

SPECIAL REPORT

RADICAL
LONGEVITY

HEALING BREAKTHROUGHS

LIFE-SAVING
AT-HOME
ASSESSMENTS
TO TURN BACK
THE CLOCK



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About the Author

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As one of the world's foremost experts in functional and integrative medicine, Ann Louise holds an M.S. in Nutrition Education from Columbia University, has the title of Certified Nutrition Specialist (C.N.S.) from the American College of Nutrition and a Ph.D. in Holistic Nutrition. She has also served as the Chief Nutritionist of Pediatric Clinic at Bellevue Hospital and is the former Director of Nutrition at the Pritikin Longevity Center in Santa Monica, CA. She has won numerous awards, including The American Medical Writers Association Award for Excellence.

Continually breaking new ground in integrative and functional medicine, Ann Louise is a top nutritionist who was years before current trends like Paleo and Keto. She is internationally recognized as a pioneer in dietary, environmental, and women's health issues. She is an award-winning New York Times bestselling author of over 35 books on health and nutrition including diet, detox, women's health, men's health, perimenopause, menopause, beauty and the environment.

Learn more at: AnnLouise.com

Life-Saving At-Home Tests

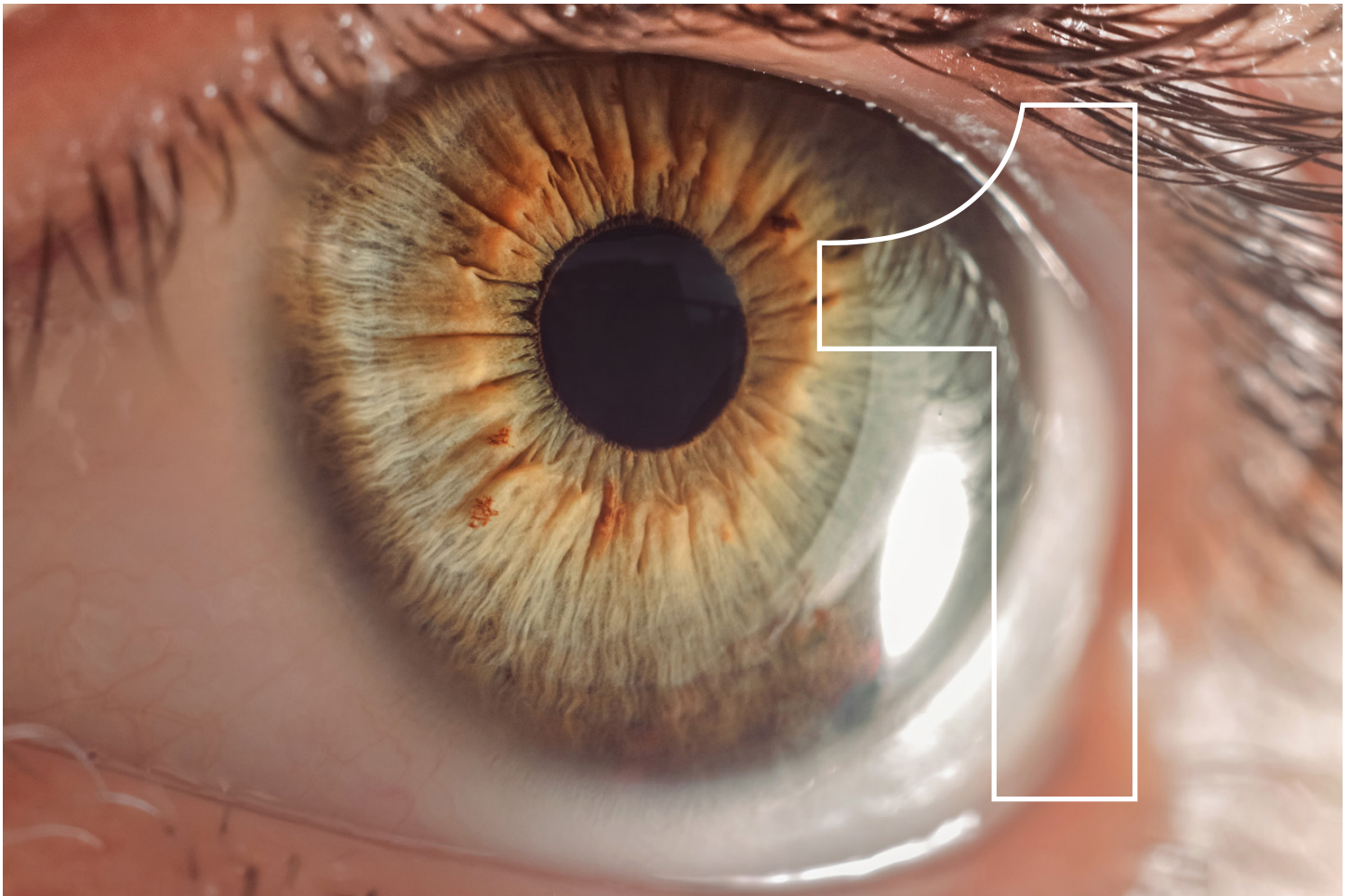
Medical tests can be expensive, often amounting to hundreds (if not thousands) of dollars. And where do you start? Here are some very basic diagnostic tests you can do from the comfort of your own home. These are

intended as a means to help identify a potential problem. As we all know, if you can catch a health problem early – before it becomes serious – you have more time to address it.



These radically simple at-home tests may help to detect an underlying condition that could lead to more serious diseases such as macular degeneration, Parkinson's, Alzheimer's, heart disease, and more.

IMPORTANT: Please note that these tests are merely provided as a way to key in on potential problems. **ALWAYS** follow up with your health care practitioner for more definitive testing and appropriate follow-up care.



Pupil Dialation Test for Adrenal Exhaustion

TEST: If you're one of the millions suffering from adrenal exhaustion, you'll be delighted to know that you can do this test without even getting up from your chair. Your adrenals – the fight-or-flight thumb-sized glands located on the top

of your two kidneys, produce hormones that you literally can't live without – including sex hormones and cortisol. All they ask for is a little respect. How are your adrenals holding up?



HOW TO DO: Get a hand mirror and shine a small flashlight into one of your eyes. (Alternatively, you can ask someone to help you). Your pupil should automatically contract from the light and stay small until the light is removed. If your pupil contracts for less than 30 seconds, it indicates you may be suffering from adrenal exhaustion. If the pupil doesn't contract at all, it's time to call your doctor. It just may be a waving red flag hinting at adrenal fatigue. Your healthcare practitioner can order additional tests which can uncover the source of the problem.





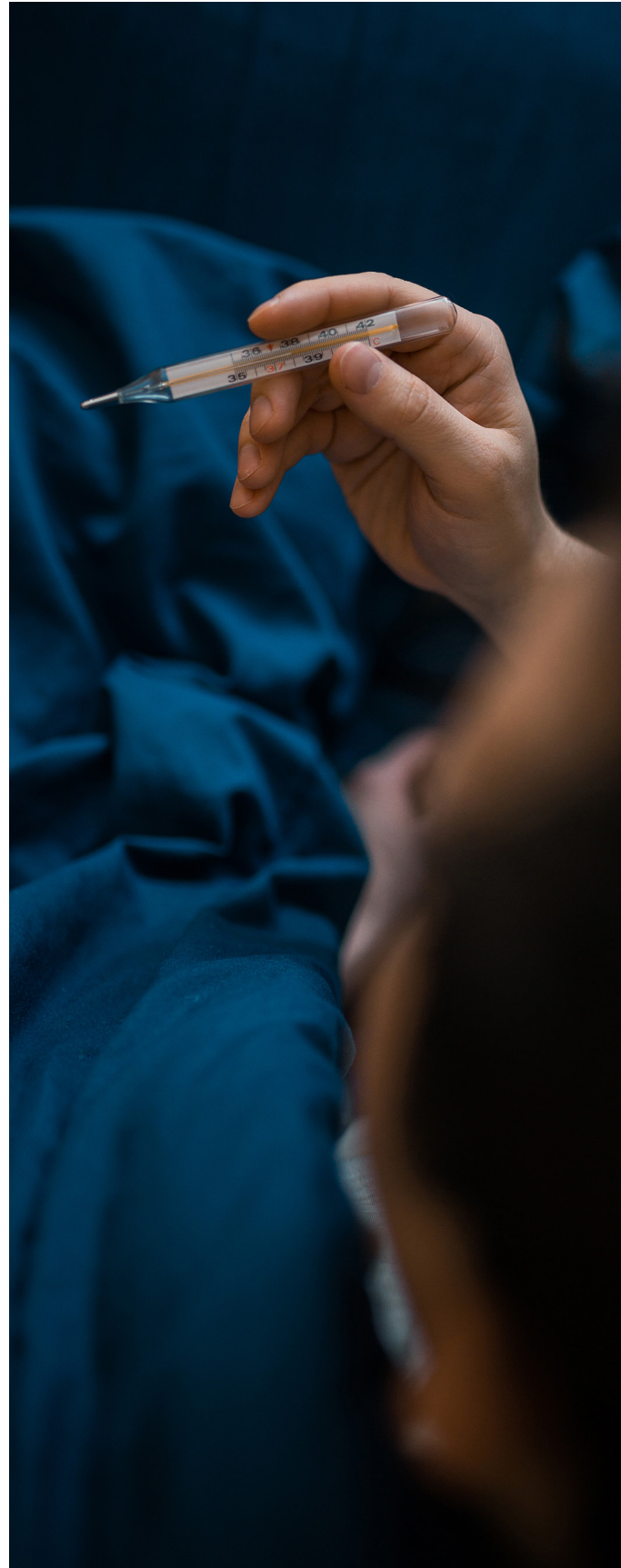
Underarm Basal Body Temperature Test to Determine Thyroid Function

TEST: A properly functioning thyroid (the butterfly-shaped gland located in the base of your neck) is vital for good health. Just ask anyone who is dealing

with thyroid issues – it's not something to mess with. Your thyroid releases hormones that control metabolism functions and it plays a large role in the

probability of your developing serious illnesses such as diabetes and heart disease. Don't wait until it's out of control. Use this simple underarm basal body temperature test to stay abreast of any changes.

HOW TO DO: Keep an analog thermometer (not a digital one) on your bedside nightstand. Take your underarm body temperature as soon as you wake up in the morning and keep the thermometer in place for ten minutes. An indicator of low thyroid function is if your temperature is under 97.8 F – particularly if you're experiencing symptoms like constipation, dry skin, fatigue, or weight gain. Follow up with your health-care practitioner for additional tests and appropriate treatment.





Simple Urine pH Test for Cell Acidity

TEST: If you want to know what's going on within your cells, a urine pH acidity test can be a good reflection. For best results, take this test first thing in the morning, after six or more hours of rest. Measure the alkaline / acid balance of your urine using pH paper that is sold over-the-counter at most pharmacies (or which can also be ordered online). A pH

reading of less than 6.5 is considered harmful to your cells. It is important to bring the body back to a normal range which can easily be done through diet (eating a more alkaline diet which includes more vegetables and less animal protein) and reduction of stress. If left untreated, toxins will linger in your body, literally poisoning your cells.



Transit Time Test to Determine the Health of Your Digestive Tract

TEST: The longer it takes for food to pass through your system and for waste to be eliminated, the longer toxins can linger in your digestive tract. An easy way to measure your transit time is to take 1.5 to 3g of activated charcoal tablets, which you can purchase at any health store (or order online). Take them with a large glass of water,

preferably after a bowel movement. After subsequent bowel movements, examine the stool for the appearance of the crumbled black tablets. If it takes longer than 18 hours for the charcoal to appear, then you should add roughage to your diet, and re-test. If still no improvement, check with your health practitioner for other possible causes.

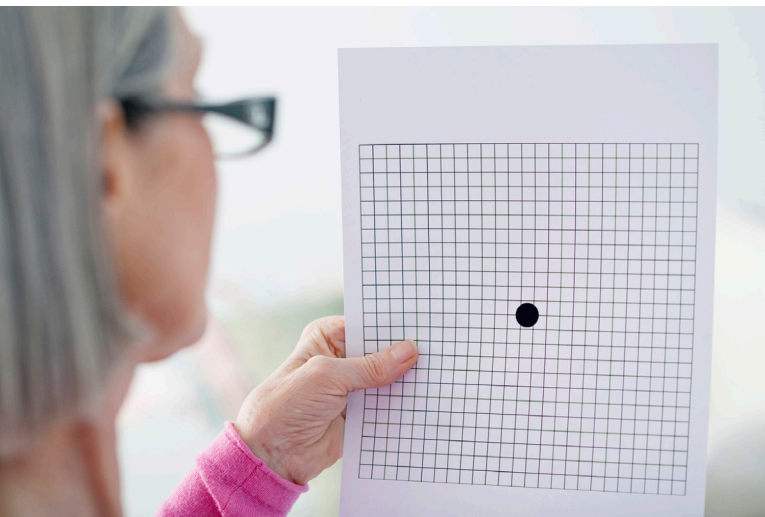


Amsler Grid At-Home Test for Macular Degeneration and Other Vision Problems

TEST: If you are concerned about your risk for macular degeneration, you can use this chart at home to monitor your vision. Please keep in mind that this

self-help test is not a substitute for regular visits to your optometrist. There are many other signs and symptoms that only a trained eye care practitioner

will find. The chart below is merely a representation of the printed chart used by many eye doctors. For more accurate detection of macular damage or eye health concerns, you will need a complete eye exam.



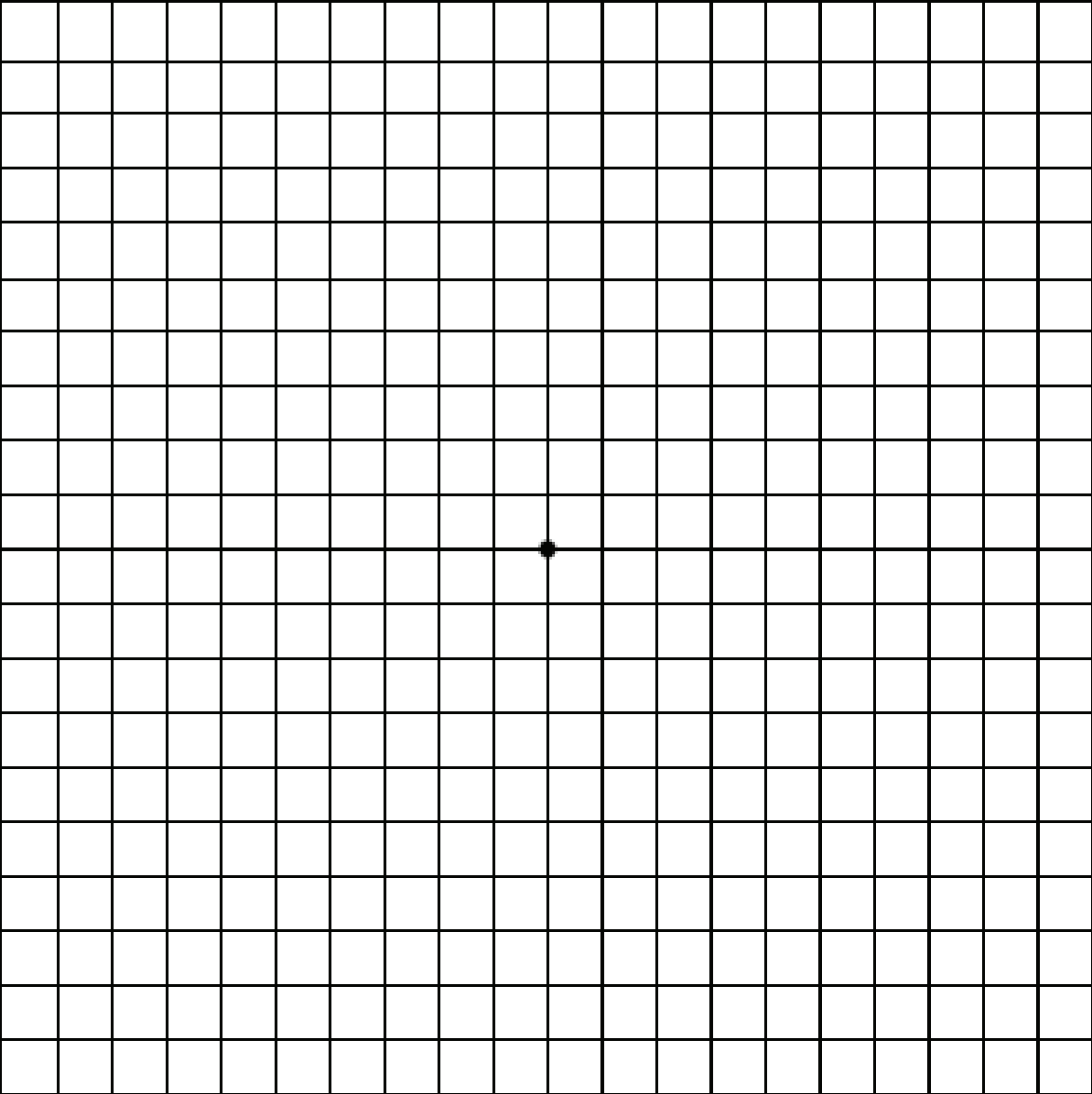
If you notice irregularities, please report them to your eye doctor immediately. Check your eyes with the Amsler grid as frequently as your doctor recommends, or whenever you notice a significant change in your eyesight.

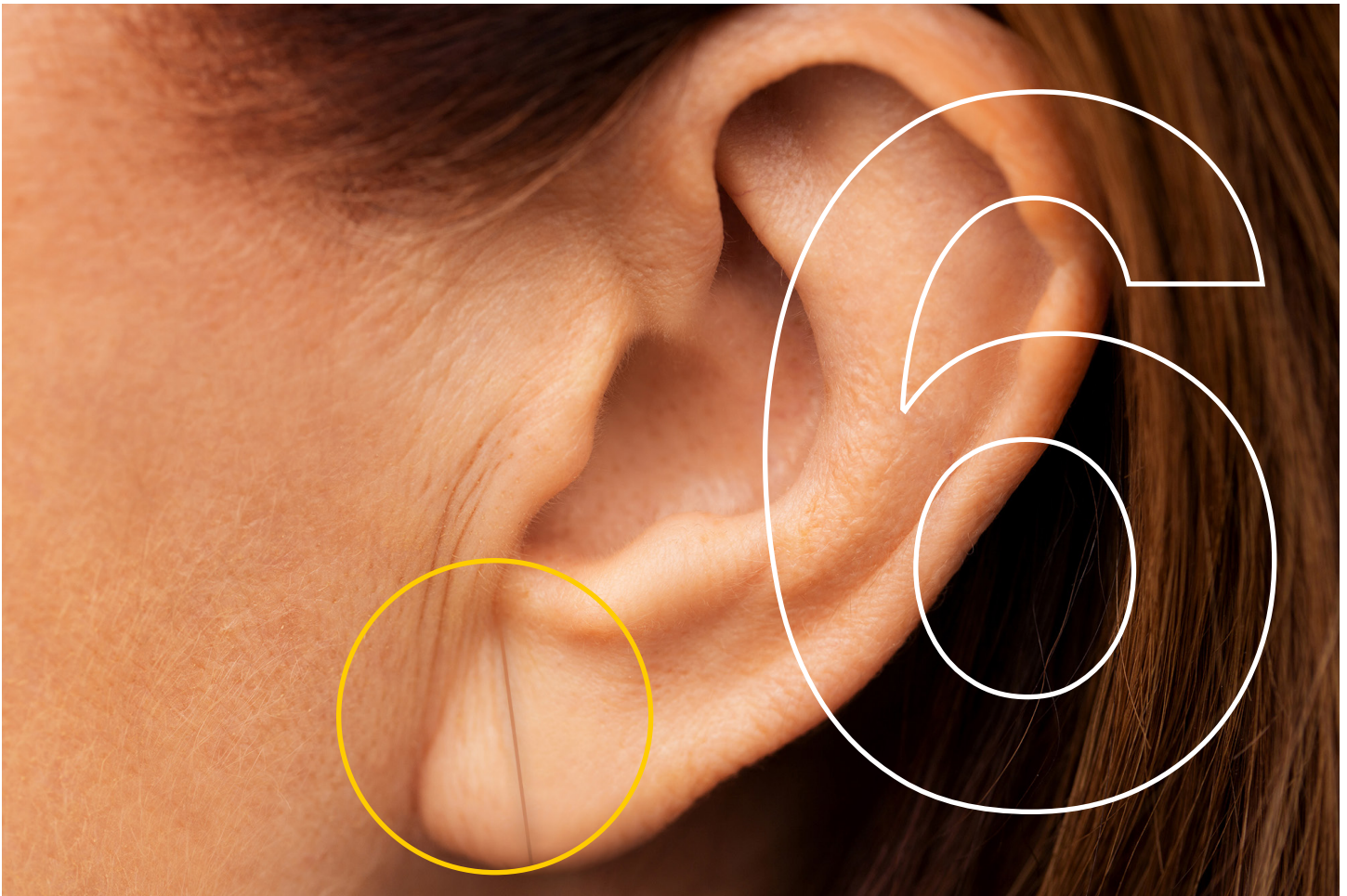
Source: American Macular Degeneration Foundation, www.macular.org

How to Do the Amsler Grid Test

1. Test your eyes under normal room lighting you customarily use for reading.
2. Wear whatever eyeglasses you normally wear for reading (prescription or store-bought reading glasses).
3. Hold the Amsler grid approximately 14 to 16 inches from your eyes.
4. Test each eye separately: Cover one eye with your hand while testing the other eye.
5. Keep your eye focused on the dot in the center of the grid and answer these questions:
 - Do any of the lines in the grid appear wavy, blurred or distorted?
 - Do all the boxes in the grid look square and the same size?
 - Are there any “holes” (missing areas) or dark areas in the grid?
 - Can you see all corners and sides of the grid (while keeping your eye on the central dot)?
6. Switch to the other eye and repeat.

Amsler Grid





Earlobe Crease Test for Coronary Artery Disease

TEST: A “normal” earlobe is smooth. But if you notice that your earlobe crease has a fold, straight line, or wrinkle that appears to cut the earlobe in half, then you might want to pay attention. An open letter published in the New England Journal of Medicine

reported that a diagonal earlobe crease (ELC) was a potential indicator of coronary artery disease (CAD). This crease was later called “Frank’s sign,” after the letter writer, Dr. Sanders T. Frank.

Source: <https://www.healthline.com/health/heart-disease/ear-creases#opposition>



Peanut Butter Smell Test for Alzheimer's Disease

TEST: Researchers have found that people with Alzheimer's cannot smell peanut butter as well through their left nostril as their right one. In this simple test, ask the participant to close his/her eyes, mouth and one nostril. Holding an open container of peanut butter, slowly move closer to the participant until he/she can smell the peanut butter. Measure the distance. Wait 90

seconds and repeat the process with the other nostril. In those with probable Alzheimer's, the peanut butter container is typically an average of 10 centimeters (about 4 inches) closer to the left nostril than to the right nostril. That is because Alzheimer-related brain shrinkage is believed to start on the left side of the brain, which is where the temporal lobe degenerates first.

Source: <https://health.clevelandclinic.org/peanut-butter-test-may-detect-alzheimers/>



Simple Smell Test to Predict Parkinson's Disease Up to 10 Years Before Diagnosis

TEST: In patients with Parkinson's, the deterioration of the sense of smell is the second most common symptom noted, after rigidity and slow movement. The

sense of smell may be compromised as early as ten years prior to a formal diagnosis.



HOW TO DO: Ask participant to smell 12 common odors including gasoline, soap, lemon, cinnamon and onion, and select the right answer from four choices. If significant errors are made or if participant is unable to identify smells, it's time to contact a Parkinson's specialist.

Source: <https://www.forbes.com/sites/robertglatte/2017/09/14/a-simple-smell-test-might-be-able-to-predict-parkinsons-disease-10-years-before-diagnosis/#552160d02af9>





Identify Early Indications of Stroke or Dementia Risks

TEST: Microbleeds – tiny drops of blood in the brain leaked from vessels – are an early indication of risk for stroke or dementia, and they can have an immediate impact on balance.

HOW TO DO: You will need a timer for this test. Standing up (and with your eyes open), balance on one leg for up to 60 seconds. If you start to wobble after just 20 seconds, you could possibly be at risk for future brain problems. Follow-up with your healthcare practitioner for appropriate tests and care. An MRI can detect microbleeds in the brain.



What Can Your Lunulae Tell You About Your Life Expectancy?

TEST: Pronounced loon-yoo-la, lunulae, those “little white moons” at the base of your nails can be an indicator of your health and longevity. A healthy lunula is ivory-colored, half-moon shaped, and is roughly one-fifth the size of your nail.

Not actually a part of our nails, they are the protective covering of the blood vessels found on the skin just beneath your nails. Changes in color, shape or size of your lunulae can be your body’s way of visibly alerting you to health

issues. The smaller these get, the more you need to be concerned for the health of your DNA telomeres.

- As a rule, the lunula on the little finger should be absent. It's connected with the work of the heart, kidneys, and small intestine. An obviously large lunula on this finger can be a result of high blood pressure.
- A barely visible lunula on the ring finger is hinting of digestion problems.
- The absence of a lunula on the middle finger can indicate potential heart problems.
- A non-visible or very small lunula on your index finger can indicate improper function of the intestine, pancreas, or chronic ear, nose, and throat diseases.
- The lunula on the thumb should be the most visible of all. It should take up no more than 25% of the whole fingernail. This lunula lets you know how well your lungs and spleen are functioning. If you're a smoker, it may be significantly smaller. If you suffer from high blood pressure, it may be significantly larger.

In general, overly small lunulae, which can be barely seen behind the cuticle, indicate low blood pressure and circulatory disorders. This can be a sign of a weak immune system or poor metabolism. Overly large lunulae (those that occupy a third or more of the fingernail) may be warning you of problems with the cardiovascular system. Large lunulae can be often found in athletes. But if you're someone who isn't involved in sports, enlarged lunulae may appear because of a high level of stress.

