Table of Contents

[INTRODUCTION 7](#_Toc286140545)

[HEALTH & THE STRESS THRESHOLD 11](#_Toc286140546)

[Functional Illness – A Three Headed Monster 15](#_Toc286140547)

[TEST YOUR STRESS THRESHOLD 17](#_Toc286140548)

[Section I – Hormonal Assessment 18](#_Toc286140549)

[Section II – Immune & Inflammatory Assessment 20](#_Toc286140550)

[Section III – Toxicity Assessment 22](#_Toc286140551)

[Section IV – Vitality Assessment 24](#_Toc286140552)

[Analyzing The Results 26](#_Toc286140553)

[THE FOUNTAIN OF YOUTH & ANTI-AGING? 28](#_Toc286140554)

[Telomeres & Epigenetics 29](#_Toc286140555)

[Inflammation & Free Radicals 32](#_Toc286140556)

[NF-kB, Methylation and Nitric Oxide 36](#_Toc286140557)

[Eicosanoids 40](#_Toc286140558)

[FUNCTIONAL BIO-ANALYSIS – WHAT, HOW, WHY? 50](#_Toc286140559)

[What Is It? 50](#_Toc286140560)

[Four Key Principles 52](#_Toc286140561)

[Manual Muscle Testing (MMT) - How Is It Possible? 53](#_Toc286140562)

[The Body Reacts To Everything 56](#_Toc286140563)

[The Body Evaluates Everything 58](#_Toc286140564)

[Everything Is Electromagnetic 60](#_Toc286140565)

[The Living Matrix 65](#_Toc286140566)

[Why Functional Bio-Analysis? 68](#_Toc286140567)

[WHAT COLOR ARE YOU? RED, GREEN, OR BLUE? 76](#_Toc286140568)

[BODY BASICS 85](#_Toc286140569)

[Hormetic Nutrients – Doing The Most With The Least 86](#_Toc286140570)

[A Quick Look At Diet 90](#_Toc286140571)

[7 Rules for Supplements – Making Sure They Work 93](#_Toc286140572)

[Balancing Hormones 98](#_Toc286140573)

[Biorhythms & Teeter-Totters 101](#_Toc286140574)

[Getting The Body Ready 106](#_Toc286140575)

[PRIMARY ENERGETIC POINTS – WHAT TO FIX FIRST? 110](#_Toc286140576)

[Navigating The Pathways 113](#_Toc286140577)

[Speed Up The Process With Biomarkers 117](#_Toc286140578)

[HYPOGLYCEMIA OR HISTAMINE? – SPLEEN 21 119](#_Toc286140579)

[Metabolic Syndrome 121](#_Toc286140580)

[Hypoglycemia 125](#_Toc286140581)

[Insulin Resistance 130](#_Toc286140582)

[Histamine 133](#_Toc286140583)

[SAD OR SLEEPLESS? – BLADDER 1 135](#_Toc286140584)

[Depression – Low Serotonin 138](#_Toc286140585)

[Insomnia & Melatonin 140](#_Toc286140586)

[HAPPY OR HORMONAL? – CIRCULATION/SEX 1 142](#_Toc286140587)

[Hormone Replacement Therapy (HRT) 145](#_Toc286140588)

[Birth Control Pills 146](#_Toc286140589)

[The Female Sexual Cycle 149](#_Toc286140590)

[Andropause – Male Menopause 155](#_Toc286140591)

[FUELED OR FATTY? – GALL BLADDER 1 160](#_Toc286140592)

[Cholesterol & Triglycerides 161](#_Toc286140593)

[The True Cause of Heart Disease - Inflammation 164](#_Toc286140594)

[FBA for Heart Disease 168](#_Toc286140595)

[PANIC OR PASS OUT? – HEART 1 170](#_Toc286140596)

[Blood Pressure 172](#_Toc286140597)

[TIRED OR STRESSED? – TRIPLE WARMER 23 177](#_Toc286140598)

[The Thyroid Gland 179](#_Toc286140599)

[Autoimmune Thyroid 180](#_Toc286140600)

[The Adrenal Glands 184](#_Toc286140601)

[ALLERGIES OR INFLAMMATION? – SMALL INTESTINE 19 190](#_Toc286140602)

[Leaky Gut Syndrome 191](#_Toc286140603)

[Food Allergies 194](#_Toc286140604)

[Food Sensitivities 196](#_Toc286140605)

[Treating Allergies and Sensitivities 196](#_Toc286140606)

[INFECTION OR AUTOIMMUNITY? – CONCEPTION VESSEL 19 200](#_Toc286140607)

[The Immune System 202](#_Toc286140608)

[Autoimmune Disease 205](#_Toc286140609)

[MIGRAINES, METALS, OR MINERALS? – KIDNEY 27 210](#_Toc286140610)

[Migraine Headaches – Too Much Serotonin 211](#_Toc286140611)

[Metal Toxicity 215](#_Toc286140612)

[Kidney Stones 219](#_Toc286140613)

[ARTHRITIC OR TOXIC? – LIVER 14 222](#_Toc286140614)

[How Do I Become Toxic? 224](#_Toc286140615)

[The Liver & Arthritis 227](#_Toc286140616)

[ADHD OR MISPLACED MEMORY? – CONCEPTION VESSEL 24 231](#_Toc286140617)

[Attention Deficit / HyperActivity Disorder 232](#_Toc286140618)

[Memory 237](#_Toc286140619)

[Brain Fog 240](#_Toc286140620)

[Brain Rehab 241](#_Toc286140621)

[PLEASURE OR PARANOIA? – GOVERNING VESSEL 27 247](#_Toc286140622)

[ACIDIC, ACNE OR ULCERS? – STOMACH 1 250](#_Toc286140623)

[Heart Burn 251](#_Toc286140624)

[Peptic Ulcers 252](#_Toc286140625)

[Acne 253](#_Toc286140626)

[COLITIS OR CONSTIPATION? – LARGE INTESTINE 20 256](#_Toc286140627)

[Probiotics 258](#_Toc286140628)

[Parasites 259](#_Toc286140629)

[HIGH SPIRITS OR HYPOXIA? – LUNG 1 261](#_Toc286140630)

[Asthma 262](#_Toc286140631)

[APPENDIX A - THE NEURO-EMOTIONAL COMPLEX 265](#_Toc286140632)

[Neuro Emotional Therapy – Fixing The NEC 268](#_Toc286140633)

[APPENDIX B - EXERCISE 272](#_Toc286140634)

[Fitness vs. Health 274](#_Toc286140635)

[The Anaerobic System 275](#_Toc286140636)

[The Aerobic System 275](#_Toc286140637)

[Target Heart Rate 276](#_Toc286140638)

[Maximum Aerobic Function Test (MAF) 280](#_Toc286140639)

[APPENDIX C - ENERGY TO BURN? 282](#_Toc286140640)

[What Is Energy? 283](#_Toc286140641)

[Burn Fat, Not Muscle 286](#_Toc286140642)

[BIBLIOGRAPHY 292](#_Toc286140643)

[INDEX 322](#_Toc286140644)