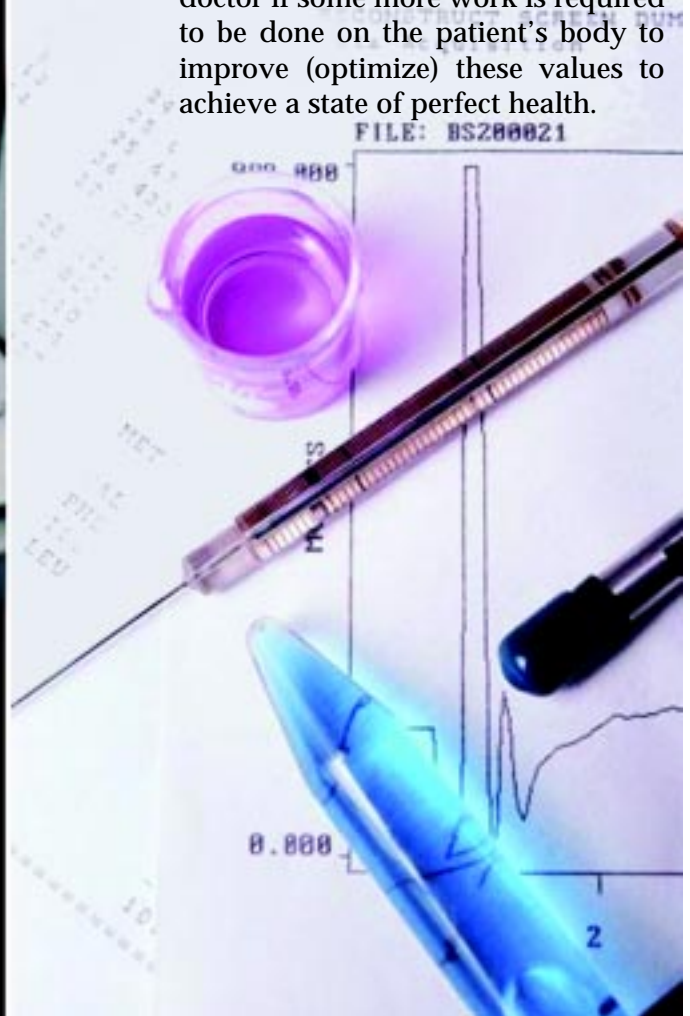


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# *Standard Reference Ranges In Pathological Reports Are Antiquated!*

**Modern Methods of Reading & Analyzing Pathological Reports For Optimum Health & Long Healthy Life.**

Pathological Reports from more enlightened and modern Pathologists will mention "Standard Reference Range" in their Reports with a rider "Correlate with Clinical Symptoms". This gives the modern doctor a chance to decide if the actual patient values recorded during the blood tests are healthy or not for each patient. It also tells the doctor if some more work is required to be done on the patient's body to improve (optimize) these values to achieve a state of perfect health.



Some pathological reports mention “Normal Range” on their Reports. This confuses the patient, into believing that everything is normal, and leaves an enlightened Modern Doctor in a precarious position to explain as to why further work is proposed on the patient’s body. The modern doctor has to assist the patient to overcome their original complaints which prompted the submission of the Blood Sample for analysis in the first place. Finally, it is the Doctor’s responsibility to help the Patient to overcome their health challenges, achieve their health goals, and to live as normal a life as is possible with today’s health care science.

The Standard Reference Ranges (not Normal Ranges as explained earlier) were set up more than 50 years back (around World War II) to help Doctors of Western (Allopathic) Medicine to detect Diseases after they had manifested in the human body.

Today most Doctors continue to read these Pathological Reports in this ancient manner and dismiss the complaints of Patients if the Reports appear “Normal” as certified by the Pathologist.

During the last two decades, with the evolution of Modern Medicine (as opposed to Western – Allopathic Medicine), which is a *Preventive Medical Science, Standard Reference Ranges in Pathological Reports have become antiquated*. Most people undergoing periodic Blood Testing are already free of diseases, and do it more as a preventive measure and to continue to maintain a state of Perfect Health. A new Standard of Pathological Reports has evolved which emphasizes on a standard known as Optimum Value. Optimum Values are the best values that are encountered in perfectly healthy young people. These parameters, if maintained at these optimum levels throughout life, will ensure that the human body will not encounter any disease and will get a chance to run as smoothly as a Brand New Car that has rolled out from the Mercedes Plant in Germany.

Today, educated people, want their Doctor’s help to maintain their body at these Optimum

Values as an insurance against any future health hazards and costly and stressful trips to the ICU.

### To give an example in point

Most Pathological Reports will do a Complete Renal Profile and give a Standard Range of values for Serum Creatinine as 0.5 to 1.5 mg/dL. Values higher than 1.5 mg/dL are indicative of an impaired Renal function and if unattended may eventually result in Kidney failure. This is accepted by all Doctors of Western (Allopathic) Medicine for diagnosis of CRF (Chronic Renal Failure) Disease.



However, with the evolution of Modern Medicine, which has fast replaced Western (Allopathic) Medicine, the Modern Doctor will potentially guide a Patient whose Serum Creatinine is 1.3 mg/dL (Normal value as per most Pathologist and Allopathic Doctors) to undergo a Natural Form of Treatment (without the use of pharmaceutical drugs or chemicals) to improve the overall Renal Function and bring this value closer to the Optimum Value of 0.8 mg/dL. Today more and more Patients in their Quest for Perfect Health are demanding this of their Doctors. This kind of treatment is known as Detoxification.

Fortunately, Modern Medicine has elaborate Protocols of Treatment which allow us to

### Sample of Optimum Values for Perfect Health

TEST DESCRIPTION	YOUR OBSERVED VALUE	OPTIMUM VALUE & UNITS	STD. REFERENCE RANGE	REMARKS
Hemoglobin Females Males		14.0 g/dL 16.0 g/dL	11.5 to 15.0 g/dL 12.5 to 17.0 g/dL	Helps to maintain good Energy levels throughout the day
Serum Creatinine		0.8 mg/dL	0.5 to 1.5 mg/dL	For good elimination of Toxins through Kidneys
Serum Calcium		9.4 mg/dL	8.5 to 10.6 mg/dL	To prevent Osteopenia and Osteoporosis
Vitamin D <sub>3</sub> 25 Hydroxy Cholecalciferol		35.0 ng/ml	8.9 to 46.7 ng/ml	For improved Bone Density and Osteoporosis
TSH ultrasensitive		0.5 to 1.0uIU/ml	0.2 to 6.0 uIU/ml	To help maintain / reduce Body weight
SGPT (ALT), serum		20 to 24 U/L	0 to 48 U/L	Improved Liver function and Toxin elimination
SGOT (AST), serum		15 to 20 U/L	5 to 42U/L	Improved Liver function and Toxin elimination
GGPT, serum		20 to 30 U/L	12 to 64 U/L	Improved Liver function and Toxin elimination
Glucose Fasting		80 to 90 mg%	70 to 105 mg%	To prevent rapid aging & Diabetes
Glucose PP		100 to 120 mg%	100 to 140 mg%	To prevent rapid aging & Diabetes
Total (Male) Testosterone 26 to 35 years 36 to 45 years 46 to 55 years 56 to 65 years Female Testosterone 26 to 35 years 36 to 45 years 46 to 55 years 56 to 65 years		1200 ng/dL 1000 ng/dL 800 ng/dL 800 ng/dL 34 ng/dL 30 ng/dL 28 ng/dL 26 ng/dL	200 to 1200 ng/dL    5.0 to 54.0 ng/dL	To be free of symptoms of Hormonal Imbalance .Helps increase Muscle Mass, reduce Fat Mass    To reduce symptoms of Hormonal Imbalance – Memory loss, Depression, Mood Swings, Anger, Irritability, etc.
IGF-1 26 to 35 years 36 to 45 years 46 to 55 years 56 to 65 years		350 ng/mL 350 ng/mL 350 ng/mL 350 ng/mL	115 to 307 ng/mL 101 to 284 ng/mL 87 to 252 ng/mL 75 to 225 ng/mL	Growth Hormone Therapy For Youthful Looks, Great Health & Reverse Aging Secret of Celebrities!
PSA		0.5 ng/mL	0 to 4.0 ng/mL	Helps reduce risk of Prostate enlargement and Cancer

**Table 1 - Table of Optimum Values for Long Healthy Life Free of Disease**

*Note: For the purpose of assessing Nutritional Values more accurately, using standard Serum level tests, it is recommended to discontinue the use of Nutritional supplements like Calcium, Iron, Vitamins, etc. for 5 to 7 days prior to submission of Blood sample to the Pathological Labs. This allows us to measure the real residual value of Nutrition retained by the body, as against temporarily absorbed values of Nutrition, which normally get excreted from the body within few hours after administration.*



achieve these Optimum Values in a short span of time. Modern Medicine can allow us to reset most Pathological Parameters of the entire body to Optimum Levels of Good Health.

A properly designed Protocol of Treatment, at the hands of a skillful Modern Doctor can easily reset all values of a Standard Liver Function Test, Complete Renal Profile, Complete Blood Count and other critical Body Parameters within a few short weeks in most cases.

It is obvious, that improved Liver and Renal Profile values would be the foundation to present good health and long and healthy life free from disease and dangerous visits to ICUs in the future.

### **Intracellular Nutrition**

Next, I will like to elaborate on Intracellular Nutrition. This is the key to good health and freedom from lifetime dependency on Drugs for numerous Cardiac ailments including Hypertension (High Blood Pressure), Diabetes, Hypothyroidism and other incurable Chronic Diseases of Western Medicine. Most Pathological Labs around the world continue to test Serum values of Nutrition – Calcium, Iron, Potassium, Phosphorus, etc. If these are low, diseases like Osteoporosis, Anemia, etc. set in and these tests are used to help diagnose these diseases or shall we say symptoms. *Serum (Blood) Values really have very little correlation with Intracellular Nutrition* (Nutrition at the Center of the cell). There is perhaps not more than half a dozen labs worldwide that test Nutritional Values inside the Cell wall.

Modern Medicine has evolved techniques of naturally altering Cell Wall Permeability and developed Carrier Mechanisms to naturally carry Nutrition to the center of the cell where it is really required. This has enabled Modern Medicine to begin the process of *arresting the aging process and also Reverse Aging the human body and repairing damaged organs in the body with a fair degree of accuracy.*

More and more people around the world are looking at Reverse Aging as a way of living a healthy life in their Senior years by having their body perform at youthful levels. Human Growth Hormone Levels can be naturally stimulated (without resorting to risky and expensive Growth Hormone Injections) to easily Reverse Age a healthy body by 10 to 15 years in a majority of cases. This technology which was being used by Celebrities worldwide is now available to everyone. Thanks to Modern Medicine.

Optimized Values of Blood Reports along with Optimizing Intracellular Nutrition in the body is the foundation required to beginning Growth Hormone Therapy for Reverse Aging.

A Sample of Optimized Values is shown in Table 1. Maintaining your body at these optimized levels is a sure method to achieve a state of Perfect Health.

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