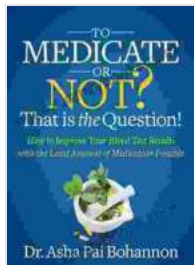


# How To Improve Your Blood Test Results With The Least Amount Of Medication



**To Medicate or Not? That is the Question!: How to Improve Your Blood Test Results with the Least Amount of Medication Possible** by Dr. Asha Pai Bohannon

★★★★★ 5 out of 5

Language : English  
File size : 705 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 73 pages



Are you tired of relying on prescription drugs to manage your blood test results? Do you yearn for a more natural and holistic approach to health optimization? Look no further! This comprehensive guide empowers you with evidence-based strategies and natural remedies to transform your blood work and achieve optimal health and well-being.

## Chapter 1: Understanding Your Blood Test Results

Lab Test	Results	Unit
FBS/Glucose	185 H	mg/dL
HbA1c	9.0 H	%
BUN		mg/dL


Before embarking on this journey, it's essential to understand your blood test results. This chapter provides a comprehensive overview of common blood tests, their significance, and the optimal ranges for good health.

## **Chapter 2: Dietary Interventions for Optimal Blood Health**

# WHAT YOUR BLOOD TEST RESULTS MEAN

Ever wonder what your doc is looking for when he takes all those vials?

	Red Blood Cell (RBC) Count	White Blood Cell (WBC) Count	Platelet Count
<b>HEALTHY RANGE</b>	4.2 million to 5.4 million per microliter (mcl.)	4,500 to 10,000 per mcl.	150,000 to 400,000 per mcl.
<b>TOO-HIGH NUMBERS COULD BE DUE TO...</b>	Smoking; dehydration; congenital heart disease	An infection or inflammatory disease such as rheumatoid arthritis or allergy; leukemia; severe stroke; tissue damage, like a burn.	Inflammatory bowel disease; rheumatoid arthritis; cancer.
<b>TOO-LOW NUMBERS COULD BE DUE TO...</b>	Deficiencies in iron, vitamin B12, copper, folate, or vitamin B6; or due to pregnancy, blood cancer.	An autoimmune disease, such as lupus.	Chronic bleeding; liver disease; kidney disease; or bone marrow problems, such as leukemia or HIV.



Your diet plays a crucial role in your blood test results. Discover which foods to embrace and which to limit to support healthy cholesterol levels, blood sugar regulation, and inflammation reduction.

### Chapter 3: Lifestyle Modifications for Blood Test Success




Beyond diet, your lifestyle choices significantly impact your blood test results. Learn how exercise, stress management, and sleep optimization can improve your health markers.

## Chapter 4: Natural Remedies for Specific Blood Test Improvements

# WHAT YOUR BLOOD TEST RESULTS MEAN

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This chapter delves into the power of natural remedies to target specific blood test results. From herbal supplements to dietary modifications, you'll discover personalized strategies to improve your cholesterol levels, blood pressure, liver function, and more.

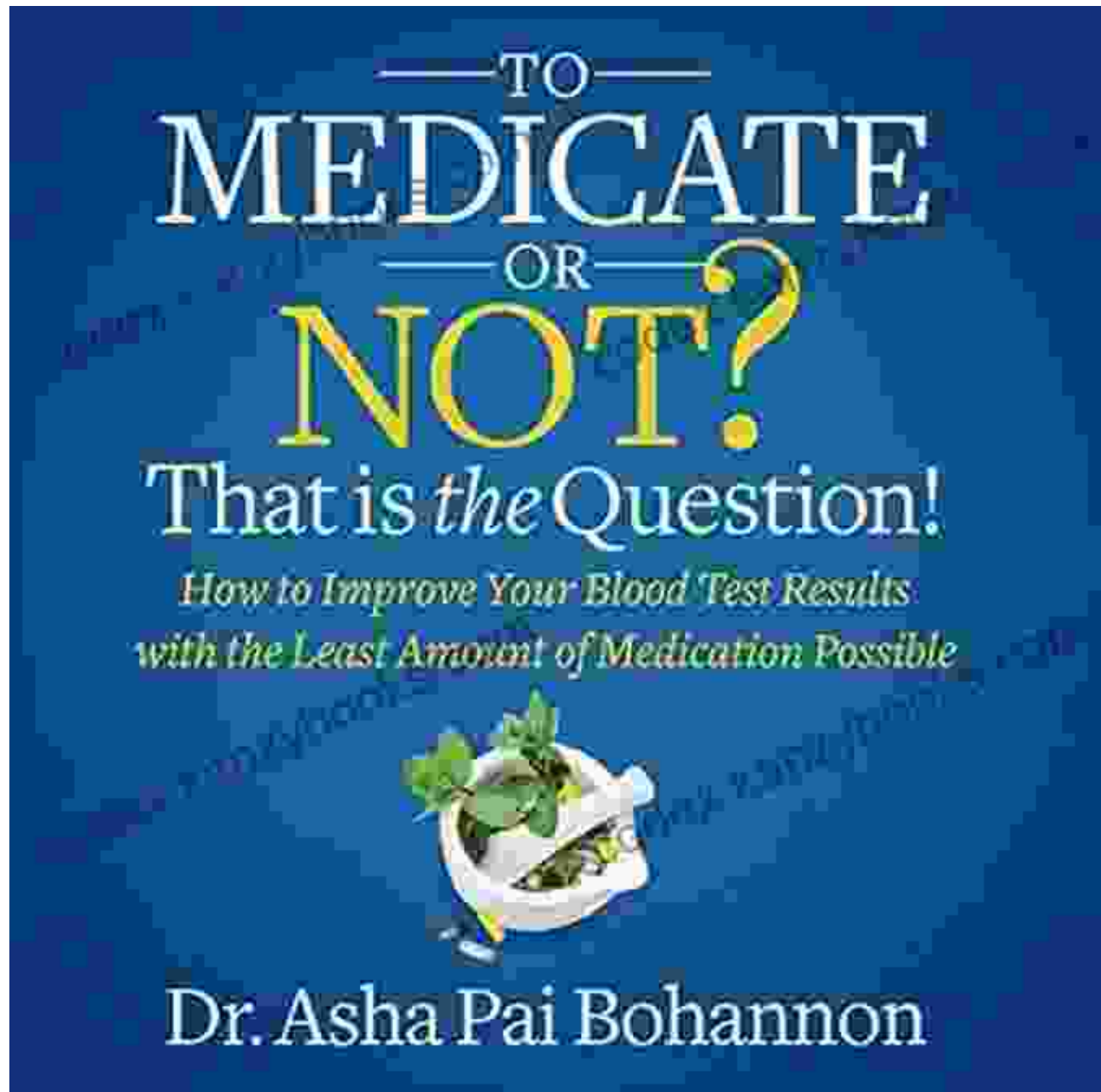
## Chapter 5: Case Studies and Success Stories

## To Medicate or Not to Medicate? That is the Question!



Real-life case studies provide inspiration and demonstrate the transformative power of these strategies. Learn from individuals who have successfully improved their blood test results naturally, empowering you to achieve your health goals.

**: The Path to Blood Test Excellence**



As you complete this journey, you'll gain a deep understanding of your blood test results, the power of natural remedies, and the importance of lifestyle modifications. Empower yourself with the tools and knowledge necessary to achieve optimal blood health and overall well-being.

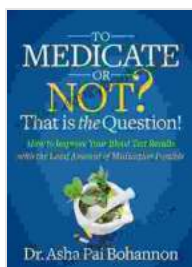
Free Download your copy of "How To Improve Your Blood Test Results With The Least Amount Of Medication" today and embark on the path to a

healthier, more vibrant life.

### Call to Action:

Don't delay your journey to optimal health. Free Download your copy of this invaluable guide now and unlock the secrets to improving your blood test results naturally.

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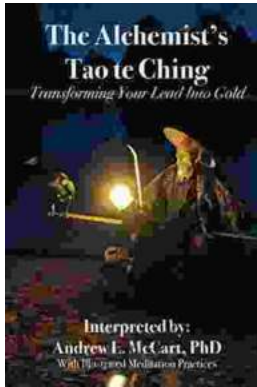
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