



The 5 Biggest Lies about Lab Testing that are Keeping You Fat,
Fatigued and Feeling “Older Than Your Years”

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Table of Contents

[Lie #1](#): Check Engine Light and Black Box Syndrome

[Lie #2](#): When Does 'Aging Before Your Years' Actually Start

[Lie #3](#): The 5th Vital Sign – What You Are Missing

[Lie #4](#): How Traditional Testing is Really Aging You Before Your Years

[Lie #5](#): Why “Normal Labs” Aren’t Necessarily Normal

[Bonus video](#): The 5 Essential Truths About Hormones

Lie #1: CHECK ENGINE LIGHT and Black Box Syndrome

One of the most anxiety provoking feelings that you can experience is driving down the road in your vehicle and notice a CHECK ENGINE LIGHT. Who knows what is lurking under your hood – is it a small problem, is it something that's going to cause you to break down or even worse, a completely blown engine. Even worse in life, is the phenomenon noted as the Black Box Syndrome. After every major plane crash, investigators are scrambling, pointing fingers and looking for the Black Box. In many ways this is often the lifecycle that otherwise healthy appearing adults will confront at least once or twice with someone they care about if not themselves. Wouldn't it be amazing to have a warning signal 10 to 20 or even 30 years in advance of a lurking problem that could easily be addressed and avoid all the inconveniences, risk and disability that a CHECK ENGINE LIGHT or Black Box Syndrome presents?

Well if you are already reading this, then something already tells you that there is an early warning system that could easily avert many of the medical disasters in emergency rooms and intensive care units all across the country. The question you are already asking "What if some type of test, the right test for the right person at the right time could, with simple certainty, pinpoint what is going on in a way that would allow you to manage it in a way that you prefer to manage it and avoid any way you would not like to manage it?"

At this point I am not trying to talk you into anything because you have already very astutely concluded that there really is a Check Engine Light and Black Box Syndrome that applies not only to your vehicle and the aviation industry, but to you as well.

Lie #2: When Does 'Aging Before Your Years' Actually Start

So many times, doctors become very reactive when a female reaches menopause or the change of life (average age 51 years of age) or in men the andropause which is a singular equivalent. Have you ever wondered if there is aging between 30 and 50 years of age? Well, if your guess from high school reunions and looking through photo albums and Facebook selfies hasn't convinced you, you are well aware that aging starts as early as your late 20's and early 30's. It could be argued that there are both hidden and obvious aging going on between ages 30 and 40. Between 30 and 40 there are definitely pronounced changes in your health and beauty. Between 40 and 50 it is hyper-accelerated aging until there is no tomorrow and the process gets worse the older that you chronologically get.

So, what does Anti-aging do differently than traditional medicine? Traditional medicine is working completely opposite to Anti-aging. Anti-aging gets you youthful first so that you can be healthy rather than traditional medicine which is a very reactive approach that feels like a full course press the moment you hit your middle years. And not to mention how much more expensive and intensive the process is to wind you back to a point earlier in your life when there has been 20 or 30 years of neglect.

As many of you have guessed, there really is a way to roadmap you back to the way things were ideal when you were 20. In other words, you had your youthful blueprint. There was a time when you had the most perfect pattern of natural chemicals flowing through your body. That's why youth is perfect health and you had a youthful roadmap in your earlier years. The good news is that there is a way to rewind you back to this blueprint so that you can start enjoying all the things you enjoyed about being young again.

Lie #3: The 5th Vital Sign – What You Are Missing

This was taken from a recent interview with Dr. Moricz:

Interviewer: Interesting, Dr. Moricz. Then how do you account for your success with helping people feel and perform like they did years ago? How do you teach your clients and get the success that your system is well known for?

Dr. Moricz: You brought up a valid point and I will share the secret that has enabled people to go from measuring a number that is not essentially as important as the next concept that I'm going to discuss, which is body composition. In other words, how do you show people the value of switching from measuring weight to actual body composition so that their success is better monitored and long-term success can even be achieved? Well, let me start with a very simple example. Arnold Schwarzenegger, whom most people know from either the movies or politics, or just from living in the United States. Take someone of his build and frame and have him weighed on a scale at a doctor's office. Well, it's apparent that, based on his height, he actually weighs too much. Next, someone built like him would go to the insurance company to be evaluated by what's called the Body Mass Index, or BMI, which is based on weight, height and surface area. It's obvious that after he is placed on one of these insurance chart tables, which incidentally are often used by many weight management studies and are possibly incorrectly, it is apparent that he is way "off the chart" and will not qualify for health or life insurance. Next, he comes to the Youthful Blueprint System, where we perform a body composition analysis. This measures that actual composition that makes up weight. In other words, for the purposes of our discussion, the body is broken down into water weight, bone weight, fat weight and lean muscle mass weight. The most important two factors involve fat and muscle content. So, when looking at a person's body composition, the most important thing is to look at these two components.

In the case of someone like Arnold Schwarzenegger, you would find out that he is mostly muscle and has very little fat. So, in fact, body composition is more truly reflective of his weight situation and, therefore would be the most accurate way to assess someone at the initiation of a weight management program as they head toward long-term maintenance.

Lie #4: How Traditional Testing is Really Aging You Before Your Years

CLICK HERE for amazing discovery with Dr. Moricz:

<https://www.youtube.com/watch?v=fOZGIAzcCok&>

Lie #5: Why “Normal Labs” Aren’t Necessarily Normal

This was taken from a recent interview with Dr. Moricz:

Interviewer: Dr. Moricz, give us some examples of why people are currently seeing doctors for hormonal issues, and what that may mean for their improvement.

Dr. Moricz: Well, let’s start with a few examples. Many women will seek out an OBGYN for female hormonal deficiencies in their forties and fifties. Men will often see a urologist for male hormonal deficiency symptoms. Diabetics may seek out a medical endocrinologist because their diabetes is becoming more brittle and hard to manage. Still others will see family doctors for day-to-day fatigue and energy hormone issues. As stated earlier, there is a huge nosedive in hormones as early as the late twenties or early thirties, depending on the individual. I think a big fault is in the way that hormone evaluation and treatment is being handled is that people are making it too late to the doctor, and this means that they are already in trouble. *If I were to withhold treatment for already symptomatic people because their hormonal laboratory tests were in the “normal” range (based on population values for ages 5-80), then I would deny over half the people I see effective medical therapy that would soon relieve their symptoms and improve their quality of life. That leaves a lot to be desired.*

In addition, many of the people that I see who may not have any symptoms at all are already showing early signs of deficiency in multiple hormones. So, to use the example above, if different clients (both men and women) saw different doctors, they may have only one or two hormones tuned. What that implies is that one or two hormones are explaining all the changes in their body which are aging them before their years. NOT!

“IF I WERE TO WITHHOLD TREATMENT FOR ALREADY SYMPTOMATIC PEOPLE BECAUSE THEIR HORMONAL LABORATORY TESTS WERE IN THE “NORMAL” RANGE (BASED ON POPULATION VALUES FOR AGES 5-80), THEN I WOULD DENY OVER HALF THE PEOPLE I SEE EFFECTIVE MEDICAL THERAPY THAT WOULD SOON RELIEVE THEIR SYMPTOMS AND IMPROVE THEIR QUALITY OF LIFE”

Bonus video: The 5 Essential Truths About Hormones

<https://www.youtube.com/watch?v=CWusILGagNI&t=2s>

P.S. To RECEIVE all of Dr. Moricz’s age defying SECRETS, go to doctormoricz.com.