



## Live Blood Analysis – what it reveals

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Does your early morning routine involve required doses of caffeine to get you going? Ever feel sluggish after a meal or fuzz brained? Worried that things may be swimming in your blood that you are host to? Maybe you are like me, just curious to see what your blood looks like under an 18,000 powered microscope.

Through a live blood analysis, you can see the life gifting element of your body come alive - your blood. After the doctor takes one small drop of blood and places it on the slide, you observe as your blood reveals nutritional deficiencies, hormonal imbalances, yeast overgrowths, digestive problems, metal toxicity, liver stress, bacteria and parasite levels. The mysteries of your health become revealed and through the 45 minute assessment provided from your practitioner, you learn how to clean your blood and become an active participant in correcting any areas of concern. In partnership with your practitioner, you establish a proactive nutritional plan that will put you back in control of your own health.

A growing number of practitioners in North America are rediscovering Live blood Microscopy, a popular procedure and mainstay of preventive medicine in Europe. Live blood Microscopy was first used in medicine for diagnosing infections. In part because of the pioneering efforts of Canadian scientist Gaston Naessens in the 1980s, Live blood Microscopy is gaining popularity, especially with naturopaths and holistic doctors.

Live blood analysis differs from traditional medical blood testing in which preserved blood is sent to a laboratory for an "autopsy" and analyzed for chemical composition and cell counts.

Is it Quackery?

As with any well intentioned health assessment tool, Live Blood Analysis, when in the hands of unqualified and unskilled practitioners, can be used as a means to scare clients into buying an enormous amount of unneeded supplements. Through our training at OHC, we learned that, when performed incorrectly, a blood sample can seem to reveal horrid amount of toxins, stickiness, and a sample that scares even trained practitioners. I know, early in my training, I made those same mistakes. When the blood is sampled correctly it becomes a very useful tool in analyzing a client's health and diet.

The amount of information gathered from your blood allows your natural health practitioner to determine deficiencies, and areas to concentrate attention so to get you feeling your healthy self as soon as possible.

As a rule, if a practitioner takes a sample, shows you a messy picture of your blood, then asks you to drink something or take a supplement to clean your blood and retests the blood within the same visit, the tests are being used to 'sell' something. At our labs at OHC we use a variety of tests and methods to understand a full picture of our client's health, Live Blood Analysis being only one avenue.

What to expect?

In a sterile environment, a licensed practitioner draws a drop of your blood from your fingertip and places it on a microscopic slide. Then a very powerful lens inside the microscope projects an intimate view of your living blood onto a television screen by way of a video camera. You sit and interact with your practitioner as he or she discusses what is being found, shows you the blood cells moving on the screen, and informs as to the cause and affect of any conditions found. Along the course of the assessment, you get an intimate understanding of your body

chemistry and an understanding of how changes in diet and use of targeted supplementation can be useful tools to regaining your health.

What does Live Blood Analysis reveal?

- Cell size and shape abnormalities from immune system deficiencies
- Blood Cell 'stickiness' where RBC's stick to one another as a result of poor protein digestion
- Dehydration
- Candida/yeast/fungi overgrowths
- Liver Congestion
- Free radicals damage - unstable molecules created by pollution, tobacco smoke, dietary and other toxins
- Bowel toxicity
- Folic acid and vitamin B-12 imbalances
- Iron deficiency
- Uric acid crystal and risk of gout, joint pain and achiness
- Leaky Gut Syndrome
- Poor circulation, oxygenation level and abnormal blood clotting
- Bacteria
- Parasite infestation
- Allergy Responses

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Optimal Health Consulting is a practice that specializes in serving its clients through applying holistic mind, body and spirit practices in the assessment of each health condition. Tina Marie Jones is a Holistic Nutritional Consultant, Certified Group Facilitator, Medical Intuitive, and Spiritual counselor. Mrs. Jones applies a variety of skills from her many years of teachings to connect first with the spirit through prayer and works closely with her clients to empower their return to health. Mrs. Jones is educated from The University of Houston, Main Campus, and Clayton College of Natural Health. Ms. Jones is a Ph.D. candidate in Holistic Nutrition and is an intern for Dr. Tom Hall, N.D. You can contact the offices of Optimal Health Consulting by calling (713) 355-1505 or our mobile line at (832) 452-7242. [www.optimalhealthconsulting.com](http://www.optimalhealthconsulting.com)