

# Your Heart Health: Looking Beneath the Surface

## What is Advanced Heart & Metabolic Profiling?

Standard blood tests only tell half the story of your heart health. While a normal cholesterol test looks at the *weight* of the fat in your blood, advanced profiling looks at the *number* and *size* of the particles carrying it. It also checks for "hidden fire" (inflammation) and how well your body handles sugar long before it becomes a problem.

## Why This Matters For You

- **No More False Security:** About half of the people who have heart attacks actually have "normal" cholesterol levels on standard tests. We look deeper to make sure you are truly protected.
- **The "Golf Ball" Effect:** Think of your blood vessels like a net. Large, fluffy particles (like tennis balls) bounce off safely. Small, dense particles (like golf balls) get stuck in the net and cause blockages. We identify which ones you have.
- **Early Warning System:** We can see if your body is struggling with "insulin resistance" up to 10 years before your blood sugar looks high. This helps explain things like stubborn mid-section weight and brain fog.
- **Measuring the "Fire":** Cholesterol isn't the only issue; it's the inflammation (fire) in your arteries that causes trouble. We measure this "fire" so we can put it out.

## What You Can Do Today

1. **Focus on Fiber:** Aim to add one extra serving of fiber-rich vegetables or seeds (like flax or chia) to every meal. Fiber acts like a broom that helps clear out extra particles.
2. **Choose "Smart" Fats:** Focus on wild-caught fish, walnuts, and olive oil. These help build healthy "cell skin" (membranes) that protects your heart.
3. **Move for Your Metabolism:** Even 10–15 minutes of strength training or a brisk walk after a meal helps your body process sugar more efficiently, taking the pressure off your heart.

## Questions to Discuss With Your Practitioner

- Based on my "particle number" (LDL-P), am I carrying too many "golf balls" or "tennis balls"?
- Is my "internal fire" (inflammation) high right now, and what is the most likely cause?

- How hard is my pancreas working to keep my blood sugar normal (what is my HOMA-IR score)?
  - Is my "Omega-3 Index" high enough to protect my heart and brain?
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