



Are You Feeling Well? Are You At Your Peak of Health?

Three tests that can help us get you to the top!



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Three Tests That Can Make A HUGE Difference

Laboratory testing can give us a great amount of information. The information must be analyzed properly to be of any real benefit. For example, blood tests, which we are all familiar with, can be a bit confusing. When you get a blood test back, it will tell you the score derived from your blood and then let you know if that number is normal or not. The question is, where do the labs get these “normal” numbers from?

Unfortunately, these numbers are taken from the pool of people who have been tested over the last few years. They take all their test scores and average them to figure out what is normal. Have you ever gone to a lab and looked around the room? What do you see? The cream of the crop, best and healthiest society has to offer? Not quite (present company excluded, of course). No, people there are usually not feeling well, in the midst of some illness, on medication and so forth. These are the people to whom you are being compared. And as people get less healthy over time (which I have witnessed in my 35 years of practice- I know, I do not look old enough for that, thank you) the “normal” numbers change on the lab tests. For example, the normal for cholesterol used to be in the high 200’s- now anything above 200 is considered high. This is crazy and dangerous and a topic for another time; suffice to say, we can’t use their normal numbers to evaluate your scores. We have to use *functional* numbers. When they tell you that you are normal, they are telling you that you are as healthy or sick as your neighbors. That’s not good enough!

Functional numbers are those which have not changed over time. Fortunately, those are available and those are the ones we use. When we get blood work in the office, we put them through a functional computer program and then analyze them to see how important they are to you. Not every score has to be addressed because there are patterns that must be considered. So, for blood work, there is a lot of work to be done to determine their value.

One further note on blood work. It measures the amount of a marker in your blood. That doesn’t mean it gets into your cell to become activated, it just tells us that it is in your blood. That is important, but not everything.

One of the tests that some doctors do on blood work is for hormones. We don’t use blood work for hormones with the expectation of testosterone. That one

can give us a reasonable bit of information. There are two problems with testing the other main hormones usually tested- estrogen, progesterone and cortisol.

First, those three hormones vary. Cortisol should be higher in the morning than at night. Estrogen and progesterone vary at different times of the month. If we want to get a real indication of what's going on, we test them over time. Cortisol is tested over a 24 hour period and estrogen and progesterone are tested over a 30 day period. Secondly, on a blood test, we are not able to differentiate between active hormones ready to work and inactivate hormones that have already been used. For these two reasons, we use saliva testing for hormones. This can easily be done over the course of time and it tells us the difference between active and inactive forms. To know your inactive estrogen number at some time during a month is just not valuable. It's like testing blood sugar after a meal. It tells us something, but nothing of real value.

Ok, now onto the three more unusual tests that I wanted to discuss.

First, we are doing hair analysis to determine heavy metal toxicity in your body. It seems that your body tries to rid itself of toxic metals (lead, mercury, aluminum, etc.) through the hair. I used to do this many years ago, and stopped because it didn't seem to be accurate. Now, the analysis has changed and we see real value. The biggest difference is that there is a way to tell if mercury is throwing off your heavy metal disposal system. When we look at your scores, we don't consider any of them accurate if the mercury indicators show a problem. In this care, we work with the elimination of mercury first and then, depending on what is happening with you, may retest to see if there are other metal issues. This test is \$60.00, payable to the lab when you send in the hair sample. We give you the kits in the office. When you fill out the form there is a lot of information regarding insurance reimbursement. I don't fill those parts out because no one that I know of has ever been reimbursed.

The next is the Kryptopyrrole test. This has nothing to do with kryptonite. Pyrroles are a key component of hemoglobin synthesis. Hemoglobin is involved with carrying iron and oxygen around your body and when low is a form of anemia. This has nothing to do with that. This has to do with a genetic overproduction of pyrroles.

When the liver overproduces pyrroles, they can be found circulating in the urine and this is called pyrroluria. These pyrroles must be escorted out of the body because they are toxic. While in the body, they bind to zinc and B6. By having elevated pyrroles, a person is likely to suffer from zinc and B6 deficiency. These symptoms include poor stress control, anxiety, depression, memory issues, sensitivity to light and sound, inability to tan, poor dream recall and abnormal fat distribution among others.

To get this tested, we have kits in the office which you use and mail to the lab directly. The fee for this is \$80.00.

The final test is a genetic test that looks at your whole genome pattern. This is looking at the genes in your body. These genes while interacting with your internal environment (vitamins, minerals, hormones, stresses, etc.) determine how your body makes proteins. These proteins are involved with your cell structure, your body's ability to replace worn out cells with new healthy cells, brain chemicals (neurotransmitters), DNA repair (implicated in basically every disease), autoimmune disorders, processing of toxins and so on. Basically everything.

One of the main things we look at is methylation. This is your body's ability to activate folate and B12 in your body. These nutrients are essential for life. One thing I can tell you now, without even testing you is that you should cease eating anything with folic acid added. This is a synthetic form of folate and will disrupt your health. You don't have to avoid folates in food, just when added to processed food. It will be listed on the label.

The way to do this test is to look online for a company called 23andme. They only sell one thing and that is their saliva genetic test. Order this from them. It is \$199.00 plus shipping. Once you get it, follow the instructions and send back the saliva test. You will notice when you order it, that it says that the test is for ancestry only and not for health issues. This is something the FDA makes them say since there are not clinicians and cannot give out health information.

When you get your results emailed to you, there will be two main parts. One is your ancestry, which may be interesting for you, but that is not what we are looking at. The second is your genome pattern. When you get everything in, send us your log in information and password along with the answer to the identifying question they ask. We will then go into your genome pattern and work on both translating the results and doing a full analysis of how these results relate to you.

The cost for this translation and analysis is \$75.00. This includes the time to go over it with you.

All of these tests are valuable. Some are more essential than others, depending on your health.

