

## **Get a check-up.**

I get to do a lot of work in Asia and I find it interesting that over there they pay the practitioner to keep them well. If they get sick they don't pay which is the opposite to our medical model not just in Australia but in most of the western world. They live from a place of prevention and don't wait to get ill. The biggest change I have made in my life in the last twenty years is that I now live from a place of prevention and enjoy a state of good health and wellbeing.

You know your body is just like your car. You put your car in for a service regularly but you don't necessarily treat your body with the same respect and yet you expect it to perform better than your car. The same as your car needs regular checkups so do you so that you don't go getting to that breakdown stage.

Research showed 56% think they don't get sick often and yet they have had some kind of illness in the last three months that prevented them from working one day and 66% have seen a health professional of some kind in the same period. What you think is happening and what really is happening can be two very different things.

I am going to run you through some of the basics tests you could think about scheduling into your diary to stay on top of your health.

### **DAILY**

- If you are a diabetic you will be monitoring your blood glucose levels.
- If you are not diabetic just notice your energy levels. If your diet is ok your energy will be consistent. If you find your energy levels fluctuating wildly have a chat to your health professional. I'm not talking about one stray day; I am talking about when your energy is all over the place regularly.

### **MONTHLY**

- If you are a woman give yourself a monthly breast examination and guys give yourself a monthly testicular exam. It is important to get to know your body and how it is meant to feel. If you are not sure how to do the examination properly ask your doctor.

### **3 MONTHLY**

- Weight. Now I'm not talking about getting on the scales daily as your weight can fluctuate daily and you are better off to monitor it daily with the fit of your clothes. Every three months hop on a set of scales so that you can measure your Body Mass Index.
- Body mass index is a statistical measurement which compares a person's weight and height. It does not actually measure the percentage of body fat. Go to the end of this article to see a chart to calculate your BMI.
- Blood Pressure - If you have a history of high stress, family history of elevated blood pressure or if you are holding excess weight, especially around your gut get your blood pressure checked regularly. You can buy blood pressure monitors from your local pharmacy but always check with your doctor first as to what result you are looking for.

### **6 MONTHLY**

- If you or your family have a history of diabetes or if you are getting around that magic age of forty where you can do all the same things you did when you were younger only it takes longer to recover get a regular blood glucose check-up. In layman's terms blood glucose levels check how much sticky sugars are in your blood which can lead to adult onset also known as type 2 diabetes. If you are like me this one is not your favourite but it is still very important. Every six months is also the time to visit your dentist for a clean. Get your teeth cleaned and looked at by the dentist regularly to prevent cavities.-
- Hair Tissue Mineral Analysis (HTMA) is an analytical test which measures the mineral content of the hair. The sampled hair, obtained by cutting the first inch and one-half of growth closest to the scalp at the nape of the neck, is prepared in a licensed clinical laboratory through a series of chemical and high temperature digestive procedures. Testing is then performed using highly sophisticated detection equipment and methods to achieve the most accurate and precise results." The test is looking to identify traces of

mineral levels in the body and the presence of any heavy metals and the influence they may be having on the body.

**YEARLY**

- This is the time that you get cholesterol, blood, urine, kidney tests and a faecal blood test to check for the possibility of bowel cancer.
- Yearly you also want to be visiting the optometrist for an eye health check-up. It's not just about if you need glasses or not, it's about checking for diabetes, glaucoma, age-related macular degeneration and cataracts.

**1 - 3 YEARS**

- For women this is when you are looking at getting a Pap smear and mammogram and men a prostate examination.

Now some of these tests are with your local naturopath or doctor or you may need a referral to another health professional. Go to the health professional required and check if they think you need the test and start living from a place of prevention where you don't wait to get sick.

Remember there are doctors out there that practice natural medicine as well. For more information on these doctors go to [www.acnem.org](http://www.acnem.org) to find a naturopath in your area go to [www.atms.com.au](http://www.atms.com.au)

Also most of these kinds of tests you can get generous rebates back from your private health insurer or Medicare.

**Weight in Kilograms**

	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	82.5	85	87.5	90
145.0	21.4	22.6	23.8	25.0	26.2	27.3	28.5	29.7	30.9	32.1	33.3	34.5	35.7	36.9	38.0	39.2	40.4	41.6	42.8
147.5	20.7	21.8	23.0	24.1	25.3	26.4	27.6	28.7	29.9	31.0	32.2	33.3	34.5	35.6	36.8	37.9	39.1	40.2	41.4
150.0	20.0	21.1	22.2	23.3	24.4	25.6	26.7	27.8	28.9	30.0	31.1	32.2	33.3	34.4	35.6	36.7	37.8	38.9	40.0
152.5	19.3	20.4	21.5	22.6	23.6	24.7	25.8	26.9	27.9	29.0	30.1	31.2	32.2	33.3	34.4	35.5	36.5	37.6	38.7
155.0	18.7	19.8	20.8	21.9	22.9	23.9	25.0	26.0	27.1	28.1	29.1	30.2	31.2	32.3	33.3	34.3	35.4	36.4	37.5
157.5	18.1	19.1	20.2	21.2	22.2	23.2	24.2	25.2	26.2	27.2	28.2	29.2	30.2	31.2	32.2	33.3	34.3	35.3	36.3
160.0	17.6	18.6	19.5	20.5	21.5	22.5	23.4	24.4	25.4	26.4	27.3	28.3	29.3	30.3	31.3	32.2	33.2	34.2	35.2
162.5	17.0	18.0	18.9	19.9	20.8	21.8	22.7	23.7	24.6	25.6	26.5	27.5	28.4	29.3	30.3	31.2	32.2	33.1	34.1
165.0	16.5	17.4	18.4	19.3	20.2	21.1	22.0	23.0	23.9	24.8	25.7	26.6	27.5	28.5	29.4	30.3	31.2	32.1	33.1
167.5	16.0	16.9	17.8	18.7	19.6	20.5	21.4	22.3	23.2	24.1	24.9	25.8	26.7	27.6	28.5	29.4	30.3	31.2	32.1
170.0	15.6	16.4	17.3	18.2	19.0	19.9	20.8	21.6	22.5	23.4	24.2	25.1	26.0	26.8	27.7	28.5	29.4	30.3	31.1
172.5	15.1	16.0	16.8	17.6	18.5	19.3	20.2	21.0	21.8	22.7	23.5	24.4	25.2	26.0	26.9	27.7	28.6	29.4	30.2
175.0	14.7	15.5	16.3	17.1	18.0	18.8	19.6	20.4	21.2	22.0	22.9	23.7	24.5	25.3	26.1	26.9	27.8	28.6	29.4
177.5	14.3	15.1	15.9	16.7	17.5	18.3	19.0	19.8	20.6	21.4	22.2	23.0	23.8	24.6	25.4	26.2	27.0	27.8	28.6
180.0	13.9	14.7	15.4	16.2	17.0	17.7	18.5	19.3	20.1	20.8	21.6	22.4	23.1	23.9	24.7	25.5	26.2	27.0	27.8
182.5	13.5	14.3	15.0	15.8	16.5	17.3	18.0	18.8	19.5	20.3	21.0	21.8	22.5	23.3	24.0	24.8	25.5	26.3	27.0
185.0	13.1	13.9	14.6	15.3	16.1	16.8	17.5	18.3	19.0	19.7	20.5	21.2	21.9	22.6	23.4	24.1	24.8	25.6	26.3
187.5	12.8	13.5	14.2	14.9	15.6	16.4	17.1	17.8	18.5	19.2	19.9	20.6	21.3	22.0	22.8	23.5	24.2	24.9	25.6
190.0	12.5	13.2	13.9	14.5	15.2	15.9	16.6	17.3	18.0	18.7	19.4	20.1	20.8	21.5	22.2	22.9	23.5	24.2	24.9

<http://www.freebmicalculator.net>

- Underweight
- Nomal
- Overweight
- Obesity