
Wellness Protecting Numbers

Preventive Medicine Center's (PMC) Wellness Protecting & Disease Prevention Goal

"Numbers"/Insights (In the Walking Well & modified appropriately for health issues). These numbers are the basis for the PMC motto: "the simultaneous prevention of multiple diseases")

1. **Non-HDL cholesterol:** goal less than 90
2. **Triglycerides:** goal less than 100
3. **A1C diabetes test:** 5.5 or less at age 55, not above 6.2 at age 62 or older
4. **Blood sugar:** 90 at 90 minutes after a meal
5. **Cardiac HS CRP:** 1.0 or less
6. **Blood pressure:** near 110/60
7. **Less than 12% sodium** in any one serving from any one container, at any one meal
8. **PSA:** 1.0 or less
9. **TSH:** 0.35-3.50
10. **Hemoglobin:** about 14
11. **Lp (a):** goal 15 or less
12. **Homocysteine:** goal 7 or less
13. **Uric acid:** goal 5.5 or less
14. **BUN:** 12 or less
15. **Magnesium:** 2.1+: relates to diabetes prevention
16. **Potassium:** 4.1- 4.5
17. **25 hydroxy (OH) vitamin D3:** 50-66 ng/mL

18. **Percent body fat:** 11-20% in men, 15-24 % in women: manifested as abdominal clear lines of definition/demarcation = "CLOD/D"

19. Virtually no one loses weight who eats more than occasional chicken, turkey, rice, sandwiches, cereal, and much fruit

20. If overweight, keep a diet **diary** of ALL you eat or drink that you should NOT: the diary should be empty

21. Eat foods (exactly) as they grow up out of the ground and 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: 18-19 meals/week

23. If **overweight**, eat cooked vegetables and vegetable soups before any and all else ALL day long, even breakfast (not red or white potatoes). Intermittent fasting is recommended . Try to finish calorie intake within 9 hours after arising

24. In general, only eat out of a bowl

25. Individuals with the best of these values are vegan (no eggs, fish, fowl, dairy, or meat)

26. Learn about aerobic and interval training: all exercise helps

27. **Smoking** cessation is best dealt with by a combination of support and medication: Chantix, Wellbutrin (bupropion), and the nicotine patch/inhaler/gum/e-cigarette

28. Limit **alcohol** to 4 six ounce glasses of red wine (or beer or whiskey equivalent) per week or less.

29. Accept & deal with **reality**: wishing, wanting & hoping are like alcohol, only safe in small doses

30. For high blood pressure, purchase an *Omron **wrist** blood pressure cuff*; have it validated at the doctor's office; check blood pressure variously before, after, and in between meals

31. Many conditions are vastly improved with 100% avoidance of ALL *wheat, dairy, and processed soy other than tempeh or miso*

32. Cologuard, colonoscopy, digital rectal exams, mammograms, thermograms as agreed upon