

Seven Numbers Important to Your Health

A Mini Body Assessment

Here are 7 numbers that can give you an indication of your risk levels for chronic disease and hormonal imbalances.

1. **Weight:** Weight yourself first thing in the morning on an empty stomach and record your body weight.
2. **Waist to Hip Ratio:** This will determine whether or not you are carrying too much abdominal fat.

Waist Measurement: Measure the waist just above your belly button, the narrowest part of your waist.

Hip Measurement: Measure your hips around the widest part of your buttocks, while standing with your feet together. This measurement should ideally be below 89 cm (35 in) for women or 102 cm (40 in) for men.

Waist-to-Hip Ratio: Divide your waist measurement by the measurement of your hips. This should be below 0.9 for men and 0.8 for women.

3. **Body Fat Percentage:** This should be measured using a bio-impedance machine which will measure what percentage of your body mass is fat.
4. **Urine pH:** Measure first thing in the morning or 2 hours after eating. Collect a small sample of your first morning urine in a clean container. Dip the pH strip in the container. Match your strip to the associated colour on the package of pH papers to determine your pH. Urinary pH should fluctuate between 6.0 and 6.5 in the morning and 6.5 to 7.0 in the evening. First morning urine should be slightly more acidic as you eliminate waste accumulated through out the night.
5. **Blood Pressure:** Optimal BP is 110/70-120/80 and shouldn't increase with age. Monitor your blood pressure daily if you currently have high blood pressure or are at risk.
6. **Heart Rate:** You may do this by recording your pulse as soon as you awaken, before you get out of bed. Measure your pulse for 15 seconds, then multiply the number by 4 to calculate your number of heartbeats per minute.
7. **Blood Sugar:** Blood sugar levels should be 4.0-6.0 (fasting) or 5.-0-8.0 (2 hr after eating). Measuring blood sugar levels gives you an indication on how well your body responds to sugars with the production of insulin.