



The H Factor Solution: Homocysteine, the Best Single Indicator of Whether You Are Likely to Live Long or Die Young

James Braly, Patrick Holford

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Staying healthy, happy, clearheaded, and full of energy into old age - this is what we all want. But insuring that we do depends on how well we can "read" the state of our health. What if there was a single test that could do that, as well as point the way to a superhealthy future? Fortunately, there is. This test measures your level of homocysteine, an amino acid that is found naturally in the blood.

High levels of homocysteine, or a high "H Score," predicts your risk of more than 100 diseases and medical conditions, including Alzheimer's disease, cardiovascular disease, cancer and depression. In fact, it is even more accurate than a cholesterol reading for predicting the risk of heart attack or stroke. It also is the single best functional indicator of folate, B12, and B6 vitamin status. When homocysteine is high, one or more of these vitamins is low. Moreover, elevated homocysteine is an excellent biological marker for glutathione, SAMe, L-cysteine, and methyl donor deficiencies; when homocysteine is high, one or more of these critical anti-aging, health-promoting natural body chemicals is deficient.

In *The H-Factor Solution*, best-selling authors Dr. James Braly and Patrick Holford clearly explain what factors contribute to a high H score and how you can go about dramatically lowering your level to a risk-free range with simple dietary changes and nutrient supplementation. They also describe exciting advancements in laboratory testing and provide a clear definition of the optimal range of homocysteine.

Based on groundbreaking research, this informative book is your guide to a superhealthy H score. Knowing your score and taking the appropriate steps to lower it and keep it low can add quality years to your life.

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