

# OPTIMIZE YOUR HEALTH PROGRAM

Discover where you reside on the health-disease continuum – and what to do about it!

## How We Do It

We developed this program to simplify your path to health. Instead of an infinite number of diagnostic codes, we use specific disease mechanisms:

- Poor repair and recovery due to nutritional and absorption deficiencies
- Specific sensitivities that cause inflammation
- Internal resource allocation - Thrive vs Survive - aka Fight or Flight
- Chronic and often stealth infections - oral pathogens, Lyme disease, Chlamydia pneumoniae
- Inadequate autophagy - mainly caused by a lack of physical activity

## How to Start

Once you have ordered the Optimize Your Health Program, our team will guide you through the process of implementing the solutions designed for you based on the results and your desired outcomes.

The first step is to email us with your date of birth (see admin email at the bottom of this page). Then complete the 125-question risk survey (Chronic Disease Assessment - CDA): [HealthRevivalPartners.com/CDA](http://HealthRevivalPartners.com/CDA)  
**Complete it in one sitting (approx. 45 min).**

Once your survey has been received and your order has been processed (typically 48 hours), you will receive several email notifications with next steps. Please watch for these emails as they contain important information.

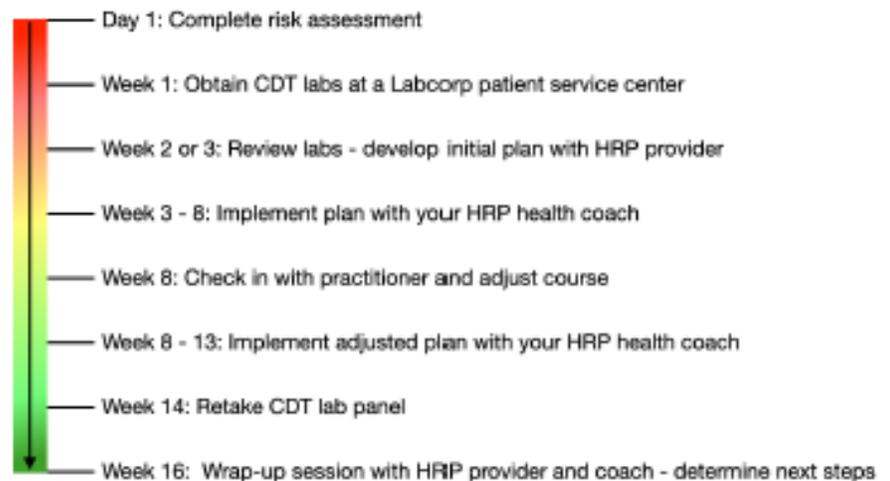
## 16 WEEK PROGRAM (\$795)

### INITIAL and FOLLOW UP TESTS:

- Customized 55 biomarker panel
- BONUS H-pylori biomarker (gut pathogen)
- BONUS Chlamydial antibodies biomarker (vascular pathogens)
- Full-color, patent-pending risk report

### YOU ALSO GET:

- 2 hours of expert interpretation and consultation with the practitioner of your choice
- 5 hours of precision protocol and implementation sessions with a certified health coach



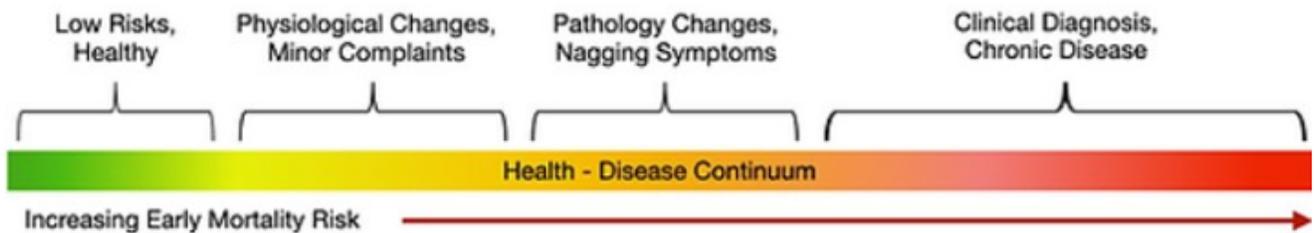
# Our Revival Approach

## The Health-Disease Continuum

In reality, no-one is either healthy or sick, rather a diagnosis is a human-made point on the health-disease continuum. Symptoms indicate whether a person is close to the “diagnosis point.”

Instead, we objectively measure your health with labs - interpreted “under a magnifying glass.” We recognize that labs do NOT just become non-optimal - risks are involved. That is why we administer a comprehensive risk-based digitized survey. You get the results and can quickly pinpoint areas of highest priority.

We measure your subjective risks and objective labs. Most importantly, we provide a detailed program to correct these issues at the “root-cause” level. Optimal health is hard to achieve but easy to maintain.



## What is the CDT?

The CDT is a composite score based on 21 chronic biomarkers. Lab biomarker “normal” levels are based on early mortality risk, however, typical reference ranges are based on populations, not health.

We fine tune these ranges to reflect optimal health, resulting in a "chronic disease temperature" (CDT) — a far more accurate assessment of position on the health-disease continuum.

Your report includes an at-a-glance summary (shown at right and on the next page) plus a comprehensive report detailing each marker in layman's terms.

We all reside on the health / disease continuum

Your **Chronic Disease Temperature** (CDT) accurately places you on that continuum. Work with us to improve your health status - and **lower** your CDT!



What is **your** risk for chronic diseases? Keep in mind that a diagnosis, like diabetes, is a **Human-made term**. Instead, we **ALL** occupy a position on the diabetes continuum - regardless of a diagnosis. And, 2 people with the same diagnosis lie at different point on the continuum.

See where you are on the disease-specific continuums.



# SAMPLE CDT BIO-MARKER SUMMARY

Patent Pending Chronic Disease Temperature Markers & Chronic Disease Algorithm

CDT Report		DATE	11/02/21	CDT	101.7	Risk
<b>Diabetes</b>	Glucose	A1C	Insulin	Triglycerides	Uric Acid	<b>Diabetes</b>
<i>Optimal</i>	65 - 80	4 - 5	1.5 - 6	<100	3 - 6	0 to 10 Scale
<b>Value</b>	101	5.6	9.7	105	5.7	1.8
<b>Heart</b>	WBC	RDW	Neutrophils	CRP	Homocysteine	<b>Heart</b>
<i>Optimal</i>	4000 - 5800	11 - 12.5	2000 - 3500	< 0.6	5 - 10	0 to 10 Scale
<b>Value</b>	8200	11.8	4700	1.0	13.6	2.7
<b>Stroke</b>	CRP	ESR	Fibrinogen	AIP	Insulin	<b>Stroke</b>
<i>Optimal</i>	<0.6	< 3	150 - 285	< 0.24	1.5 - 6	0 to 10 Scale
<b>Value</b>	1.0	2	278	0.42	9.7	1.8
<b>Cancer</b>	Insulin	WBC	Neutrophils	NLR	Vitamin D	<b>Cancer</b>
<i>Optimal</i>	2 - 6	4000 - 6000	2000 - 3500	< 1.5	55 - 100	0 to 10 Scale
<b>Value</b>	9.7	8200	4700	2.9	32	5.0
<b>Kidney</b>	Uric Acid	GFR-Filtration	BUN/Creat	CRP	Homocysteine	<b>Kidney</b>
<i>Optimal</i>	3 - 6	90 - 125	10 - 24	<0.6	5 - 10	0 to 10 Scale
<b>Value</b>	5.7	63	13	1.0	13.6	1.5
<b>Brain</b>	Homocysteine	CRP	Neutrophils	WBC	Insulin	<b>Brain</b>
<i>Optimal</i>	5 - 10	<0.6	2000 - 3500	4000 - 6000	1.5 - 6	0 to 10 Scale
<b>Value</b>	13.6	1.0	4700	8200	9.7	2.8
<b>Pain</b>	CRP	Vitamin D	Uric Acid	ESR	WBC	<b>Pain</b>
<i>Optimal</i>	<0.6	55 - 100	3 - 6	<3	4000 - 5800	0 to 10 Scale
<b>Value</b>	1.0	32	5.7	2	8200	2.0
<b>Respiratory</b>	WBC	Neutrophils	Vitamin D	ESR	CRP	<b>Respiratory</b>
<i>Optimal</i>	4000 - 5800	2000 - 3500	55 - 100	< 3	< 0.6	0 to 10 Scale
<b>Value</b>	8200	4700	32	2	1.0	2.0
<b>Lipids/Other</b>	Cholesterol	LDL	HDL	TSH	Ferritin	<b>Lipids</b>
<i>Optimal</i>	180 - 280	>100	>50	0.4 - 1.5	40 - 150	0 to 10 Scale
<b>Value</b>	181	122	40	3.37	225	2.1
<b>WBC Diff</b>	Lymphocytes	Monocytes	Eosinophils	Basophils	%Neut	<b>WBC Diff</b>
<i>Optimal</i>	1400 - 2000	100 - 900	0 - 400	0 - 200	40 - 60	0 to 10 Scale
<b>Value</b>	1600	400	1500	100	57	2.5
<b>Blood</b>	Hemoglobin	Hematocrit	MCV	MCH	Platelets	<b>Blood</b>
<i>Optimal</i>	12.0 - 15.5	37 - 45	82 - 94	27 - 31.9	150 - 379	0 to 10 Scale
<b>Value</b>	14.7	43.8	93	31.3	204	0.0
<b>Liver</b>	Alk Phos	AST	ALT	Bilirubin	Iron	<b>Liver</b>
<i>Optimal</i>	45 - 110	10 - 26	10 - 26	0.1 - 0.9	65 - 160	0 to 10 Scale
<b>Value</b>	85	18	16	0.5	78	1.2

Please view the following pages for a summary of each individual biomarker.