

# The Well-Life Screen

## A Blood Test To Detect “Increased-Risk” Conditions

**“The Well-Life Screen blood test looks for early health risks in blood sugar, cholesterol, heart health, thyroid health, immune or autoimmune problems, digestive problems, adrenal fatigue, hormonal imbalances, and vitamin / mineral deficiencies.”**

Americans spend more money, take more prescription drugs, undergo more testing and surgeries than any other country in the world and yet we are still one of the sickest nations. The reason is because the current medical model focuses on disease care.

Disease care centers around drugs, surgery, suppressing symptoms and maintaining the current status of a disease... keeping it from getting worse. On the other hand, Wellness care seeks to find the underlying imbalances that are causing symptoms and removing those barriers which then allows the body to heal itself.

When evaluating your health, clinicians will use urine, saliva and almost always blood tests to gather data. The life of the body is reflected in the blood.

If you have healthy blood you will have a healthy body.

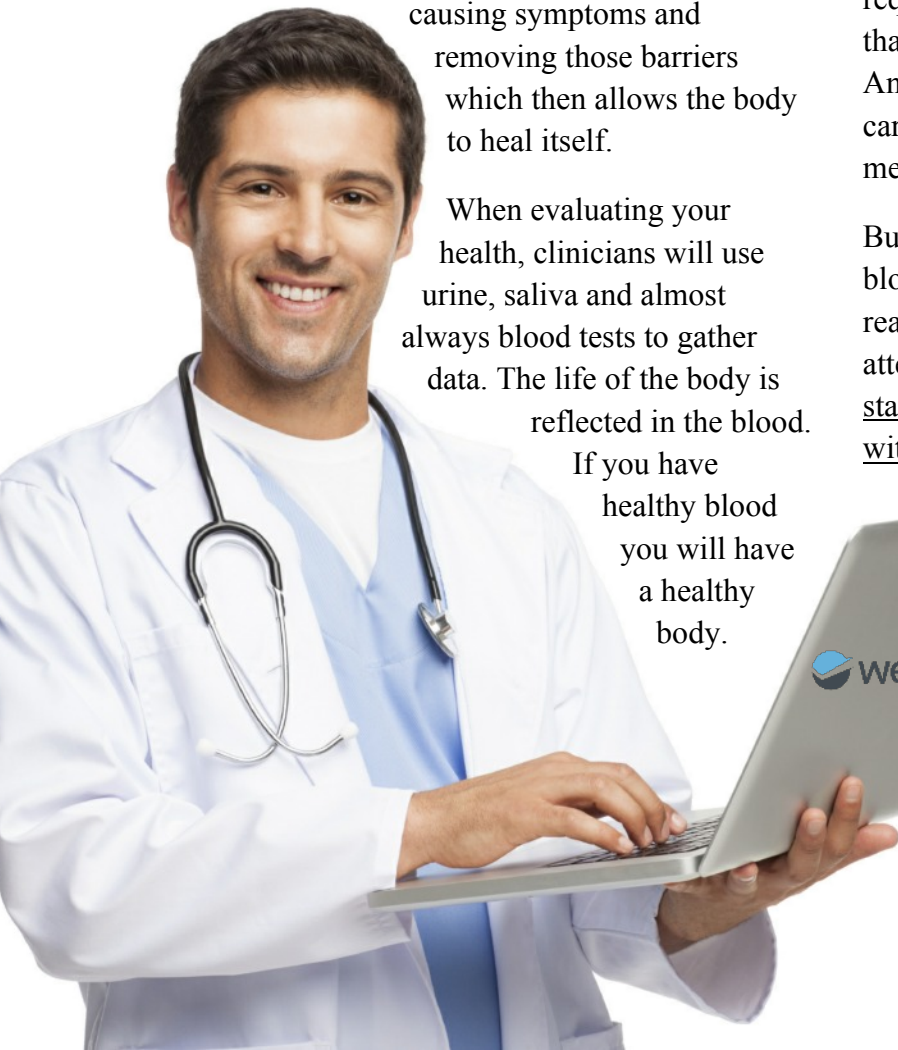
So allow me to give you some information about a comprehensive blood test called the WellLife Screen which is based on wellness care not disease care.

The WellLife Screen is similar to a blood test that you might get in a hospital, but it is much more sensitive than a standard blood test. For example, a typical blood test will red flag blood sugar if the result is over 120.

A blood sugar result this high would generally require prescription medications, medications that most patients are on for the rest of their life. Analyzing results in this way is standard disease care. Identify a disease condition...prescribe a medication.

But the WellLife Screen is a much more focused blood test, and will yellow flag a blood sugar reading over 95. The WellLife Screen calls attention to your blood sugar in the early warning stages when health challenges can be addressed with nutraceuticals and lifestyle changes rather than prescription medicines.

Most doctors only take action when your blood sugar is over 120. However health statistics show if your blood sugar is 100, you have a 96% chance of getting diabetes in the next 10 years. Why would you want to wait until you have diabetes before you begin treatment? And



everyone agrees that early treatment is safer and more effective.

Your body needs adequate levels of B1, zinc, magnesium, chromium, and essential fatty acids to have healthy blood sugar regulation. Wellness clinicians make sure these nutrient levels are sufficient and recommend dietary and lifestyle changes before high blood sugar becomes diabetes.

Of course, wellness clinicians do understand that sometimes drugs or surgery ARE necessary in life threatening or temporary situations. However, the primary emphasis of the WellLife Screen is not medication or surgery... it's a screen to prescribe a path toward health and wellness.

**The WellLife Screen blood test doesn't only flag early signs for blood sugar. It looks for early health risks in cholesterol, heart health, thyroid health, immune or autoimmune problems, digestive problems, adrenal fatigue, hormonal imbalances, and vitamin / mineral deficiencies.**

The WellLife Screen even includes a screen for vitamin D. Recent studies show that 3 out of 4 Americans are low in this important "sunshine" vitamin, even people who work outside. It is now proven that low vitamin D levels increase your risk of heart disease by 35%, and raise your cancer risk by 14%. People with sufficient levels of vitamin D had an 11% reduction in death from all causes!

Vitamin D has also been shown to be protective against diabetes, stroke, and high blood pressure. Just finding out you are low in vitamin D would be worth taking this test.

This blood test can also be invaluable in identifying the underlying causes of any chronic health challenge. Often patients say, "I had a blood test and everything

was "normal"... but I still don't feel right." The WellLife Screen digs deeper than the standard disease based test to find indicators that are out of balance, but still under the "disease" ranges. Addressing these sub-clinical indicators can often be the missing piece to a puzzling health challenge.

I recommend the WellLife Screen for anyone over 40 and every 3 years for anyone over 50, start even earlier if you have concerns based on your family history. I personally do this test myself every few years and follow its recommendations as an anti-aging tool, to keep my health and my mind sharp as I age.

And this test is certainly recommended for anyone facing any type of nagging health challenge that you would like help with: including chronic fatigue, anxiety / depression, weight gain, chronic pain, allergies, autoimmune conditions, hormonal symptoms, and digestive issues.

Ask your wellness clinician about the WellLife Screen, it can be a turning point in how you feel, and in the quality of your life.

