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The H Factor: Homocysteine - The Biggest Breakthrough of the Century

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In the last decade the role of Methylation, that billion times a second process that helps handle the ten tons of food we eat in a lifetime and keep everything in balance has become better understood. With that our understanding of the role of homocysteine as a vital biomarker for health and disease has been highlighted.

Halford and Braly have done an excellent job in unpacking the enormous amount of research evidence that supports the claims for Homocysteine's central role as a key biomarker for, not only heart disease, stroke, cancer, diabetes and Alzheimer's but, for over 50 other common diseases.

I am somewhat averse to grand claims for anything, especially 'Breakthroughs' that turn out to be less special in time. Having said that, I have to admit that the discovery of the central role of homocysteine, by Dr. Kilmer McCully in 1968, as probably one of your single most vital health statistics, is a convincing one.

The book is broken down into five major parts.

Part one explains what homocysteine is, why it's so bad when elevated, how lowering it decreases your risk of having the top five killer diseases.

Part two explains the risk factors for high homocysteine, and how you can test your own H level and see where you are on the scale from health to disease.

Part three gives you detailed information on some of the 50 medical conditions now linked to high homocysteine.

Part four gives you the *raison d'etre* of their H factor programme.

Part five explains why certain supplements can lower high homocysteine levels and which combinations and doses work best, depending on your H score.

Inevitably with a single theme book the uniformed reader might get over focused on this one, all be it, vital biomarker. That said, the fact that there is now a simple self-administered blood test that can measure one's H score and with not too arduous or expensive dietary and supplementation, one can reduce this score from high to very low risk in a matter of months and so potentially halve your risk of disease, has to be a good thing!

I was suitably chastened to find my score only average so I am now working on getting to the lowest risk category. If you did one blood test for yourself & your patients this might be the most vital for their future. Hear the lecture, read the book, apply the learning and may be, change the length of your life!

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