



On Target Living®

# KNOW YOUR NUMBERS

| TEST  | RESULTS                  | DATE | NORMS   | GOAL |
|---|--------------------------|------|---|------|
| Cholesterol                                       |                          |      | 150-250 mg/dl   |      |
| HDL Cholesterol                                   |                          |      | 45-90 mg/dl   |      |
| LDL Cholesterol                                   |                          |      | 60-130 mg/dl  |      |
| Cholesterol/HDL Ratio                             |                          |      | <3.5 f / <4.5 m   |      |
| Triglycerides                                     |                          |      | <110 mg/dl  |      |
| Triglycerides/HDL Ratio                           |                          |      | 2.0 or less   |      |
| Glucose   |                          |      | 65-99 mg/dl   |      |
| Hemoglobin A1C                                    |                          |      | 4%-5.6%   |      |
| Homocysteine                                      |                          |      | 4-13 mcml/L   |      |
| High Sensitive C-Reactive Protein                 |                          |      | low risk < 1.0 mg/L<br>avg. risk < 1.0-3.0 mg/L<br>high risk > 3.0 mg/L |      |
| Prostate-Sensitive Antigen Screening (PSA)        |                          |      | 0-4 ng/ml   |      |
| Thyroid Stimulating Hormone (TSH Ultra-Sensitive) |                          |      | 35 -5.50 mU/L or mcU/ml   |      |
| T3  |                          |      | 27%-47%   |      |
| T4  |                          |      | 4-12 mcg/dl   |      |
| 25-Hydroxy Vitamin D Total                        |                          |      | 25.0-80.0 ng/dl   |      |
| Total Testosterone                                |                          |      | 30-95 ng.dl for women<br>400-1000 ng/dl for men                         |      |
| Free Testosterone                                 |                          |      | 49.0>185 pg/ml  |      |
| Glomerular Filtration Rate (GFR)                  |                          |      | 60-120  |      |
| Body Weight                                       |                          |      |   |      |
| <b>THE BIG 3</b>                                  | Breaths per Minute       |      | 5-12  |      |
|   | Resting Heart Rate (RHR) |      | <65 bpm   |      |
|   | Resting Blood Pressure   |      | <120/80   |      |



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# IMPROVE YOUR NUMBERS

## CHOLESTEROL (BACKBONE OF HORMONES)

Best foods for improving cholesterol levels are flax seeds, chia seeds, cod liver oil, leafy greens, spirulina/chlorella, hemp seeds, pumpkin seeds, walnuts, citrus fruits, sprouts, squash and cabbage.

## TRIGLYCERIDES (MIRROR)

Best foods for improving triglyceride levels are flax seeds, cod liver oil, hemp seeds, pumpkin seeds, chia seeds, walnuts and spirulina/chlorella.

## BLOOD GLUCOSE (CELL HEALTH)

Best foods for improving blood sugar are flax seeds, cod liver oil, wheatgrass, spirulina/chlorella, oats, beets, black pepper, millet, carrot, asparagus, broccoli, figs, raspberries, strawberries, apples, sweet potato, spinach, avocado, lemon, grapefruit, lime, blueberry, stevia, cinnamon and dandelion root.

## HOMOCYSTEINE (OXIDATION)

A homocysteine test measures oxidation and high levels of oxidation increase risk of cardiovascular disease, stroke and cancer. Best foods for improving homocysteine anti-oxidants are almonds, asparagus, avocados, wheatgrass, spirulina/chlorella, beans, beets, brussel sprouts, blackberries, cabbage, cantaloupe, dates, grapes, raisins, leafy greens, oranges, sweet potatoes, walnuts, sunflower seeds, prunes, long grain brown rice and bee pollen.

## HIGH SENSITIVE C-REACTIVE PROTEIN (INFLAMMATION)

A HSC-RP test measures levels of inflammation in the body. Best foods for improving HSC-RP levels are flax seeds, cod liver oil, wheatgrass, spirulina/chlorella, greens, sea vegetables, alfalfa, green tea, mineral water with lemon and all alkaline foods and beverages.

## BLOOD PRESSURE (NERVOUS SYSTEM)

Healthy fats (especially extra virgin olive oil and avocado), hydration, sleep, meditation, diaphragmatic (belly) breathing, regular exercise, Epsom salt bath, wheatgrass, spirulina/chlorella, bananas, almonds and figs can all help to improve blood pressure.

## HEALTHY BONES (PH BALANCE)

Almonds, greens, figs, cacao, broccoli, organic yogurt, oats, seaweed, sunflower seeds, beans, apples, grapes, raisins, cabbage, beets, avocados, garlic, millet, bananas, celery, oranges, parsley, peppers, sweet potatoes, strawberries, pineapple, long grain brown rice, yellow dock, alfalfa, dandelion, wheatgrass, spirulina/chlorella and Epsom salt baths can all improve bone health.

## VITAMIN D<sup>3</sup> (ABSORPTION)

The only way the body can produce its own vitamin D is through exposure to the sun, which is why it is important to consume superfoods such as cod liver oil, leafy greens, wheatgrass, spirulina/chlorella, sweet potatoes, sunflower seeds, parsley, mushrooms and alfalfa to increase vitamin D levels.

## DIGESTION (GUT)

Fruits are packed with flavor and are high in vitamins, minerals, fiber and cancer-fighting antioxidants. The best way to improve digestion is to eat whole living foods (apple versus apple juice), chew your foods, exercise and hydrate. Foods that are especially beneficial for digestion are wheatgrass, spirulina/chlorella, coconut oil, greens, healthy fats, organic yogurt, sprouts, raw foods, pineapple, watermelon, broccoli, asparagus, avocados, walnuts, almonds, apple cider vinegar, warm water with lemon or lime, probiotics, slippery elm, aloe vera juice, coconut water and ginger.

## HORMONAL BALANCE (MESSENGERS)

Sleep is the number one way to improve your hormonal balance along with stress reduction and strength training. Best foods for improving hormonal balance are cod liver oil, flax seeds, chia seeds, brazil nuts, pumpkin seeds and cacao nibs. Aim for 7-8 hours of sleep each night and incorporate an Epsom salt bath 1-2 times per week.