



# KEYS TO PURE HEALTH

**Find out what your blood tests can  
reveal about you**



**THRIVE FUNCTIONAL NUTRITION CONSULTING**

**To all those of us who won't settle for  
anything less than  
PureHealth**

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# Introduction

*Hello there,*

You may be reading this book because you probably have a sinking feeling that something's wrong with your health and you've gotten basic tests done and shown them to your doctor and your doctor insists you are fine, but you feel anything but fine.

Or maybe you recently got full health check done and have 7 pages of test reports and you really want to make sense of it but don't know whom to ask.

Or maybe you've been sticking to your diet and exercise routine religiously, but the weight just keeps piling on and you just can't figure out why.

Or maybe you just feel old before your time, you have achy joints, flaky skin and your hair is beginning to fall out.

Or maybe you received this book as an unsolicited WhatsApp forward, but the title made you curious enough to want to read more.

Or maybe you look great but feel sick inside and since nobody believes anything's wrong with you, so you feel marginally crazy too.

No matter what reason made you want to start reading this book, you can breathe a sigh of relief now, because in this book you will find out you were right all along, there could be something going on in your body that's hiding in plain sight and all you need is the right pair of eyes to look at it.

From the cases in this book, you will learn how lab reports can shine a light on what's going on in the body and why the so called normal ranges could be hiding chronic dysfunctions.

I honestly believe that when you get your lab reports, that last thing you should feel is ignorant or confused about your readings. The report is about you and you paid for it, yet no one makes the effort to explain it to you. This book is a small effort.

## How to use this book?

Before you learn how to use this book, I would like you to answer the questions below.

**Are you:**

- Tired most of the time?
- More than 3.2kg (7lb) over your ideal weight, and rising?
- Prone to mood swings or PMS?
- Suffering from poor memory and concentration?
- Quite often low or depressed?
- Plagued by dry skin, in need of daily moisturizers?
- Having difficulty sleeping?
- Often feeling anxious or stressed?
- Prone to indigestion or bloating after food?
- Often constipated –that is, you rarely go every day?
- Worried about your dry, dull or oily hair?
- Suffering from migraines?
- Having acidity attacks often?
- Dependent on coffee or tea to get through the day?

If you or your loved ones are experiencing any of the symptoms mentioned in the stories in this book or have answered 'Yes' to more than 1 of the above questions, then I can guarantee you are experiencing the beginnings of chronic dysfunction in your body. If this is the case, don't despair.

I wish Pure Health for everyone, including you and Thrive can help you get there.



## The health crisis

There's a health crisis looming large that's affecting almost everyone on this planet, a health crisis that will make all previous epidemics pale in comparison. What is it, that is bigger than plague, cholera, malaria, smallpox, yellow fever and dengue put together? It's the epidemic of chronic disease, mystery illnesses and the absence of health that is the greatest threat to the human race right now.

What does this absence of health feel like? Have you ever felt tired and fatigued, sapped of energy and drained of motivation? Or maybe you often experience brain fog, loss of clarity and moments of forgetfulness. Or unexplained weight gain or weight loss. Or achy joints and hair loss. Or mind-numbing depression. Or difficulty falling asleep or difficulty staying asleep. Or difficulty performing sexually (erectile dysfunction in men and vaginal dryness in women). Or unexplained cravings for food, alcohol or smoking. Or a complete loss of appetite. Every patient we've signed up has given us newer versions of how this epidemic is affecting them.

The worst part is, you could be suffering from this and no one has been able to give you a diagnosis. You might have been told 'Your lab results look normal, those symptoms... That's just normal part of aging' Or 'Your reports look just fine, it's all in your mind' or 'It's just stress, you must learn to relax' Or even 'We've run your samples twice and everything is within normal ranges, whatever you have... It's not showing in these reports... Sorry, there's nothing we can do'

This epidemic of absence of health is a very real crisis and can destroy your life if not addressed. **As you read this book, you will find real stories of fiercely determined people like you who chose to put themselves on the path of PureHealth.** People who knew they deserved better and refused to accept the status quo of failing health and emerged victorious in their quest.

## What is Thrive's definition of PureHealth?

Think of a musical instrument. When not tuned properly, no matter how hard we try, all it creates is noise. But tune it right and music happens! Our bodies are just like that. They too have a natural rhythm. When in rhythm, they function effortlessly. But when this rhythm is disturbed, dis-ease occurs. Every disease (physical or mental) is a result of disturbances to our body's rhythm. Greater the disturbance, more severe the dis-ease.

### **So, what is PureHealth?**

It's the effortlessness our body experiences, when it's in its natural rhythm. Not just the absence of diseases, PureHealth is such a positive state of being that it can be felt tangibly as enthusiasm for life, sharp mental clarity and emotional stability. It is this that vision that Thrive holds for you; a health so pure that life itself becomes a celebration.

### **Would you like to experience this PureHealth for yourself?**

Well, you can- it's not hard at all. As you'll see from the cases in this book, getting to this state of well-being is easy once you find out the underlying root causes keeping you from feeling this state of health. And the only way to find these root causes is by analyzing your lab reports accurately. It's only by reading lab reports accurately that Thrive has been able solve some of the most mysterious ailments.

## What does reading lab reports accurately mean?

When you get your lab report, you would see reference ranges printed next to your results. Now, these are reference ranges taken of people who are already suffering from a health dysfunction. I am not joking, this is true, when labs and doctors were establishing standard lab reference ranges, they didn't scout for healthy people, they just used the readings of people who already had been tested in labs and got an average of those. Which means right from the beginning, your lab reference ranges are out of whack. In addition, these ranges are way too wide. Because these wrong set of 'normal ranges' allow for so much dysfunction your results might look normal, and your doctor might say everything's normal, but you still don't feel normal.

This is what Thrive does differently. I always analyze lab reports based on **optimal values**- a much narrower range which ensures that I catch your dysfunction much before it becomes a disease. The optimal values for our functional analysis have been established by the Institute of Functional Medicine. In addition, I listen with care to our patients so that I can keep track of every symptom they are experiencing. Our analysis of their lab reports along with careful tracking of their symptoms helps us nail the disorder they are experiencing.

In the stories that follow, you will learn how this functional analysis saved our patients from a future of chronic disease and helped them regain their health.



## Normal thyroid reports that made a school teacher lose her job



**Deepa** was referred to Thrive by one of her friends. She was 35 years old, married and had one 7-year-old son. She'd worked as a school teacher for nearly 15 years at a high end international school until she was asked to quit her job 3 months ago. As we continued to speak, she told us that over the past year she had started having issues with performing on her job. She had become forgetful, was having loss of clarity and would experience severe brain fog during her classes. Initially it was easy to mask these lapses, but soon her students started noticing them and eventually it was brought to attention of the school authorities during a Parent- Teacher Conference. By then Deepa had visited her family doctor and done a few tests he had recommended, including a Thyroid Panel. All results were normal, but her performance at work kept slipping, after being on a performance improvement plan for a 3-month period, she was finally asked to leave. Deepa loved her job, there was nothing more gratifying for her than teaching young minds and she refused to accept that for the rest of her life she was destined to be a retired school teacher. It was

with this determination she reached out to us, because she knew for certain her mind was just a victim of something being wrong in her body.

From all the symptoms she described, I suspected her thyroid was malfunctioning. I looked at the lab work she had previously done and were not surprised with her 'All Normal' reports. She had been tested for Total T3, Total T4 and TSH.

What do these letters that sound like a series of Terminator movies stand for?

T-3 is the active form of your Thyroid Hormone

T-4 is the storage form of your Thyroid Hormone

TSH- is the Thyroid stimulating Hormone that is released by your pituitary gland.

And analyzing these three together helps us knit together a clear picture of how your thyroid gland is functioning.

### **Why is it a problem when only total T3 and total T4 are tested?**

Total T3 and Total T4 are bound forms of your thyroid hormone, and they don't really tell us how much thyroid hormones are available to power cells in your body. The real information about your thyroid health comes from your Free T3 (fT3) and Free T4 (fT4) numbers, as these are the ones affecting your body. When you get your labs tested, please insist on getting fT3 and fT4 tests done.

Coming back to Deepa, I asked her to get fT3 and fT4 done, which according to the lab reports was in the normal ranges, but to us clearly showed she was hypothyroid correlating with all her symptoms including weight gain, hair loss and mood swings (which she hadn't told us about but on enquiry she confirmed she had all three and was even surprised that I knew).

How did I know? And how can you check for this too? The table below presents the reference and optimal ranges for all three, you can see the difference in ranges yourself

Parameter	Lab Reference Ranges	Optimal Values
fT3	2.5-3.9	>3.2 pg/mL
fT4	0.61-1.12	>1.1 ng/dL
TSH	0.35- 5.50	1-2 uIU/ml

**Deepa's readings:**

fT3- 2.9,  
fT4- 0.83,  
TSH- 4

All numbers were within normal lab ranges, but from our analysis it was apparent Deepa was severely hypothyroid. Hypothyroidism (underactive thyroid) is a condition in which the thyroid gland produces an abnormally low amount of thyroid hormone. The symptoms include brain fog, tiredness, weight gain, depression, coarse dry hair, dry skin and an increased sensitivity to cold.

I put Deepa on Thrive's Pure Health protocol, and in 45 days she had dropped 5 kgs. She felt more alert and active, her mood swings had diminished with her returning health she began going for walks every day and started doing things she loved. Her husband and son too noticed the changes in her behavior. She was calmer and more fun to be with. In about 6 months when we redid her thyroid panel all her readings were within optimal ranges. She had lost a total of 12 kgs. over this time. Her skin was smoother, and hair was thicker. The biggest success for us though was that she had applied for her old job again and she

got her job back. When she called us to let us know about this, the joy in her voice was truly infectious.

## Normal cholesterol levels that led to a stroke in a 38-year-old CEO



**Abhijit** was a top performer all through, a graduate of the top B-School, with his diligence and disciplined, he had made it to CEO title by the age of 35. He applied the same discipline to his health as well- he took his annual health checkups, went to the gym every day and avoided processed, junk food. He was at the ideal weight and as per his lab reports, his cholesterol levels were normal, blood sugar was under control and he was the picture of health.

Yet, one day in the gym when he was running on the treadmill, he collapsed with a massive stroke. He was lucky, he survived the stroke- after a week at the hospital he was back home. All his reports were normal and none of the doctors could figure out what had caused his stroke. While he occasionally smoked at work, with his colleagues during their 'tea' break meetings, he wasn't a chain smoker. He drank occasionally, had normal blood pressure and no diabetes. So, they concluded it was work stress and asked him to

meditate and sent him home. But he knew that couldn't be it. He kept looking for answers, he read about us online and reached out to us. When I heard his story, I almost immediately knew what had caused this episode and asked him to run a test for an amino acid called Homocysteine.

### **Why homocysteine?**

Homocysteine is a toxic amino acid that is a product of protein metabolism. Your homocysteine levels (or H Score) are more important than cholesterol, your blood pressure and even your weight as a measure of your health. In recent years high homocysteine has proven to be a reliable indicator of risk for heart attacks, strokes, memory decline and Alzheimer's. Your homocysteine level or H score is well worth knowing - it's more important than your cholesterol level.

For example, a massive US survey of 136,905 patients hospitalized for a heart attack found that 75 per cent had perfectly normal cholesterol levels and almost half had optimal cholesterol levels! Elevated homocysteine levels affect the interior lining of blood vessels in the body, increasing the risk of atherosclerosis or narrowing of blood vessels and can also increase formation of clots. This can result in early heart attack and stroke. Your H-Score should ideally be below 6.

<b>Parameter</b>	<b>Lab Ranges</b>	<b>Optimal Value</b>
Serum Homocysteine	0-15	<6 umol/L

### **Abhijit's readings:**

Homocysteine level: 18.5

This was more than 3 times higher than the cut off optimal value. I told him with such high homocysteine levels, he would likely have another heart attack soon.

He started on Thrive's protocol that was specially designed to bring down homocysteine levels. While he took it upon himself to make all necessary changes to his diet with the same discipline that he applied to other aspects of his life, his biggest challenge was sticking to the protocol when he travelled for work. With our mentoring he learnt how to look to options at restaurants, how to make specific requests while ordering from menus and how to stick to the protocol food no matter where he travelled, and soon this hurdle was smoothed out too.

Within a month his H score was at 9.5, still not optimal but a big improvement from before. As his homocysteine levels went down, he said he felt more energetic and clear headed. By the end of 3 months with us, his H-Score had come down to 5.9 and he was brimming with vitality, secure in the knowledge that he had virtually eliminated his risk of heart attack in the future. He had even convinced his family to switch to his way of eating so that their future health was secure too.

## All normal reports that were masking a severe gut infection



**Ritika**, a documentary series maker came to us looking for a solution to her digestive woes. She told us her job required her to travel quite a bit. She mentioned that over the past couple of years her digestion had progressively worsened and was making it difficult for her travel. She would just have to subsist on plain white rice very often as anything else would give her severe cramps, gas, bloating and sometimes diarrhea and sometimes constipation. She had visited a few doctors and they had told her she suffered from IBS (Irritable Bowel Syndrome). A label that described her symptoms very well but gave no insight into what was wrong. Another doctor prescribed antibiotics which made her symptoms worse. She wanted to get to the root of this problem and solve the mystery. She told us her teammates travelled with her to the same locations and ate local foods but did not suffer the way she did. She knew she was missing an important piece of the puzzle. This is when she got in touch with us. As we spoke, she mentioned she had chronic anemia (she had been anemic since she was 9 yrs. old). Her doctors had funnily told her that



anemia is hereditary and there was nothing she could do about it. She occasionally suffered from stomach ulcers.

I ran our set of tests for her and found that she had hypochlorhydria- or low stomach acid from the following parameters:

Parameter	Lab Reference Range	Optimal Value
Serum Globulin	2.0-4.1	2.4- 2.8 g/dL
Serum Total Protein	5.7-8.2	6.6- 7.4 g/dL
Serum Phosphorus	2.4-5.1	3-4 mg/dL
Blood Urea Nitrogen	9-23 mg/dL	10-15 mg/dL

**Ritika's readings:**

Globulin- 3.5 mg/dL

Total Protein- 5.8 mg/dL

Phosphorus- 2.6 mg/dL

Blood Urea Nitrogen- 17 mg/DL

Here if you notice, all her readings were within normal reference ranges but quite out of range when compared to the optimal values. When serum phosphorus is low, with increased or decreased serum globulin levels and a normal or decreased total protein level it indicates hypochlorhydria. Looking at these 3 parameters is sufficient to diagnose hypochlorhydria. In addition, her increased BUN confirmed our diagnosis of hypochlorhydria.

**Why was low stomach acid a problem?**

Adequate amounts of stomach acid (hydrochloric acid), not only helps in killing off the bacteria in your stomach, but also kills off any bacteria that might be trying to get into your small intestine. The reason for this is that hydrochloric acid works not only in the stomach, but also deep in small intestinal tract. It works with your immune system to protect places other than the stomach to kill off bacteria in your gastrointestinal tract. Having low stomach acid is one of the most common causes of SIBO (Small Intestinal Bacterial Overgrowth), a rather painful condition where like the name suggests an overgrowth of pathogens causes various digestive issues. In addition, you need an adequate amount of stomach acids to absorb iron from the food you eat. Low stomach acids can lead to chronic anemia which is what we saw in Ritika's case. The numerous areas in your body where hydrochloric acid can provide powerful protection and support is another reason why rebuilding hydrochloric acid is essential for vibrant health.

Ritika started on Thrive's tailor made program for rebuilding her stomach acid, however Ritika hadn't had much experience with cooking food and for a couple of weeks she needed all the mentoring and guidance I could give her so that she could hone her cooking skills. However, she was committed to fixing her gut issues for good and after a few video calls for cooking demos she began to get the hang of it. She soon got so creative with food that she was one of our top recipe contributor in our community group. Coming back to her health, after a month on the protocol she reported lesser bloating, gassiness and acid reflux. By month two she was able to tolerate a variety of food without any issues and by month three her hemoglobin had risen by two entire points. In 4 months she was free of anemia and her stomach issues were non-existent. She could now fearlessly travel anywhere without losing her health apart from which she is now seriously considering an alternative career as a chef.

## The sleepy project manager with Normal HbA1C and blood sugar levels



**Neeraj approached** us during an awareness session I was conducting in his organization. He was in his early thirties, a senior project manager and doing well at work. Recently though, he had begun to experience energy slumps and crashes through the day. He didn't feel well rested even after sleeping for 8-9 hours every night. He jokingly told us sometimes in some sufficiently boring office meetings, he would have uncontrollable sleepiness- almost like someone was gluing his eyes shut and he would fall asleep. As he continued to talk about this sleepiness, I realized the gravity of the situation. He said he would even feel sleepy while driving, while working and generally through the day. Another symptom that he mentioned was his excessive cravings for sweet food.

I asked him if he had ever done a diabetes workup, he said he had done his full corporate health check a month ago and his doctor had told him his fasting blood sugar and HbA1C both were within normal range. I asked him to share those reports with us, when he did, I noticed his diabetes markers were completely out of range. In addition, his Lipid profile also showed severe insulin resistance. The following tests will help you check for diabetes

Parameter	Lab Reference Range	Optimal Values
Fasting blood sugar	70-110	<90 mg/dL
Post prandial blood sugar (1 hr)	70-140	<120 mg/dL
Fasting Insulin	2- 25	<5 mcgIU/dL
Post prandial Insulin (1 hr)	18- 276	<30 mcgIU/dL
HbA1C	4.30- 6.40	<5.5 %

### Neeraj's readings were

Fasting blood sugar- 100

Post prandial blood sugar (1 hr)- 135

Fasting Insulin- 15

Post prandial Insulin- 150

HbA1C- 6.2

When your fasting blood glucose is above 90, post prandial blood glucose is above 120 and HbA1C is above 5.5, it indicates insulin resistance. To confirm however, check your fasting and postprandial serum insulin levels. If these are above 5 and 30 respectively then you have confirmed insulin resistance and it is only a matter of time before it becomes full-blown diabetes.

In Neeraj's case, his 'normal' lab reports were completely misleading. From his HbA1C, fasting and postprandial blood glucose and lipid profile I uncovered he had insulin resistance. I asked him to do additional tests for fasting and postprandial serum insulin levels. And those values proved our initial diagnosis was correct. Neeraj had severe insulin resistance.

**What is insulin resistance and why is it a problem?**



Insulin is a hormone that regulates amount of glucose in the blood. When your diet is full of saturated fats and an abundance of quickly absorbed sugars, liquid calories (sodas, juices, sports drinks, or vitamin waters), your cells slowly become resistant or numb to the effects of insulin and need more and more of it to keep your blood sugar levels balanced. When the cells stop opening to insulin, it is known as insulin resistance. Eventually, as more and more cells become numb to insulin, your blood glucose levels start rising and this leads to diabetes. A high insulin level is the first sign of a problem with your glucose metabolism.

Insulin resistance is the major cause of aging and death in the developed and most of the developing world. High levels of insulin tell your body to gain weight around the belly, and you become more apple-shaped over time. Insulin, the fat storage hormone, also drives more inflammation and oxidative stress, and myriad downstream effects including high blood pressure, high cholesterol, low HDL, high triglycerides, poor sex drive, infertility, thickening of the blood, and increased risk of cancer, Alzheimer's, and depression. One of the symptoms of insulin resistance is excessive daytime sleepiness and sugar cravings.

Neeraj started on Thrive's protocol to reverse his insulin resistance and within a month he reported he was not nodding off during meetings anymore. He felt more energetic through day and his focus on tasks had improved. His cravings for sweets also had diminished. His weight had dropped by 5 kgs. and he felt more alert and alive. His wife mentioned he was snoring lesser. By the end of 3 months, Neeraj had lost 15 kgs., was full of energy, had deeply restful sleep and had developed razor sharp focus. In addition, he was promoted at work to a Senior Program Manager role because of his improved performance on the job.

Neeraj's recovery was not only a personal victory it was a victory for his company. You can get in touch with us if you want us to do an awareness talk at your company. Who knows how profitable it may become for your company.



## The interior designer with all normal reports but unable to lose weight



**Swapna initially** consulted Thrive for her mom's diabetes issues. As I continued to work with her mom and reverse her diabetes, Swapna developed a close bond with me and realized that her obesity also was a manifestation some internal dysfunction. She confessed she had been struggling with weight issues from her teenage years. She was an interior designer, working with an architectural design firm, doing well professionally but her lack of health kept nagging at her. She told us she felt fat and unattractive for as long as she could remember and this constant background noise in her head stopped her from meeting new people. She said she had tried every diet she had read up about on the net and was often left disappointed by the yo-yoing weight loss and the plateaus. A full-time job and an ailing mother left her with no time to fully focus on her own health issues. However, she had gotten her full blood work done and all her reports came in normal, perplexed, she turned to Thrive to know if I could find out the root cause of her weight problems.

When I looked at her reports, it became clear that the root of her weight problems lay in a severe liver dysfunction. A couple of parameters that helped us identify this were the readings for her liver enzymes. These include aspartate aminotransferase (AST or SGOT) and alanine aminotransferase (ALT or SGPT). These enzymes are normally predominantly contained within liver cells and to a lesser degree in the muscle cells. If the liver is injured or damaged, the liver cells spill these enzymes into the blood, raising the SGOT and SGPT enzyme blood levels and signaling liver dysfunction.

Parameter	Lab Reference Ranges	Optimal Value
SGOT	<34	10-30 U/L
SGPT	10-49	10-30 U/L

**Swapna's readings:**

SGOT- 34,

SGPT- 46

One look at Swapna's readings and you can clearly see the liver was in a state of dysfunction, even though the labs said it was normal.

**Why liver parameters?**

The liver is responsible for helping metabolize fat. It produces bile, which breaks down fat while also working like a filter to clean toxins out of our blood, helping us feel energized. The liver's role is crucial for efficient circulation, metabolism and fat breakdown. There is no other organ like it. With a dysfunctional liver, all attempts to lose weight are futile.

I started Swapna off on a protocol to restore and regenerate her liver function. Within weeks she reported she was feeling less sluggish and bloated, she started losing weight as well steadily. While reversing liver damage fully takes a little while, Swapna could see



tangible evidence of how Thrive's protocol was helping her liver heal from within- her skin started glowing, her dark circles started receding and she was generally feeling better. Of course, at the end of 3 months she had lost 11 kgs. After 6 months when we redid her tests, her liver parameters were completely within optimal ranges and she had lost a total of 18 kgs. over 6 months. She was brimming with confidence, her social life had improved, she was now meeting new people and making friends. She was a completely different person now.



## The writer with mysterious chronic pain and psoriasis



**Pankaj's friend** had attended one of my wellness talks and went home called Pankaj and didn't let up on him until he spoke with us. Pankaj, a freelance writer told us he had been suffering from chronic pain for 10 years and the intensity of his pain kept getting worse. He had quit his well-paying full-time job because travelling to work made his pain unbearable. He was on painkillers, had ongoing physiotherapy sessions, however nothing had helped. His pain was just getting worse. I told him I needed his blood tests to investigate further and he immediately shared all his reports with us. When I reviewed his lab tests, it became apparent that he was suffering from a chronic viral infection along with heavy metal toxicity. The viruses were feeding on the heavy metals and creating more neurotoxins that were jamming his nerves and creating continuous pain signals all over his body. The following parameters helped us uncover this mystery.

Parameter	Lab reference ranges	Optimal Value
MCV	83- 101	82-89.9 fL
MCH	27-32	27-31.9 pg
MCHC	31.5- 34.5	32-36 g/dL

WBC	4.0- 11.0	5- 8 10 <sup>3</sup> /uL
Neutrophils	40-80	40-60%

**Pankaj's readings:**

MCV- 81.5

MCH- 26

MCHC- 31.5

WBC- 10

Neutrophils- 75%

One of the significant effects of toxic metals is the impact they have on red blood cells. MCV or Mean Corpuscular Volume, MCH and MCHC are RBC indices, and a decreased reading (lesser than optimal value) for either of these often indicates an anemia due to heavy metal body burden. Pankaj's readings indicated severe overload of heavy metals amongst other issues. His WBC reading, and neutrophils were, both within the deceptive 'normal' ranges. WBC's fight infection and produce, transport and distribute antibodies as part of the immune system. Increased WBC's indicate an acute viral or a bacterial infection. Neutrophils are white blood cells used by the body to combat infections. They are your body's primary defense against microbial infections. When neutrophils are higher than optimal levels, they indicate a chronic viral or bacterial infection. Pankaj's readings indicated he was suffering from a chronic viral infection. When I considered Pankaj's symptoms, I was certain he was suffering from a Stage 3 infection of the Epstein Barr Virus. This virus feeds on heavy metals and continues to damage your body.

When I discovered the EBV infection, I put him on a protocol that would pull out heavy metals from his body. In addition, we helped his body fight off the chronic viral and bacterial infections. In most EBV cases, we've seen there's a die-off reaction once the

protocol begins. Which basically means that some symptoms could worsen before they get better.

I knew Pankaj would need a lot of support through this phase and I was right, as we went all out against the EBV, the virus fought back. Pankaj's pain increased but we were ready for it and I stood by Pankaj, encouraging him, building his grit and soon the pain started receding. Before we started this protocol, I had asked him to self-rate his aches and pain on a scale of 1-10. He had rated it as 10. By month 2 on the protocol, his pain had come down to level 3 and by the third month, his pain was at level 2. It would take a couple of months more for his pain to diminish completely. His psoriasis had virtually disappeared.

He continued to follow the protocol diligently and called us after 6 months and I could hear the happiness in his voice. He was completely pain free and that had led him to set-up his own writing services consultancy and he now employed two other writers. Pankaj had moved on from struggling freelancer to becoming CEO of his own company simply because he had discovered the gift of good health, Pankaj's case was a testimony to the impact food can have in the healing process.

## The healthy athlete who wanted to improve his performance



**Not everyone** who comes to Thrive is looking for solutions to chronic illnesses. Some of our patients have been symptom free but just wanted to achieve the full potential of their body and mind. Siddharth, a 37-year-old investment banker was one of them. He was a marathon runner, had participated in some major marathons both in India and abroad over the last 10 years. His colleague from work, Chandan was one of our clients and Siddharth had seen Chandan's health transform over 3 months. It was part curiosity and part desire to continue to improve his health that led Siddharth to us. He had a very clear goal. He wanted to improve his running performance- while he was good, he knew there could always be room for improvement. He had never gotten blood tests done, because he'd never felt unhealthy or sick. He agreed to get our full panel done just to see where he stood.

Since he had come to us free of any disease, I asked him to list down what he thought were problem areas and where he wanted to see an improvement. He said normally he had good energy levels and no symptoms but, on the days, he participated in marathons he often felt tired and fatigued after the event. Sometimes at the end of the run he would feel

like he was short of breath and sometimes he would get leg cramps post run. Another thing he mentioned to us was he would often get mouth sores.

His past diet was based on his own research and he believed that a high protein, high fat, low carb diet was his key to peak performance, so he had followed that for nearly the past entire year. He regularly consumed whey protein powder because he thought he needed extra protein. Once his blood work came in, it turned out he had deficiency of B-complex vitamins, metabolic acidosis and his kidney function was declining due to excessive protein consumption. Which parameters helped us uncover this?

Parameters	Lab Reference Range	Optimal Values
RDW	11-16 %	<13%
Serum Calcium	8.6- 10.4	9.4- 10 mg/dL
Serum Potassium	3.5- 5.5	4.0- 4.5 mg/dL
BUN	9- 23	10-15 mg/dL

**Siddharth's readings:**

RDW- 15.5

Serum Calcium- 8.6

Serum Potassium- 5

BUN- 19

**What are B-Complex Vitamins?**

The vitamin B complex is a group of several vitamins, a deficiency in B complex vitamins can cause several symptoms. For example, deficiency of niacin can cause mouth sores, dizziness, and headaches or a deficiency of B-12 can cause fatigue. Vitamin B12 plays a large part in the production of red blood cells, and when this vitamin is deficient, your red



blood cell count will usually decrease. When red blood cells are low, oxygen is not sufficiently circulating, leading to low energy, fatigue, and pallor of the skin. Leg cramps or tickling or burning in the legs and feet - symptoms that are associated with a deficiency of thiamine, vital to brain and nervous system function.

RDW or Red Cell Distribution Width (RDW) is an indication of the degree of abnormal variation in the size of red blood cells. If RDW is greater than 13%, it is an indication of B-12 and folate deficiency. Siddharth's RDW was clearly indicating a severe B-12 and Folate deficiency.

### **What is metabolic acidosis?**

Our blood is literally our life source - it carries oxygen to the body and helps remove waste materials, so we can function properly. Under normal conditions, our blood pH is around 7.4, but sometimes this balance is thrown off and the blood becomes more acidic. This condition is called metabolic acidosis. One of the causes is a high fat, low carbohydrate diet. This kind of diet creates ketoacidosis where the body creates ketones when it burns fats instead of carbohydrates for energy, and ketones make the blood acidic. Some of the symptoms of metabolic acidosis include feelings of weakness and fatigue or tiredness. Long-term acidosis can lead to problems with the bones, kidneys, and muscles, and it will eventually lead to death.

Low serum calcium levels are often indicative of metabolic acidosis. Metabolic acidosis also drives potassium out of cell, thus causing an increase in serum potassium. In Siddharth's case, his serum calcium was lower than optimal levels and serum potassium was higher than optimal. Both parameters indicating metabolic acidosis which was not surprising given his high fat, low carbohydrate diet.

### **What is protein toxicity?**

Protein toxicity occurs when the body is unable to get rid of the toxic wastes that are generated because of protein metabolism. It occurs when a person consumes too much

protein, especially of animal origin and has an impaired kidney function. This can eventually lead to more damage to the kidneys.

Blood Urea Nitrogen or BUN is a good way to measure the body's ability to deal with protein. The BUN level is dependent on dietary protein, an increased protein or an increased catabolism of protein will lead to an increased BUN level. Siddharth's BUN levels were above optimal, clearly indicating severe protein toxicity.

When I had a call with Siddharth with our analysis of his blood work, he was honestly quite surprised there was this much going on in his body that was impeding his performance. Since most of these dysfunctions were in early stage, he had not felt the beginning of disease, his only symptom was fatigue after a run. During the call, he began to express his anxiety, he felt that with this level of dysfunction his running career was over. I had to assure him that was not the case, as two of the conditions could be reversed with changes to his diet itself and that correcting the B-complex deficiency needed supplementation support. He was eager to take his health to the next level, he completely stopped his high fat-high protein-low carb diet and switched to Thrive's protocol that was designed to alkalize his blood and bring down the protein toxicity. He started off on a good quality B-complex supplement and within weeks his leg cramps went away. He stopped getting mouth sores and in 45 days, he was no longer complaining of fatigue after a run. By the end of 3 months, his performance had improved dramatically. So much so that some of the other marathon runners noticed it and asked him what performance improving drugs he was on. He always quietly pointed them towards us. In fact, at the time of writing this book Siddharth is participating in the 2018 Boston Marathon.

## What next?

The next step for you could be to get your blood tests done and check the results by comparing against optimal values given in this book. *Don't be disheartened to find your own values out of range. Thrive is here, and I care enough to help you reverse disease and bring your body back into balance.* You could email your reports to me at [mugdha@thrivefnc.com](mailto:mugdha@thrivefnc.com) or Whatsapp on [8806021211](https://www.whatsapp.com/business/profile/8806021211) and I could guide you towards understanding the possible next steps for you. I would be honored to mentor you towards Pure Health. It's something I truly, deeply care about and would gladly spend time helping you get started on the journey.

Do note, the cases discussed in this book cover just a few of the dysfunctions that could go wrong in a body. Each person is unique and how their diseases manifest is unique to them too. When any of our patients sign up for our mentoring, I ask them to **get a few more tests done (not covered in the cases I've written about)** so that I can cross reference different parameters and get down to the root cause of the dysfunction. The cost of these tests is usually between Rs. 8000-11000. Your corporate health package might not cover all the tests that Thrive needs- for e.g. Homocysteine is never a part of corporate health checks.

Thrive's goal is simple, to ensure every human being on this planet sets out on this journey towards Pure Health.

However, not everyone is emotionally ready for this journey. What do I mean by this?

In our work with 100's of patients we have learnt one thing. For each of us there is certain point of poor health when we are ready to end the suffering and look for solutions. Until we reach this point, we tend to resist all attempts to make any changes in our lives. I call this point 'Emotional Readiness'.



## Here is my own story of emotional readiness:

“From the age of six I suffered with chronic intestinal parasites and was an anemic, sickly child with frequent sinus infections. When I was 15, I had a major head injury and was put on anti-epileptic medication for over a year. These caused severe side effects like migraines, drowsiness and social anxiety. To get over my social anxiety, I got addicted to junk food and became obese. I would often have mood swings ranging from extreme anger episodes to periods of crying over trivial issues. I continued to get more obese and I developed an addiction to tea. I accepted my behavior and my addictions as normal and life went on. Soon I was put on anti-depressants for my chronic depression which led to more weight gain and hormonal problems. I had started smoking in addition to getting addicted to coffee. I started suffering from chronic daytime sleepiness and persistent brain fog that would only clear up temporarily when I had tea or coffee. There was a day where I drank 8 cups of tea just to be able to get through the day. This is when I realized something was drastically wrong with my health. The next day I quit tea and I couldn't get out of bed. **It was scariest day of my life.** When I went to a doctor, I was told to go back to having tea as she said everything I was experiencing was a normal part of ageing. I am glad I didn't take her seriously. My denial of my poor health and my addictions had kept me going. But finally accepting the poor state of health I was in led me to look for solutions to fix everything that was going wrong. From being diabetic, hypothyroid, depressed, suicidal, fat, unattractive, financially broke, constipated and exhausted all the time, I have come to a point where all of these have been addressed. All this took about 10 months. I am 39 now and have never felt more mentally and physically healthier in my entire life.”

**Thrive's CEO and Functional Nutritionist- Mugdha**

Measure yourself/ your family member on our emotional readiness scale and reach out to us only if you consider yourself ready.

## Thrive's Emotional Readiness Scale

### Do you believe

- ✓ You deserve good health
- ✓ You need help for your health
- ✓ Food has an important role to play in health
- ✓ Medicines/ Pills cannot resolve diseases from the root
- ✓ You are 100% committed to your health goals
- ✓ You are willing to resist social / family pressure that obstructs your health goals
- ✓ You are willing to learn new things about your health
- ✓ You are willing to make lifestyle changes
- ✓ That every bite that you put into your mouth can affect your health

If you have answered yes to all the questions above, then you are Emotionally Ready for Healing. If you have answered no to even one of the above questions, then you are not emotionally ready for our mentoring. However, if you have realized you are not ready and would like our mentoring in getting you to a place where you are emotionally ready, we can help you with this.

## About Thrive

We have a simple goal; to mentor anyone who is emotionally ready for healing and take them on a journey towards PureHealth.

“I was **just like you**, deeply trusting conventional medicine until I went through severe personal health crisis. That’s when my disappointment began- I was swinging helplessly between incorrect diagnosis, ineffective treatments and inconsiderate practitioners and I began losing all hope of ever getting back my health. It was then that I decided to look at other possibilities for healing. I dove deep into understanding how the body works, why it goes into a state of dysfunction and how it stays disease free and repels illnesses.

And in doing so, **I discovered the power of food as medicine**. I learnt food literally creates our body and influences our thoughts. As my understanding of the body deepened, I was able to restore my own health by harnessing the power of food. I soon discovered that the **knowledge I had gained was of immense value to others suffering like I had**. That’s how Thrive was born.

I now partner with anyone **who is emotionally ready** to start their own healing journey. If you too are ready to experience sustainable health, reach out to Thrive and I’ll take you there”

## Meet your Coach



With a Master's degree in Nutrition, Mugdha has worked in multiple roles in the health and wellness domain over the last 16 years. She has successfully reversed chronic diseases like diabetes, hypothyroidism, depression, liver dysfunction and severe hormonal imbalances. One of Thrive's co-founders, she now works with many, helping them realize their health and happiness, through nutrition.

Her belief?

**A healthy mind in a healthy body is the true source of wealth, for us and for our loved ones**

**Disclaimer:** Although the tests and assessment of the same are generally safe, those seeking help for specific medical conditions are advised to consult a qualified Health professional. The recommendations given in this book are solely intended as education and information and are not to be taken as medical advice. The authors do not accept liability for readers who choose to self-prescribe.