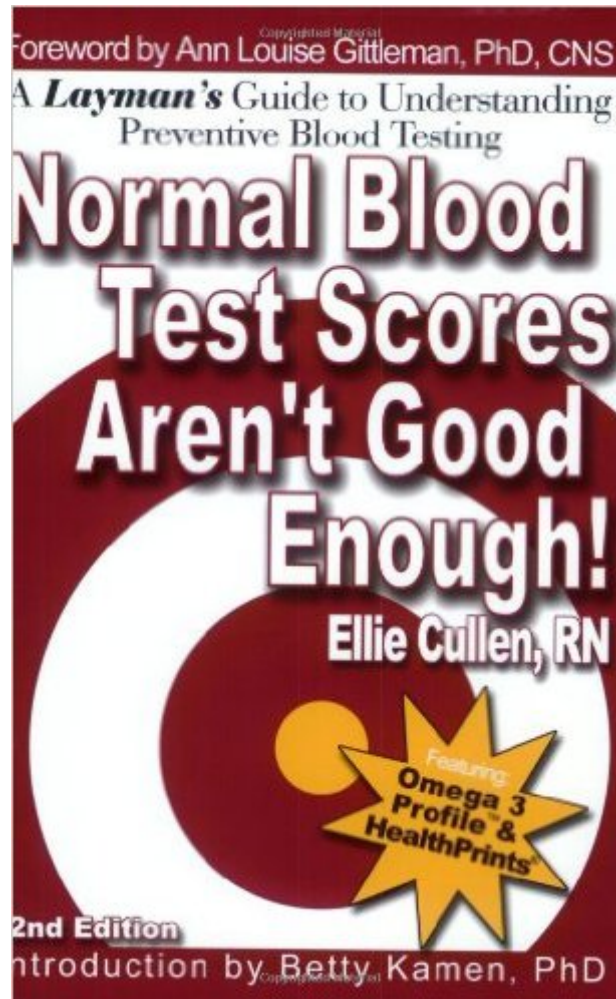


The book was found

Normal Blood Test Scores Aren't Good Enough!



Synopsis

A complete guide to understanding preventive blood testing. In this informative, easy-to-understand guide to the chronically misunderstood subject of preventive blood testing, Ellie Cullen, a Registered Nurse with over 24 years of hands-on, clinical experience, teaches you how to use simple blood tests to learn your body's current-and future!-state of health. This one-of-a-kind health companion also contains 20 fascinating case studies detailing how the health secrets contained within helped real-life sufferers of heart disease, cancer, obesity, arthritis, even infertility! In addition, a comprehensive guide to over 60 specific blood tests make this book an invaluable tool in taking charge of your personal health today! Foreword by Ann Louise Gittleman, ND author of the USA Today Best Seller The Fat Flush Plan and Introduction by Betty Kamen, PhD author of Hormone Replacement Therapy: How To Make an Informed Decision.

Book Information

Paperback: 210 pages

Publisher: YFH Press (February 28, 2002)

Language: English

ISBN-10: 0971628300

ISBN-13: 978-0971628304

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 3.5 out of 5 starsÂ Â See all reviewsÂ (17 customer reviews)

Best Sellers Rank: #676,793 in Books (See Top 100 in Books) #42 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Reference #163240 inÂ Books > Reference

Customer Reviews

I want to be in charge of my health care, and this begins with understanding the health care I receive. I wanted a book that would help me understand the blood work I get every year as part of my annual physical -- something written for the layman. This book makes intriguing claims:-- that not all labs are equal and you should get your blood analysis from a "reference lab."-- "normal" numbers on a blood test are based on the center of a bell curve based on tests the lab runs. So if many of the people tested by the lab are unhealthy, the "normal" range is skewed in that direction.-- Optimum numbers are in a much narrower range, and the author's lab, through years of experience, has defined the optimum numbers accurately-- Through tracking your own numbers over a period of years, the lab can help you define your optimum numbers with even greater precision-- Your

numbers can reliably warn of a pending disease, such as diabetes or cancer, before you experience any symptoms-- Through improved nutrition and sometimes other practices, you can correct the blood and restore health But there are some red flags. 1. The author is a fan of Peter D'Adamo's Eat Right for Your Type, which makes dubious claims about how your blood type dictates which foods are healthy for you and which are "toxic." This scientific hokum is disposed of nicely in The Skeptic's Dictionary website. 2. Like the D'Adamo book, Ellie Cullen's "Normal Blood Test Scores Aren't Good Enough!" offers only anecdotal evidence of miracle cures, no controlled double-blind studies, which are the gold standard in medical research.

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