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9 STEPS TO OPTIMAL HEALTH

1. Exercise – just do it!

- Cardiovascular Health – Decreases risk of heart disease
- Endocrine Function – Aids sexual and erectile function
- Nervous System Benefits – Helps mood and depression
- Adrenal Support – Decreases stress response, improves energy and sleep

2. Diet and nutrition

- 5-7 Servings of fruits/vegetables daily, especially broccoli, cauliflower and brussel sprouts.
- Brain foods such as walnuts, blueberries, wild Alaskan salmon.
- Raw fermented veggies i.e. Bubbies sauerkraut.
- Grass-fed beef, lamb, eggs (higher CLA content for prevention of heart disease, diabetes, etc.).
- Avoid all refined sugar – it decreases immunity by 50% after consumption.
- Use only healthy oils – coconut, olive, small amounts of sesame, safflower or walnut; avoid canola, corn, soybean and vegetable.
- Do not consume excessive protein. This creates acid condition and strains the kidneys and depletes the body of minerals.
- Small portions at mealtime decreases overall stress on the body.

3. Drink Pure Water

- Avoid chlorine and fluorine.
- Invest in a reverse osmosis system.
- Spring water in glass container is ideal (i.e. Mountain Valley).

4. Targeted Supplementation

- Probiotics
- Trace minerals
- Balanced calcium to magnesium (2:1 ratio)
- EFA's
- Antioxidants A,C,E and S
- B's for brain function

5. Appropriate laboratory evaluation

- Fasting glucose, lipids and insulin
- Homocysteine – Independent risk factor for Alzheimer's, osteoporosis and heart disease.
- HS-CRP (C-reactive protein)
- If appropriate, check hormone levels, ferritin, fibrinogen, lipid peroxides, B12, methyl malonic acid and others.

6. Minimize toxicity today

- Life in the 21st century is becoming more toxic by the day
- Heavy metals – lead, mercury, arsenic, cadmium, etc.
- Approximately 80,000 chemicals in production today.
- Pesticides, hormones and antibiotics are saturated in our food supply.
- Plastics are everywhere; store food in glass
- Avoid home and skin care products containing colognes, perfumes, dyes etc. including dryer sheets.
- Avoid fluoride and fluoridated water.
- Know your dentist – avoid mercury amalgams.
- Avoid use of microwaves – these deplete your food of valuable antioxidants.
- Buy local and/or organic when possible.

7. DETOXIFICATION

Headache, body odor, foul smelling urine or stool, bad breath, joint pain and many more are symptoms of toxic overload.

- Schedule a spring/fall cleanse annually.
- Minimize exposure and maximize elimination.
- Bowels should move 1-2 times per day.
- Consider a detoxification program with trained professional.
- Sherry Roger's Book "Detoxify or Die"

8. Clean up your home and indoor air

- EPA states indoor air quality is 10-100 times more polluted than outdoor air.
- Austin Air or similar air purifier.
- Use non-toxic cleaning supplies
- Avoid carpeting except wool and natural fibers.
- Full spectrum lighting
- Use low V.O.C. paints

9. Obtain baseline measurements and monitor outcomes

- First morning urine pH
- Blood, urine and stool testing when appropriate.
- Target weight, blood pressure, heart rate, energy level and other markers to follow.