

**Preventive Medicine Center's Wellness Protecting
& Disease Prevention Goal "Numbers"/Insights**
(In the Walking Well & modified appropriately for health issues)

1. **Non-HDL cholesterol** (is ALL of the bad cholesterol): goal less than 90 (subtract the good HDL cholesterol from the total = non-HDL cholesterol)
2. **Triglycerides**: goal less than 100, similar in effect to high cholesterol
3. **A1C diabetes test**: 5.5 or less at age 55
4. **Blood sugar**: 90 at 90 minutes after a meal
5. **Cardiac HS CRP**: 1.0 or less, body inflammation test, similar in effect to high cholesterol
6. **Blood Pressure**: near 110/60 or so
7. **Less than 12% sodium** in any one serving that you eat
8. **PSA**: 1.0 or less, prostate test
9. **TSH**: 0.35-3.50, thyroid test
10. **Hemoglobin**: 14, measure of blood thickness
11. **Lp (a)**: goal 15 or less, similar in effect to high cholesterol
12. **Homocysteine**: goal 7 or less, similar in effect to high cholesterol
13. **Uric Acid**: goal 5.5 or less, associated with high blood pressure, kidney stones
14. **BUN**: 12 or less, kidney test
15. **Magnesium**: 2.1+: relates to diabetes prevention
16. **Potassium**: 4.1- 4.5: relates to diabetes, high blood pressure prevention and kidneys
17. **25 hydroxy (OH) vitamin D3**: 50+, measure of vitamin D levels
18. **Percent body fat**: 11-22% in men, 15-27 % in women (manifested as clear lines of definition/demarcation on the abdomen = "CLOD/D." You can see where the muscles meet the muscles)
19. Virtually no one loses weight who eats chicken, turkey, rice, sandwiches, cereal, and much fruit
20. If overweight, keep a diet **diary** of ALL you eat or drink except tea, cooked vegetables, and vegetable soups and up to 8 ounces of beans/day: hence, your diary should be empty
21. Eat foods (exactly) as they grow in the field: **G-V-B** (grains, vegetables, beans, fruit, nuts, and seeds)
22. The Food Mantra: Fresh (fruits & vegetables), Whole & Unprocessed (grains & beans), Organic (all) and Fiber (all) at the 90+% level is the goal
23. If **overweight**, eat cooked vegetables and vegetable soups before any and all else ALL day long, even breakfast (not potatoes, sweet potatoes, yams, plantain, yucca, jicama or calabaza)
24. In general, eat only out of a bowl
25. My healthiest patients are vegan (no eggs, fish, fowl, dairy, or meat)
26. Learn about Aerobic Interval Training, PACE exercise, & BLITZing
27. **Smoking** is best dealt with by a combination of support and medication including Chantix, Wellbutrin (bupropion), and the nicotine patch/inhaler/gum
28. Limit **alcohol** to 4 six ounce glasses of red wine (or beer or whiskey equivalent) per week or less.
29. Accept and deal with **reality**: wishing, wanting and hoping are like alcohol, only safe in small doses
30. If you have high blood pressure, purchase an Omron wrist blood pressure cuff; have it validated at your doctor's office; check your blood pressure variously before, after, and in between meals
31. Many conditions are vastly improved with 100% avoidance of ALL wheat (rye), dairy, and soy.