

The background is a solid red color. In the center, there is a large, light-red outline of a triangle. Surrounding the triangle are several faint, light-red line-art illustrations: a heart with a spiral inside (top left), a heart with a grid pattern (top right), and a heart with a flame-like shape above it (bottom center).

LIVINGOOD DAILY

# HEART BLOOD TESTS 101

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## 1 Blood Pressure

1. 120/80 “Normal” (Find Your Normal)
2. 150/90 Possibly Normal if Over 60

## 2 Cholesterol

1. Total 200-240 (Find Your Normal)
2. LDL Particle Size: Small Must Be Low
3. LDL 100-130
4. HDL: 25% of Total Cholesterol
5. Trigs: 2x HDL or less

## 3 BMI

1. Fasting Insulin: 2-6
2. A1C: Below 5.7%
3. Glucose: Under 100

## 4 HRV: The higher the better

## 5 Inflammation

1. CBC: Follow Normal Ranges
  - A. Platelets ideally 250
2. ESR: 0-50 Below 15, 51-85 Below 20
3. Ferritin: 11-100
4. Lactate Dehydrogenase: 140-280
5. CRP: Below 3, Close to 0
6. Homocysteine: 5-15

## 6 Liver

1. AST: 10-40
2. ALT: 7-56
3. GGT: 5-40 U/L

## 7 Kidneys

1. GFR: 90+ ideally, 60 or above with damage

## 8 Vitamin D3 – Test D3 and D2 ideally