



Becoming THE CEO OF YOUR MENTAL HEALTH

Vitals for Your Optimal Health

Below are the values you want to strive for:

1. **Heart Rate:** Tells you how fast your heart is beating. Optimal is 60-70 beats per minute (BPM).
If it is greater than 80 you may want to consider decreasing it with magnesium, mindfulness deep breathing, decreasing stress by walking in nature or take a bath with lavender oil and/or decreasing caffeine intake.
2. **MCV:** This stands for Mean Corpuscular Value. It tells you how large or small your red blood cells (RBC) are. Your RBC's are important because they carry oxygen and iron throughout your body to live every day.
Normal: 70-100 fl/rbc
Optimal: 80-90 fl/rbc
If it is less than 80 this may be due to lead poisoning or / and anemia from low iron.
If it is greater than 90 may be due to liver disease, alcoholism, hypothyroidism, vitamin b12 and / or folate deficiency. Keep in mind acid blockers like proton pump inhibitors (PPI) like losec, prilosec etc. block vitamin B12 absorption.
3. **Ferritin:** This is the storage form of iron.
Men
Normal: 300-400 ng/ml.
Optimal: 100-300 ng/ml

Women
Normal: 15-150 ng/ml
Optimal: 50-150 ng.ml

Keep in mind
*if your ferritin levels are too high then it gets deposited on the liver and cause the liver to decrease its function of detoxification.
*If your ferritin is low it can cause insomnia

4. Waist/Hip Ratio

This is a more exact measure of your risk factor for say heart disease like heart attacks, high blood pressure and diabetes compared to your weight and BMI alone.

We now know that having a better body composition such as your waist/hip ratio, visceral fat, body fat%, body water% and muscle mass helps us avoid the biggest health problems we face globally such as obesity, type 2 diabetes, and heart disease.

How to

- ✓ Measure your waist:
 - ❖ Measure midway between the last rib you can feel and the top of your iliac crest which is the top most bony ridge of your hips. It's the smallest area just above your belly button.
- ✓ Measure your hips:
 - ❖ Measure the widest part of your hips which is the bony bumps of the thigh bone known as the greater trochanters.
- ✓ Divide your waist measurement by your hip measurement:
 - ❖ $\text{Waist/Hip} = \text{waist to hip ratio}$

Men

Optimal: less than 0.9

High Risk: if greater than 1.0

Women

Optimal: less than 0.8

High Risk: greater than 0.85

5. Vitamin D: Deficiencies seen with depression, diabetes, migraines, poor wound healing (eczema), heart attacks, colon cancer and breast cancer.

Normal: 20 ng/dl

Optimal: 50-80 ng/ml which also equates to 150-200 nmol/l

6. HgA1C: Calculates your blood sugars over the last 6 weeks.

Normal: 4.8-5.6% or less than 40 mmol/mol

Optimal: 4.8-5.5% or less than 35 mmol/mol

7. Zinc: Important for thyroid and immune system,

Serum Zinc Normal: 85-110 mcg/dl

8. Homocysteine: a marker for inflammation.

Optimal: less than 7 micromolar.

*If it is elevated this indicates...

- a. that B6, B9(folate) and B12 levels are low.
- b. that there is damage to the brain where there is shrinking of your memory center called the hippocampus.
- c. that there is damage to blood vessels for instance your brain, heart, kidneys resulting in damage to vital organs.

That's it for today's Becoming the CEO of Your Mental Health.

I look forward to impacting and inspiring you even more in the next 2 course lessons where you will benefit from;

- ✓ Understanding how you can control your hormones
- ✓ How to put out the fire of inflammation in your body and feel amazing!

PLUS

- ✓ How you can increase your energy stores.

Your next step is to go to the link in this video to obtain your next 2 course lessons.

Keep your fight on and NEVER. GIVE. UP. reaching for your optimal health friend!

Dr. Isabel MD

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