

You Are At High Risk For Heart Disease, Alzheimer's, Stroke, Diabetes and Colon/Prostate/Breast Cancer If:

1. One of your parents or siblings had one of these diseases or high blood pressure. Y/N
2. Your blood pressure is consistently greater than 120/80.____
3. Your waist size around your navel is greater than 30 inches for women or 35 inches for men.____
4. Your cholesterol/HDL is greater than 4.5.____
5. Your glucose/insulin is less than 6.____
6. You have a high hsCRP.____
7. You have a high homocysteine.____
8. Your TSH is above 1.5.____
9. Your triglycerides are over 200.
10. Your LDL is greater than 130.____
11. You have an auto-immune disease, depression, hypothyroidism, rosacea, or erectile dysfunction .Y/N
12. Over 50,female or an ethnic minority. Y/N
13. You have a fasting blood sugar over 95
14. You have elevations of anything produced by the liver: cholesterol, triglycerides, liver enzymes, ferritin, clotting factors, blood sugar, CRP.
15. You have a chronic or recurrent fungal infection: nail fungus, athlete's feet, vaginal yeast, abdominal gas, sinus problems, skin rashes, prostate problems, fibrocystic breast, thyroid inflammation, endometriosis/uterine fibroids, colon polyps or diverticulosis, hypoglycemia, truncal obesity.
16. You live in the U.S.