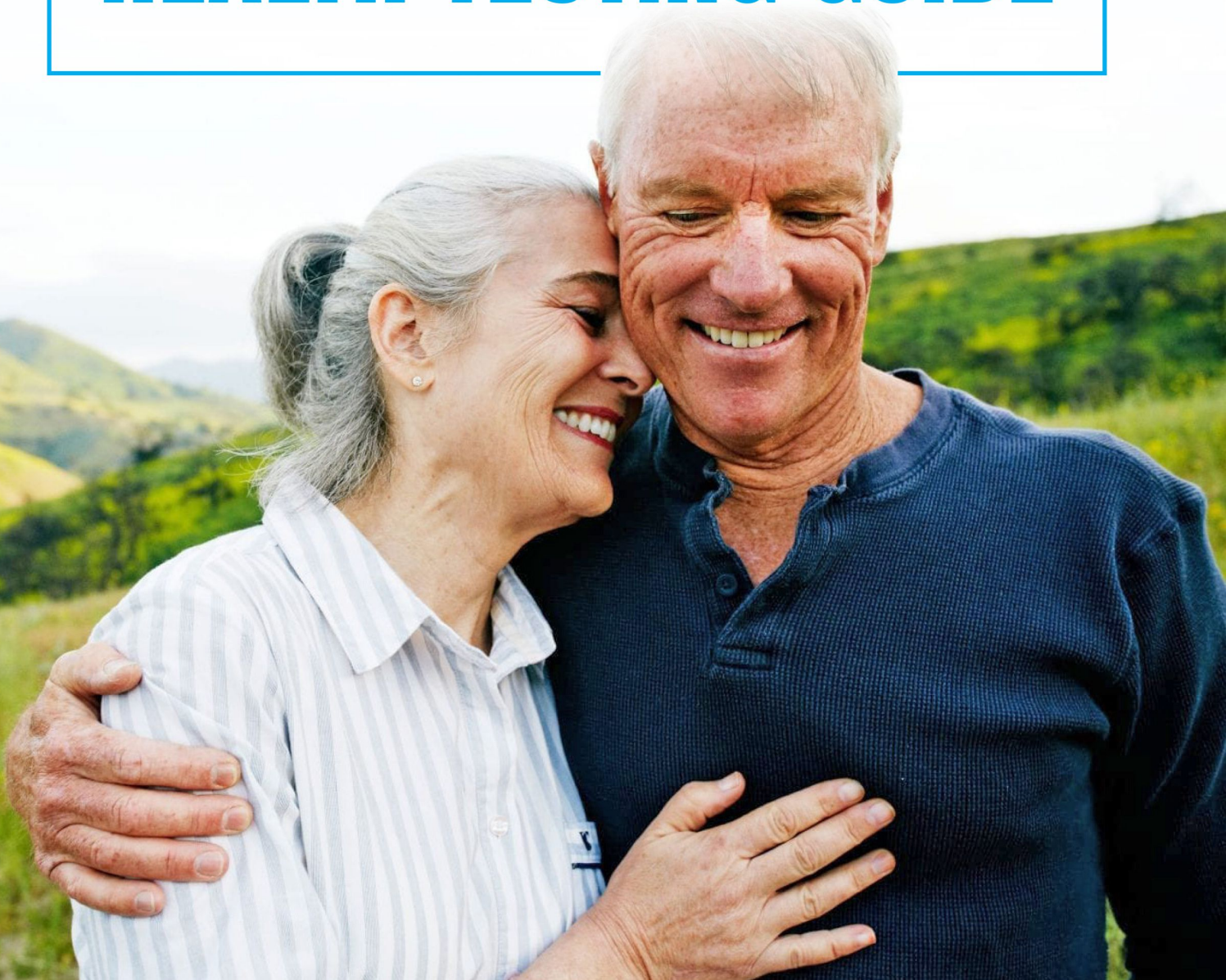



—The Untold Story of—
HEART DISEASE

**CARDIOVASCULAR
HEALTH TESTING GUIDE**



A woman with dark hair and glasses, wearing a white lab coat, is looking up at a test tube held up by a hand. The test tube contains a red liquid. The background is a bright, out-of-focus laboratory setting. A blue rounded rectangle is overlaid on the right side of the image, containing white text.

In this booklet you'll find a list of tests that our experts recommend. These tests will give you a good indication of your cardiovascular and overall health. Be sure to work with a medical practitioner to ensure correct interpretation of your results and a suitable treatment plan.

LDL Cholesterol Particle Size Test

It's important to note that LDL can come in different sizes. If the particles are big and fluffy (called pattern A) these are less of a concern. If the particle size is small and dense (called pattern B) they're much more likely to become oxidized, which can cause them to slip through the cells that line the endothelium (walls of the arteries). If this occurs it can start the inflammatory process and result in cardiovascular disease. The particle size test may vary in name. Listed below are its different names:

- VAP (Vertical Auto Profile)
- LPP (Lipoprotein Particle Profile)
- NMR LipoProfile
- Lipoprint
- Berkeley

Diabetes Panel:

Requesting a diabetes panel will give information about your fasting glucose, insulin and Hgb A1C, fructosamine, adiponectin and leptin all of which provide metabolic information.

Lp(a):

Lp(a) is sub-fraction of LDL. It carries cholesterol, triglycerides and other compounds through the blood. It's very prone to becoming inflamed, and can interfere with the clot busting mechanism in your blood vessels, and is a serious risk for heart attacks and strokes.

Homocysteine:

Too much homocysteine has a negative effect on the endothelium (artery walls), whilst increasing inflammation and thrombosis. If you have a family history of early heart disease this is definitely a test you should get. NB: It's believed that high Homocysteine levels can be brought down with supplementation of Folic acid, Vitamin B12 and Vitamin B6.

Inflammation Markers:

There are two types of inflammation marker tests our experts recommend.

1. C-Reactive Protein (CRP): CRP is a marker for inflammation that can have a direct correlation with heart health. CRP can be a very good indicator of your cardiovascular health. Ask your doctor for the High Sensitivity CReactive Protein test, which will analyze the level of CRP present.

2. Interleukin-6: this is a cytokine that stimulates the liver to produce CRP and is believed to be a better inflammation marker than CRP because it is a precursor and the levels rise earlier.

Oxidation Markers

If your body has high oxidation markers this means it's suffering extreme levels of damage. You will want to test the following; lipid peroxides, myeloperoxidase and F2 isoprostanes.

Fibrinogen:

Your fibrinogen levels are an independent risk factor for cardiovascular disease. Fibrinogen is a protein that enables your blood to clot. If it's out of balance it can affect blood circulation and the stickiness of your blood cells.

Other Test to consider for overall health:

Thyroid Testing:

When the thyroid doesn't produce enough thyroid hormone (hypothyroidism) it can cause the blood vessels and heart to not function properly. If the thyroid produces too much thyroid hormone (hyperthyroidism) it increases the force of contraction on your heart and the amount of oxygen the heart muscle needs. People with hyperthyroidism often suffer with heart palpitations. Disorders of the thyroid can cause cardiovascular disease (cvd) to worsen as well as speed up the progression of cvd.

Food Intolerance Testing:

Working out which foods your body doesn't tolerate will definitely help you optimise your health. This can be done with an elimination diet, where you remove the food for three weeks i.e. dairy and then see how your body responds when you add it back into your diet, do you get gas, constipation, diarrhea, or you may even get a headache.

Heavy Metal Testing:

If you have heavy metals in your body this can produce serious side effects and needs to be identified in order for you to experience abundant health. Having too high heavy metals in your body causes oxidative stress which can lead to immune dysfunction, and endothelial dysfunction which can increase your risk of heart disease.





Leaky Gut:

You have probably heard a lot of talk about the importance of the gut for your overall health. If you have a leaky gut this can impact your cardiovascular health as it will prevent your body from efficiently absorbing the nutrients it needs. This can cause a whole host of problems, so be sure to work with a practitioner who can help you assess your gut health and help to heal your gut if need be.

Omega 3 Index:

As omegas are the building blocks of cells it's vital to have high levels. An omega 3 index test will help you gauge how healthy your cells are and if you need to boost your intake of omegas.

Vitamin D:

If you are deficient in this crucial hormone you will be at increased risk for heart disease as well as other diseases such as cancer. So getting your levels checked will help you to ensure you are optimizing your health.

WARNING: All material contained herein is intended for information only and is not to be taken as medical advice. It is important that all readers of this content must consult with a medical doctor when it comes to any matter relating to their health. No action should be undertaken based on the contents of this material. Although the author of this content believe the information to be accurate, all readers who fail to consult with a medical doctor assume all risk of injury. The FDA has not approved any of the content in this report. The information and the products discussed are not intended to diagnose, treat, cure, or prevent any disease. The publisher is not responsible for errors or omissions.