



Optimal and Ultrahealth™ Guidelines

The year after the first edition of Dr. A's Habits of Health came out, a key study was published in the Arch of Internal Medicine. They evaluated over 25,000 people and concluded that by adhering to four simple lifestyle factors, you can reduce your risk of developing major chronic disease by 80%! Those lifestyle factors are:

- No smoking
- Have a BMI less than 30
- Perform three and a half hours a week or more of physical activity
- Adhere to dietary principles such as a high intake of fruit, vegetables, whole grain bread, and lower your meat consumption

Ultrahealth™ by the Numbers

The ultimate state of health—one that can take you well into your second century of life—is an entirely new standard for health optimization. Here are the key parameters we're aiming for:

Systolic blood pressure	110–95 or less
Diastolic blood pressure	75–60 or less
Body mass index	24.9–19.5 (around 20 is ideal; no less than 18.5)
Body fat	10% for men; 17–23% for women
HDL (good cholesterol)	50–70 mg/dl
fasting blood sugar	75 mg/dl
hs-CRP	0.5

Optimal Health to Ultrahealth™

Before starting the Ultrahealth™ program, I recommend that you reach optimal health and maintain a stable weight and reach normal lab results (lipid profile, hs-CRP, electrolytes, liver and kidney function, metabolic parameter including blood sugar, and thyroid function if you're over thirty-five) for at least six months, preferably a year. You should also discuss your plan with your primary care physician and, if they agree that it's safe for you to take part, follow up with visits based on their recommendations. I would suggest a visit every three months for the first year and yearly visits after that.

Warning: Do not allow your BMI (body mass index) to fall lower than 20. Monitor your progress closely with your physician. Any history of eating disorders, immune suppression, or other wasting disorders is an absolute contraindication to this program.