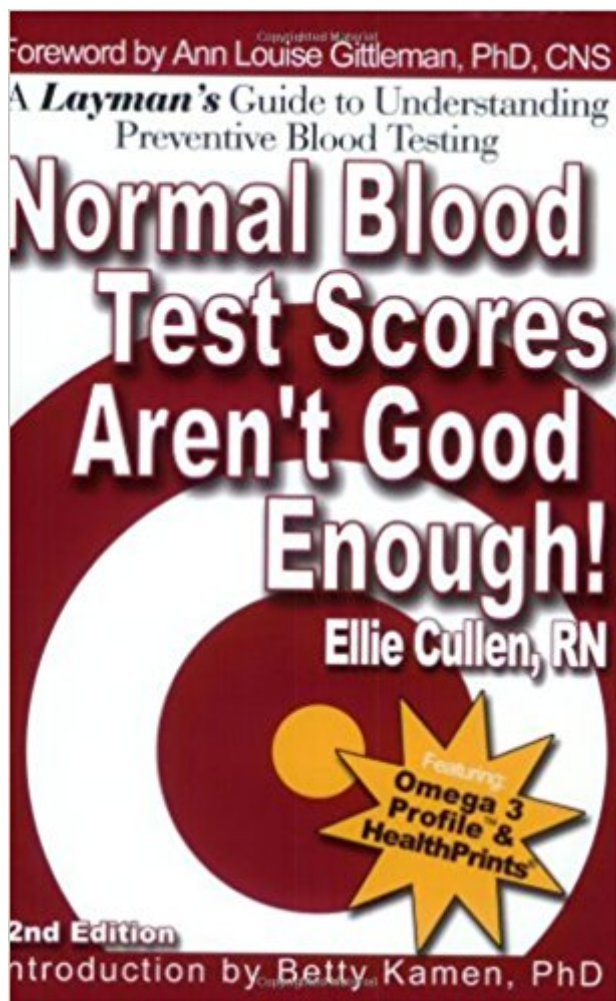


The book was found

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

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Customer Reviews

Ellie Cullen, a registered nurse, is one of the world's leading experts on using blood analysis to customize diet and wellness plans to individual biochemistry. Her many years as a consultant to physicians and other healthcare professionals has resulted in Ellie working with thousands of clients nationally and internationally. Ellie has been a licensed Registered Nurse for more than thirty years. She trained at Johns Hopkins, and has over twenty-five years of extensive clinical nursing, nutrition, and lifestyle consulting experience. She has personally overcome arthritis and low blood sugar using her YFH system. Ellie is the Founder and CEO of YFH (Your Future Health), a leader in the preventive blood testing industry. Specializing in HealthPrints, YFH has been helping people understand, improve, and take control of their health for the past twenty-three years.

Excellent book. Great information for taking charge of your health. Good case studies.

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. For D'Adamo and Cullen both, the remarkable results they set forth, absent controlled studies, can be explained by the changes in diet they strongly recommend. 3. Ellie's Cullen's HealthPrints blood testing program is likewise skewered in the *QuackWatch* website. 4. An review of another edition of this book indicates that customer service at Cullen's blood lab ranges somewhere between terrible and non-existent. Purportedly the contract says they can keep your money, even if they fail to deliver the product. If this is true, the Federal Trade Commission should get involved. It saddens me that neither alternative medicine nor allopathic medicine are up to the job of scientifically grounded, nutritionally based preventive medicine. Alternative medicine, including naturopathy, don't test their cures with adequate scientific rigor, and allopathic medicine is too busy cutting and prescribing to study rigorously the promising field of preventive and therapeutic nutrition. So people like me concerned with optimum self care are blown about by the winds of alternative quackery and health-insured ignorance. Health care delivery is broken, but disappointingly this book is not part of the solution. Having said all that, why do I give the book two stars instead of one? The back third of the book defines 61 different blood tests in

some detail, including what trouble a low or high score might indicate. Unfortunately the book states a normal range for only a few of these tests.

Definitely not Mosby's Manual, which you can buy for nearly the same price. The second half is a bit better than the first, but the book is more sound and fury than in depth analysis.

Helpful in interpreting lab results. Researcher is knowledgeable in describing health problems and relationship to laboratory tests, as well as suggesting diet and supplementation to alleviate the problem(s) as found in the test results.

I tested the basic healthprint several months ago and am pleased. I paid an extra \$20 to have the blood drawn at my house. It was much better than driving over an hour to a reference lab. The results took one month which seemed endless but worth the wait. The dietary guidance has been great. I lost 5 pounds immediately when I stopped eating foods that didn't agree with me. I seem to be leveling off at 8 pounds. The foods I am now omitting are wonderful, healthful foods but obviously, not good for me. This is information I have not been able to receive from other sources. I just got my routine labs from my local doc. He was amazed. I had not shown him the healthprint results, but told him I had my blood analyzed and it told me what didn't agree with me and I was avoiding those foods. I want to share this book with everyone but I hesitate for one reason. I would like to see the author market herself as the head of the company and to share the credentialing of medical advisors who are her resources. She does mention this but on the phone with the staff, one gets the sense that Ellie is the one man show. Her nursing credentials alone does not suffice to back up this work. She has done a wonderful job bringing this medical information to the public but it makes me uneasy when the staff, who seem to revere her (good sign), project this ultimate medical authority image upon her. When this is cleared up, I will send copies to all my friends who are struggling with their health. I should also mention that I used this book for almost two years simply for information on how to better understand my lab results from my local doc. I finally decided to test when I wanted to learn more about the dietary guidance and I am satisfied with that result. I do not view this simply as a marketing tool.

Where medicine needs to go

Must own and read book, to me a 5+ stars

Good resource I'm glad I found this book.

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