

The Antioxidant Test Kit - Explanation of Test Results

"Stress and Free Radicals are tied as the #1 silent killers in North America. They can cause everything from accelerated aging, to heart attacks, to a dysfunctional immune system. Test your stress levels and antioxidant status and discover simple ways to optimize them!"

- Dr. Bryce Wylde, HD

Vitamin C Level™

INTERPRETATION OF Vitamin C levels:

5 or less drops: Vitamin C results of less than 5 drops added before the blue liquid turns clear means that you have healthy levels of vitamin C! With this finding, you have a choice to supplement higher doses of vitamin C during cold/flu season, but know that on average you are adequate with your current vitamin C levels.

Results = 6 or more drops: Vitamin C results of 6 or more drops added before the blue liquid turns clear means that you are low in Vitamin C. The more drops past 5 that it takes to turn clear, the more deficient you are in vitamin C and the higher risk you are for free radical damage. Consider 2-3000mg vitamin C per day divided dosages.

Notes about Vitamin C intake

Vitamin C is by far the most known vitamin antioxidant in wide spread use today. It is considered extremely safe, very effective, and the only known cure for the common cold. What you may not know about it yet, is that it can become your solution to high levels of free radicals as well as well as serve as a support system (along with vitamin B5) to the adrenal glands. We are not looking to avoid scurvy here! (That would only require 60 mg/day!) We are trying to be optimal in our supplementation of vitamin C and therefore I recommend to all my patients to take "personal tolerance". That means start off with about 1000mg Ester C twice daily and increase by 500mg/day to the level that your bowel movements become slightly loose. Cut back at this point by about 1000mg and stay at that dose indefinitely. At your personal tolerance dose, the only side effect from optimal vitamin C may be high energy and good health!

The Antioxidant Challenge™:

“Scientists now believe that free radicals are the causal factors in nearly every known disease, from heart disease to arthritis to cancer and cataracts. In fact, free radicals are a major culprit in the aging process itself”.

- Dr. Lester Packer “The Antioxidant Miracle”

INTERPRETATION OF Antioxidant Levels (refer to colour chart on box lid):

NONE (clear): means you likely have an under active immune system (remember a *small* amount of free radicals are necessary for good immune function!) **Consider the immune boosters: AHCC, Echinacea, and Astragalus to help stimulate your immune function.** If you take these and find a level 2-5 at your next Antioxidant Challenge test, then begin to supplement with antioxidants whilst still on your immune boosters until you develop a normal reading. Once a normal reading is achieved, stop the immune boosters and continue with the antioxidants that maintain you at a level 1.

MINIMAL (level 1 - slight pink color): means that you are PERFECT.

LOW (level 2): means you are doing very well, but could be even better. **Consider taking more of the “ACES” (vitamins A, C, E and Selenium).**

MEDIUM/HIGH/VERY HIGH (level 3-5): means that there is some work to be done in neutralizing the free radical attack that is currently under way in your body! You need some heavy antioxidant support. **Consider Alpha Lipoic Acid, CoQ10, NAC, and a Reduced form Glutathione at therapeutic (high) levels.**

Notes about Antioxidant intake

The Antioxidant test measures the damaged cell material in your body that is caused by free radicals. Any molecule can become a free radical by either losing or gaining an electron. Molecules containing these uncoupled electrons are very reactive and propagate by becoming involved in chain reactions. Unbridled chain reactions of free radicals produce damage to cells and even attack DNA. The technological breakthrough of this test measures the distant end of the polyunsaturated fat chain where aldehydes form as a result of free radical attacks (called Malondialdehyde or MDA).

Free radicals play an important role both in health and disease. When under control free radicals are extremely important to metabolic processes. When out of control Free Radicals have been implicated in almost every known human disease process including rapid aging! Free radicals are neutralized and brought into control through proper antioxidant levels in the body. This test measures the effectiveness of your antioxidant levels to neutralize free radical chains.

“The Amount of antioxidants in your body is directly proportional to how long you will live”

- Dr Richard Cutler (Former Director of the National Institute of Aging, Washington DC)

Adrenal Stress Test™

INTERPRETATION OF The Adrenal Stress Test

Results = 17-25 drops added before brick red colour holds:

Adrenal activity is considered healthy and **balanced** (*you can show normal here even with a high mental/emotional stress. Not to worry, this doesn't mean the test is inaccurate, it means that you cope well with the stress on the chemical level!*) Remember to recheck often!

Results = less than 17 drops added before brick red colour holds:

Adrenal activity is considered **hyperactive** (although a great solution for recovery here may be a vacation in Tahiti, you also want to consider taking a good vitamin B5 and Vitamin C (especially if you require it from the vitamin c test outcome) and look into other adrenal support methods such as valerian, skullcap, and passionflower.

Results = more than 25 drops added before brick red colour holds:

Adrenal activity is lethargic and exhausted. You have likely been in the hyperactive state for a long time (stress high for years) and now find yourself at the fatigue end because your adrenal glands are too tired to work optimally. Consider herbs such as Cordyceps, Rhodiola, and 5-HTP are indicated for you at appropriate recommended dosages.

Notes about the Adrenal Stress Test:

We've all heard of stress. Some of us have also heard of the concept of "fight or flight". It implies to run for your life or fight for your life in an instinctive survival mode. It *used to* be a survival instinct associated with fleeing from a predator. These days the same reaction can be evoked from paper work, phone calls, and picking up the kids from their after school programs while stuck in rush hour traffic - dealing with road rage while on the phone with the boss - and trying to shove down exactly that fast food that your doctor says you must stop eating because of your high blood pressure all while thumbing in a text message on your blackberry so as to excuse your being late to your evening appointment (not to mention the thought that crosses your mind that you forgot to pick up the dry-cleaning that you needed for your executive meeting tomorrow)! **Stress is the number one silent killer epidemic of the new millennium—bar none.** In the same way that it is best to assess your heart's current function by checking your blood pressure, **the best way to assess your physiological stress is to check your adrenal gland function.** When the adrenals overwork, you are stressed out and this can lead to things like hypertension, sleeplessness, immune dysfunction, and anxiety. Not to mention that you will create a high cortisol hormone level in your body that will cause weight gain. Once the adrenals are overworked for too long they no create balanced hormones and will eventually cause chronic fatigue. We know this as "burn out" and depression, hair loss, salt cravings, low blood sugar, impaired liver function, and even the dubbed "chronic fatigue syndrome" as well as other autoimmune disorders as a result.

GENERAL RECOMMENDATIONS

If your overall test results were all relatively normal, I recommend the following general plan, and then a retest to ensure that you continue to show good results:

- If you are currently not taking any vitamins: start with a high-powered daily multi-vitamin and an Omega 3 fish oil supplement at 3000mg twice daily
- If you are already taking a daily multi, add extra "ACES" (Vitamins A 10,000IU/day, C 1000mg/day, E 400IU/day and Selenium 200mcg/day for the average person), and add a high potency vitamin B complex and retest in one month.
- If you are already doing all of the above, add some lower dose specialized antioxidants such as: Alpha Lipoic Acid at 500mg twice daily, and coQ10 at 60mg twice daily with food and retest in one month.

RETESTING

- 1) If levels are not optimum, implement changes and retest every month until optimal results are achieved.
- 2) Determine which antioxidant supplements work best for you based upon changes in the test results over time.
- 3) Once optimal results are discovered, continue to retest every three to six months to ensure that you are on the right track.

Please visit www.drwylde.com/testkit for a more comprehensive list of solutions.