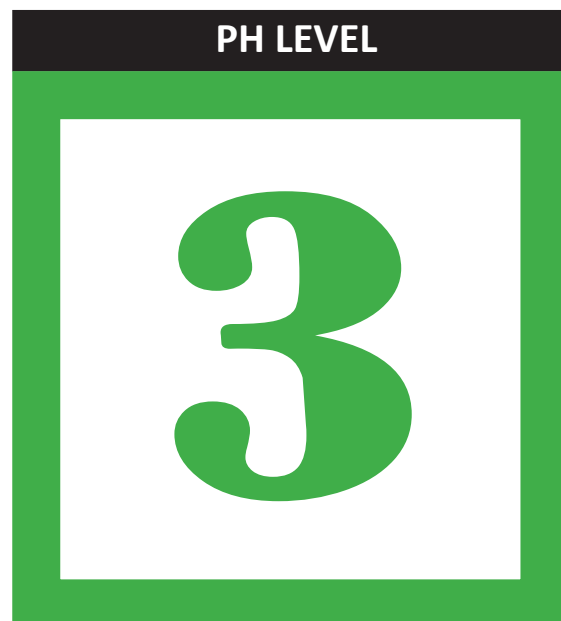


The Three Measurements

Building Blocks for Effective Health Results

These three key measurements will help you get a baseline understanding of your current overall health position. The more you know about these measurements, and specifically how you can apply them to your own unique health profile, the more effective you will be in charting, and maintaining a course for greater health.



Winning Wisdom:

Know where you are, so you can decide where you're going!

BLOOD SUGAR

1

What you need: a simple blood glucose monitor. Can purchase online or at a variety of stores such as: Target, Walmart, CVS, Walgreens, Amazon

A Full blood panel is always recommended but testing your glucose at home is a safe and effective way to monitor where you are at.

Blood Sugar refers to the amount of sugar or glucose in the body at any given time.

Unhealthy blood sugar levels = poor health
Healthy blood sugar levels= optimal health

Out of control blood sugar levels can lead to serious short term problems such as: Hypoglycemia, Hyperglycemia, and even Ketoacidosis.

When blood sugar levels are not controlled in the long run it can cause issues relating to damaged vessels that supply blood to important organs in your body such as: the heart, kidneys, eyes and the nerves.

Type 2 Diabetes is a lifestyle disease that can be controlled by diet and exercise.

What is normal healthy glucose range:

Fasting glucose levels: less than 86

Post meal after 2 hours: less than 120

Paying attention and checking Blood Sugar levels help to keep you healthy.

Achieving a healthy weight helps to manage blood sugar levels. 5-7% weight loss can make significant impacts on lowering blood sugar levels.

Healthy blood glucose (sugar) levels help:

- decrease fat storage
- steady your moods
- steady your energy
- decrease cortisol
- decrease cravings
- help you to think clearly

MID-SECTION



Waist Size Matters

What you need: a measuring tape

Take 2 measurements at mid section- The first right at the belly button and the second; 1 inch above the belly button. You don't want to pinch the tape measure and tight as you can and don't hold your breath and suck in your gut. Breathe normal measure the circumference comfortably.

Abdominal Fat:

Increases risk of disease such as:

- Premature Cardiovascular disease
- Increased obesity
- Increase risk of Type 2 diabetes
- Increased risk of death from cancer

Healthy measurements are different for men and women:

Women

Low Risk: below 31.5 inches

Moderate Risk: 31.5-35 inches

High Risk: 35 inches or above

Men

Low Risk: Below 37 inches

Moderate Risk: 37-40 inches

High Risk: 40.2 inches or above

PH LEVEL

3

pH is a measure of the acidity of alkalinity of a solution. The lower the pH number, the more acidic the solution is. The higher a pH number the more alkaline the solution is. It's important to check the pH level in your saliva and urine.

Disease thrives in a more acidic environment.

Maintaining the proper balance in the body's pH level can positively affect all major body systems especially the digestive, intestinal, circulatory, respiratory and immune systems. A pH balanced environment maintains proper metabolic function and allows the body to function optimally.

Maintaining balance in the body's pH may affect your health in many ways:

- Hormone Level
- Cardiovascular health
- Weight gain/loss
- Bladder and kidney efficiency
- Immune Function
- Free radical damage
- Liver function
- Energy levels
- Digestion and elimination
- Microbiological environment

The best time to check your pH level is first thing in the morning upon rising and 3 hours after a meal.

Healthy pH levels:

- Urine: 7.0-7.2 (If avg. urine pH is below 6.5 attention should be given to lowering acid levels.
- Saliva: above 6.5 but not higher than 6.8 (If saliva pH is over 6.8, the body should be aided by diet.)

pH strips are available on my website: andreathompson.org/hbg