.S., C.N.S., *totalhealth* editor and author of the best-selling *Fat Flush Plan*, had written the forward and respected medical nutrition reporter Betty Kamen, Ph.D., had written the introduction to the book.

After reading the book, speaking at length with Ellie Cullen and reviewing numerous patient histories, I am convinced the YFH HealthPrint program can be of significant value to individuals committed to nutrition and nutritional supplementation as the key to self-managed, natural health, possibly an imperative to those of us over 55, as well as an important tool in our relationship with our health care providers and the health food store.

In her forward Ann Louise Gittleman states: "In over twenty years of counseling and researching, I've come to one conclusion. We are not created equal . . . biochemically, that

is. One diet does not work for everybody nor do 'one-size-fits-all' dosages of vitamins, minerals and amino acids. Everyone, because of their unique genetic makeup, has distinct nutritional requirements that must be fulfilled in order to achieve and maintain optimal health and well-being.

"As you read her groundbreaking book, Ellie Cullen and the staff of YFH have perfected the interpretation of both standardized and specialized blood tests (the ones that access cardiovascular and cancer risk) to reveal each individual's unique pattern of health. In essence, your future health is contained within these pages. Their system can determine the current state of your health, track these patterns and provide practical solutions through diet and lifestyle changes along with supplementation. And because they are meticulous about using the same reference laboratory for subsequent blood testing, YFH can pinpoint exactly how efficiently the solutions are working.

"Simply put, the blood doesn't lie. YFH has learned by tracking thousands of clients how to read blood tests by being aware of the optimal, not simply 'normal' ranges for health, as well as your own 'personal normal.' For example, when I received my YFH results and nutritional interpretation, Ellie told me that my blood sugar reading of 81 was way too low . . . for me. In light of my other values and the history of diabetes that runs in the family, I needed to raise my fasting blood sugar—significantly.

"The YFH HealthPrint is not only extremely valuable in evaluating the current state of your health but is invaluable in uncovering the specific areas you need to work on as an individual, such as raising blood sugar (like me), lowering LDL (the bad cholesterol) and managing homocysteine (the newest risk factor for heart disease).

"After my own positive personal experiences using YFH's revolutionary system, I can only suggest that you share this book with your family, your friends and your physician. The YFH system will enable you and your enlightened practitioner to analyze and track blood tests from a scientifically documented nutritional perspective. At the very least you will be able to ensure quality health for you and those you care about. You may even save a life someday."

In her introduction to the book, Betty



Shedding light on your blood type is only the beginning of what blood analysis can offer you.

Kamen, Ph.D., comments: "This is a story of discovery—a finding so important, I believe it should be shouted from every rooftop. To say that it is about blood testing is not only an understatement, but hardly depicts the significance of what is chronicled in these pages.

"Most of us have had our blood drawn and analyzed at one time or another. Few people go to the doctor for the purpose of prevention, so the familiar blood test is usually administered to confirm or deny your doctor's suspicions about your specific symptoms. If you are overweight or appear to have heart-related problems, the doctor will surely suggest a cholesterol check. If you complain of fatigue, then your iron levels, and perhaps your thyroid hormones are looked at. Using the results to graphically demonstrate your need for medical treatment, your doctor will point to test scores that are outside the 'normal' range and act according to standard protocol.

"But he or she is unlikely to explain that the traditional parameters for health and disease, as established by these tests, are somewhat arbitrary—that they hardly reveal the entire story. Nor do most doctors explain terms like bilirubin, blood urea nitrogen or alkaline phosphatase. They may not even offer a copy of the chart that pinpoints where you are on the grand scale of general results—unless you ask for it.

"It is now common knowledge that the tiny constituents of your blood can only meet the intricate demands of your tissues and organs when nutrient makeup is optimum. The good news is that these minuscule blood cells contain coded messages that 'file' this information. Better news is that the use of a high-tech microscope and a specifically developed computer can expose these inner secrets—the ones that let us know whether or not nutrient needs are being met. But the effectiveness of the interpretations of these once elusive facts also depends on the skill of the scientists looking through the lens or examining the computer screen and most especially of those who evaluate the very specific data that is as individual as your fingerprint.

"And there's the important part: In addition to defining blood test terms and using the most highly professional analytical modalities, what YFH offers is information about blood test scores that can give you feedback before a problem or its symptoms are noticed—well in advance of a time when interference with life quality, or even with life itself, becomes palpable.

"Ellie Cullen tells a story that was twenty-five years in the making. What she discovered while analyzing endless blood tests is that there is almost always an avoidable cause for all disease. Such expert analysis is part of the innovative HealthPrint, now available to everyone.

HealthPrint offers analysis that can 'finger' a cells-out-of-order situation long before the usual blood test can. An then, following the gospel of tried-and-true measures, plus the very latest research, Ellie Cullen's scientific laboratory provides sound advice for helping to turn things around.

"Normal Blood Test Scans Aren't Good Enough! is a fantastic resource—an invaluable tool for helping you take control of your health with unrivaled precision. Keep in mind that your delicate blood cells are highly vulnerable and subject to ongoing change. And again—remember that the sleuthing detective work of the HealthPrint can discern malfunction at its earliest stages."

We asked Ellie Cullen to describe what she terms as the coming age of personalized health.

"We're in the beginning stages of possibly the most revolutionary transformation of medical understanding of human biology in history.

"It's an exciting time, because over the next few years, this transformation will make health, well-being and life without disease available to a much greater number of people than those who currently enjoy these greatest of gifts.

"Most health and medical breakthroughs in the past have been predicted on the 'sameness' of people. Antibiotics and the vast majority of drugs have been designed for, and given to, everyone. The FDA recommends one, and only one, universal nutrition plan. In neither case are differences such as age, gender, weight, height, genetics or biochemistry ever collectively considered.

"A 'one-size-fits-all' health care is simply the wrong approach for optimizing individual health and wellness. However, the process of effectively optimizing personal health is becoming easier, thanks to recent scientific breakthroughs in molecular biology. This innovative science makes it very clear that each of us is as unique as our individual fingerprints.

"Shedding light on your blood type is only the beginning of what blood analysis can offer you. If you want to optimize your health, longevity, weight control and illness prevention, blood analysis can do this by customizing diet and lifestyle choices to your own individual biochemistry.

"Where blood testing holds even greater promise, where it can serve as a truly extraordinary tool for optimizing your health, is when the results are nutritionally analyzed and interpreted to develop a diet and wellness plan customized to your individual and unique genes and biochemistry. This happens when blood testing is used preventively rather than as a diagnostic tool after symptoms of illness or disease are already

apparent. To come up with the ideal program uniquely suited to you, it's truly as simple as working by the numbers.

"In our clinical work we have found there are sixty specific tests which are essential for general illness prevention and early identification of the onset of disease; and/or are useful for addressing specific problems including male and female cancers.

"These essential tests fall into thirteen categories:

- ✧ Electrolytes
- ✧ Minerals
- ✧ Bones
- ✧ Kidneys
- ✧ Protein
- ✧ Liver
- ✧ Complete blood count
- ✧ Manual RBC morphology
- ✧ Cholesterol/lipid profile
- ✧ WBC details/manual differential
- ✧ Cancer screens
- ✧ Thyroid
- ✧ Special tests

"Each of these tests and its benefits are explained thoroughly in my book.

"When blood parameters are in the optimum ranges, the body is able to heal itself much more effectively than it could with the use of drugs and other artificial treatments. Optimum health is the result.

"YFH isn't a specialist in any one symptom area but because balancing the blood helps the body to heal itself very effectively, we've been able to help our clients and their doctors prevent or solve various problems ranging from cancer to heart disease to digestive problems and have even been able to alleviate symptoms of infertility, diabetes and a dozen other disease states.

"For over two decades YFH has been designing customized diet and wellness plans, based on comprehensive blood analysis, for a very wide range of clients—those seeking to overcome as well as prevent illness and disease. Our clients' results have completely exceeded those which would have been possible on even the best general purpose diet and wellness plans."

While in the process of compiling this article YFH announced a groundbreaking new test for determining the risk value of HDL, LDL and VLDL cholesterol. We also asked Ellie to share this important new development with our readers.

Why VAP (the revolutionary blood test)?

Twenty years ago heart disease was the number one killer in the U.S. Why is it still number one? Half of those suffering a heart attack have cholesterol levels considered "normal." Only 25 percent having coronary artery disease have "abnormal" LDL levels. What's missing?

Incredible discoveries shed light on this problem. A new, expanded cholesterol test is now available via YFH. VAP—the revolutionary blood test—differs from routinely run cholesterol tests in critical ways that might just save your life.

Scores measuring standard cholesterol tests are total cholesterol level, HDL (high-density lipoprotein), LDL (low-density lipoprotein) and VLDL (very low-density lipoprotein). Adding these lipoprotein scores creates the cholesterol total. Example: HDL = 80, LDL = 65, VLDL = 5 total = 150. Total cholesterol under 200 and LDL and VLDL totaling under 100 are considered low risk. It's not that simple. Research shows many different types of lipoproteins. HDLs (considered good) are not always. LDLs and VLDLs (considered bad) are not always. People who test perfect by existing systems are still dying of cardiovascular disease. Expanded VAP tests provide all scores that the basic test supplies but is more detailed

and indicates if the problem is genetic, poor diet, exercise-related or a combination. HDL is separated into HDL2 (buoyant/protective) and HDL3 (dense/non-protective).

LDL has three parts: (1) LDL-R-C patterns indicate "A" (buoyant/protective), "B" (dense/non-protective), "AB" (combination). Patterns are determined by diet and exercise. If not an "A," lifestyle changes are indicated. (2) IDL (LDL) score confirm the pattern analysis is correct. (3) Lp(a)-C (LDL) reflects the effect of genes. Belief was that genetic scores could not be changed, NOT TRUE. The right amount of EPA fish oil can improve scores. Medications are available for resistant cases.

VLDL is separated into VLDL1 and 2 (buoyant/protective) and VLDL3 (dense/non-protective). The goal? Have as many HDLs as possible. As few LDLs and VLDLs, many type 1 and 2s totaling less than 100, plus total cholesterol under 200 and a solid pattern "A" LDL with low IDL and Lp(a) scores.

Conclusion: today's standard cholesterol panels are incomplete and misleading. Total cholesterol may be low but could be deadly. This explains why healthy people drop dead of a heart attack. Medications given with best intentions some-

times enhance the formation of the worst lipoproteins. Proper diet/supplementation and exercise enhance the best types of lipoproteins. Low or high, the number is only part of the answer.

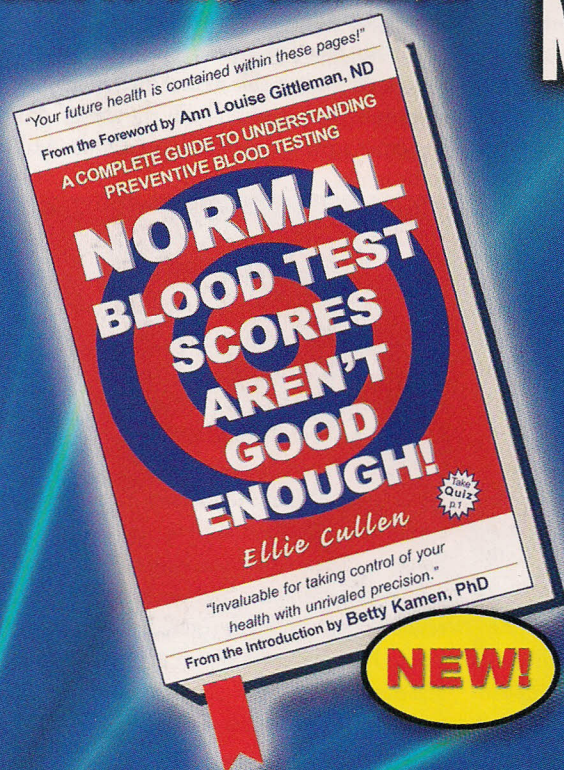
Learning your true scores is empowering. Diet, exercise and supplementation (in some cases, medication) can change your predisposition to cardiovascular disease, even if it is "in the genes." Dying of heart disease is no longer your fate just because it was your parents'. The earlier you receive information, the sooner you can correct the hand nature dealt you.

YFH's easy-to-read explanation of your VAP scores helps you be knowledgeable when sharing VAP with your doctor. Typically, physicians not familiar with VAP are delighted to receive scores. Cost? Heart Profile tests (similar but not as extensive) cost \$700 to \$800, while the VAP cost is about two-thirds less.

Heart attack or stroke's first symptom can occur when your blood vessels are already 90 percent blocked. YFH's mission is to make heart disease a thing of the past.

Join us. Make a positive difference in your future health. ✦

2002. 6" x 9". 210 pp. \$13.95 retail price



Normal Blood Test Scores Aren't Good Enough!

By Ellie Cullen

Here is the book that explains the HealthPrint blood test. Cullen shows how to achieve maximum health, longevity, ideal weight, identify diseases, maximize insurance coverage of medical costs and save money on nutritional supplements.

Features 20 fascinating case studies detailing how the health secrets contained within helped real-life sufferers of heart disease, cancer, obesity, arthritis... even infertility! Also includes a layman's guide to over 60 specific blood tests.

Available at health food stores, Amazon.com, or directly from YFH.

For more information on YFH or HealthPrint:

- Visit www.YourFutureHealth.com
- Call toll-free 877-GO-TO-YFH (877-468-6934)

- Reviewed in the August issue of Taste For Life!
- Featured in the "Off the Press" section in the July issue of Vitamin Retailer