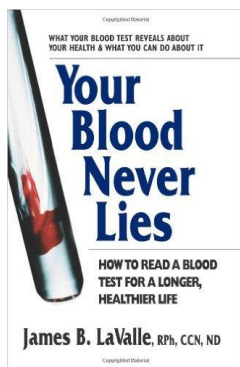


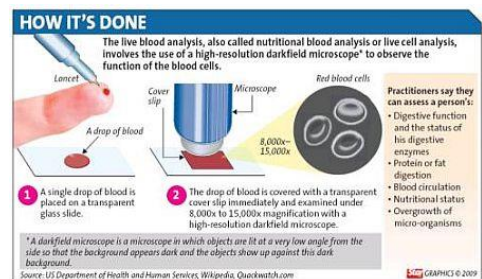
# Nutritional Blood Analysis

In a world with rising rates of chronic disease, it is more important than ever that institutions focused on poor health adopt prevention and wellness models. Equally important is the need for individuals to be proactive when it comes to matters of health. This begins with having a blood test, but more importantly, understanding the results. Making sense of the numbers on your report will give you the ability to improve your health and hopefully steer clear of future medical conditions. When it comes to well-being your blood provides a wealth of reliable information.



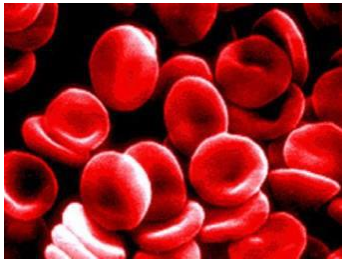
The above is an edited quote from the book “Your Blood Never Lies”, by James B. LaValle. He is of course referring to blood work from lipid panels, metabolic panels, hepatic function panels, hormones and a complete blood count. In his book he teaches how to carefully analyze your lab report so that you can work towards optimal health.

There is however another type of blood test you may not be aware of known as, Nutritional Blood Analysis (NBA). Nutritional Blood Analysis is a procedure where a tiny pinprick of blood is taken from the finger using a sterile disposable lancet.



This is the same procedure used for measuring blood sugar levels in diabetics. The blood sample is placed on a slide and viewed through a high-powered microscope. The image is then projected onto a computer screen to be analyzed by a technician. This allows the viewer to see red and white blood cells, platelets etc., moving in the plasma fluid. The technician will explain what is being viewed and compare it to pictures of healthy blood for the purpose of identifying any potential health concerns. The ideal picture of blood is cells that remain separate while maintaining a uniform shape and size. If the plasma surrounding the cells is clear and

the cells move freely, it is an indication that there is plenty of oxygen in the blood. Sufficient oxygen is beneficial to the immune system in defending against cancer, viruses and germs.



*With a single drop of blood, you can see the effects nutrition has on your cells. In a 30 minute overview, one drop of blood is examined under a high powered microscope and displayed on a LCD monitor. This can help you gain perspective on how the choices you make each day affect your overall health and well-being. Fasting for two hours prior to testing is preferred and you will need to provide a list of any vitamins you are taking.*

An NBA provides a look into your body where a technician can identify the effects of diet and lifestyle. Based on this information they are able to make recommendations for improvements or suggest a follow-up consultation with a health care practitioner.

### **Some conditions that can be addressed:**

- Poor digestion
- Vitamin deficiencies
- Free radical damage
- Yeast/Candida Overgrowth
- Various forms of bacteria
- Parasite activity
- Liver, lung, and colon toxicity
- Immune system overview

### **From Laura**

The first time I had an NBA done was a couple of weeks after a cruise. I was feeling quite sluggish and unfocused. I was surprised to see that my blood cells were stagnant in what looked like cobwebs in my blood! Those cobwebs were yeast, or candida. I immediately started a 30-day whole body herbal cleanse. When I retested, it clearly was beneficial to do the cleanse. There were no “cobwebs” and my blood cells were moving along as they should. Not surprisingly my energy levels have returned to normal.



Like many alternative health practices there are detractors of NBA practices, but after hearing testimonials from our customers, and my own personal experience, I became a believer.

## **Come see the condition of your blood through a live Nutritional Blood Analysis.**

Danielle Johnson is a Certified Nutritional Microscopist (CNM), Certified Natural Health Professional (CNHP) and Certified Health Specialist (CHS). She will be at Perfect Balance Wellness on Thursday, March 1<sup>st</sup> to conduct this test and provide a half hour consultation. Call or come by the store to leave a deposit and schedule your time with Danielle.

**Seating is limited and you must pre-register! Reserve your appointment with a \$10 deposit for:**

**Thursday March 1st @ Perfect Balance Wellness 352-597-8100**



Nutritional Live Blood Analysis is intended for EDUCATIONAL and nutritional information only and is NOT to be considered medical advice. Please understand that we are NOT diagnosing, prescribing, or treating for any disease or health condition.

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