



# **Your Blood Never Lies: How to Read a Blood Test for a Longer, Healthier Life**

*James B. LaValle*

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A standard blood test indicates how well the kidneys and liver are functioning, the potential for heart disease, and a host of other vital health markers. Unfortunately, most of us cannot decipher these results ourselves, nor can we even formulate the right questions to ask about them—or we couldn't until now.

In *Your Blood Never Lies*, best-selling author James LaValle clears up the mystery surrounding blood test results. In simple

language, he explains all of the information found on these forms, making it understandable and accessible. This means that you can look at the results yourself and know the significance of each marker. Dr. LaValle even recommends

the most effective conventional and complementary treatments for dealing with any problematic findings. Rounding out the book are the names of test markers that

should be requested for a more complete physical picture.

A blood test can reveal so much about your body, but only if you can interpret the results. *Your Blood Never Lies* provides the up-to-date information you need to take control of your health.

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