Critical Blood Work Marker Predicts Risk of Mortality Transcript

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What RAR Is and Why It Matters

Hi everybody. Today I want to share something with you that is so important in the research in terms of blood work. This marker is called RAR. R-A-R is a marker that shows and predicts mortality across multiple conditions.

So this means if your R. A. R. is healthy, things are looking more healthy and optimal for you. If the R A R is too high, that can be a predisposition for neuroinflammation.

This means things like Parkinson's, Alzheimer's. It can also be a marker showing inflammation, stress, and malnutrition. So this marker is so important and it is cheap and easy to get.

it's not something fancy.

How to Find RDW and Albumin on Blood Work

You can actually get it right now from your previous blood work. this is things Go find some of your recent blood work and we'll do this calculation. It takes just a couple seconds.

I'll give you a moment to go find your bloodwork. So this RDW is on a CBC, a complete blood count. Really cheap, couple bucks, and usually done with a regular annual panel.

To find you RDw on your CPC complete count, this is usually marked as a percentage. The second one, albumin, is this usually on metabolic panel, Now, a metabolic panel might look like a CMP on yours or a BMP.

This stands for a complete metabolic or basic metabolic. So find your metabolic and look for albumin. It is usually marked as grams over deciliter. Once you find the numbers, grab your calculator and we'll do some math.

Calculating Your RAR Ratio

These are my numbers from a couple of years ago. but my RDW is a 12.4, my albumin was a 4.7. So you do this calculation, simple division, the 12 point four divided by 4 point seven, or take your RDw divided your albumins.

I'll let you to do some math. Okay, so this gives you your number, your ratio. Mine is 2.64. Ideally, we want this number to be less than 3.5. 3.5 is considered healthy and normal.

Healthy vs High RAR Results

Now, if that's you, amazing work. Great job. And now we can start to optimize. So we've crossed off some of the big bad scaries. and now you might be wanting to hear more about what can I do to feel even better?

Or what if you know that something's still not quite right? Hold on. I'll tell you more in a minute. If your number is above 3.5, I want to help you. This is something that is very preventable.

We can get inflammation down. we can Get nutrition up and we could prevent oxidative stress from coming back so that you don't have to worry about neuroinflammation or other diseases coming on down the line.

So how I help people? is I love to help decode patterns.

Using Pattern Lab to Decode Health Patterns

And this is something that is happening in your body right now. It might be a precursor before something gets so bad. So let's use this information to optimize and prepare.

If you're already in a place where your RAR is looking good, that's wonderful. You might want to look more deeply on a day-to-day basis at what are your hormones doing?

What's your blood sugar doing, how do those interrelate? That's why I created the Pattern Lab, so that you can see what's going on in detail, day to day, week by week, for an entire month, and you decode your patterns so you see the patterns of what is going in your body, where does your need support on day today basis that can be seen from the comfort of your home, on your phone.

It's super cool. And the people who have done this have had great success and great insight on their health. Now, for those of you with the higher number, the 3.5, The Pattern Lab can still be helpful for you, but we've got some work to get the inflammation down.

Next Steps and Call to Action

I would love to help. It I've strategies that help people feel better in just a few weeks rather than drawing this out for years where it might take months to reverse.

Use the link below. If you haven't done an RAR in a couple of years and you'd like a fresh one, click on the I'm so excited for you to feel well and have an optimal life of your dreams.

I'll see you soon.