

# Nutritional microscopy blood observation

Client name: **Nick** \*\*\*

Observation date: 18<sup>th</sup> July 2007

Consultant: \*\*\*

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**Purpose of visit and summary of status:**

We carried out a follow up blood analysis on 18<sup>th</sup> July with a view to assessing your progress with the regime that we have evolved since your first consultation on 14<sup>th</sup> May this year.

At the first consultation we reviewed the medical diagnosis that you had been given and the options that existed for promoting a full return to health. Eating and drinking foods and fluids that create an alkaline pH residue in the blood was the cornerstone. We also emphasised the importance of these being largely raw.

As a method of establishing the pH of fluid directly in contact with your bladder wall, we discussed monitoring your urine pH.

Between the two blood analyses you had internal medical inspections to assess the state of your bladder and tests relating to other medical markers. For these tests to be carried out you ingested and had injections of substances used to facilitate the tests. One of the tests was carried out under a general anaesthetic.

Between the two blood analyses you had lost a substantial amount of excess weight and by the time we met you were sustaining a urine pH of 8 or above.

In addition to eating a high raw vegetable diet and drinking fresh vegetable juices you had been drinking diluted powdered green vegetables, grasses and herbs with alkalising drops. Additionally you had been mixing this with clay powder. More recently you had also added pHour salts (bicarbonate of potassium, calcium, magnesium and sodium) to your regime and a liquid glutathione preparation obtained from the pH miracle Center.

**Live Blood Summary:**

Patterns suggesting acidity and fungal forms were present in both your live blood samples. Crystals can be formed when your body's elimination channels are overwhelmed. The visible presence of target cells suggests that a continued shift away from root vegetables or carbohydrates towards leafy greens and fruits may be helpful.

**Dry Blood Summary:**

Your dry blood samples at this test had a more "washed out" appearance than at the initial consultation. Significantly, however, the polymerised protein pools close to the centre of the layers in your first test dry blood samples were not visible here. Patterns visible in the samples at this test associated with heavy metal toxicity and parasite inclusions are relevant and I believe consistent with the detoxification.

**Nutritional Microscopy Demonstration Overall Summary:**

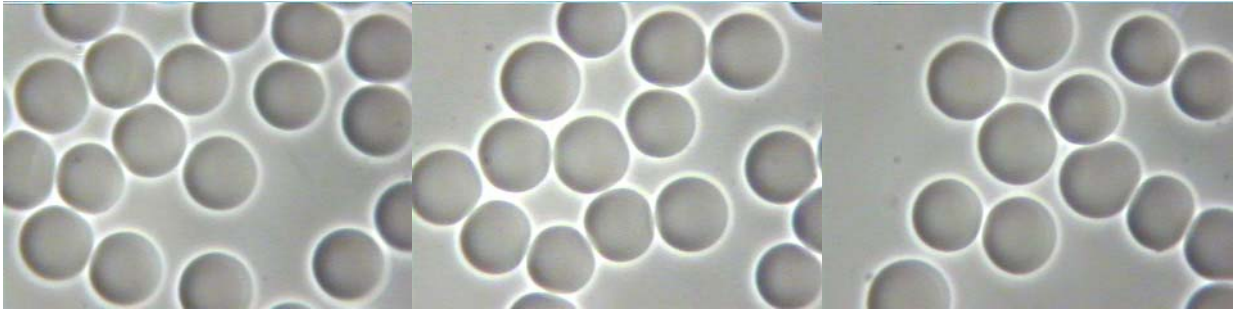
It is my view that what we observed in this second blood analysis was largely the effects of the cleansing and de-toxifying programme that you had pursued with such vigour and discipline since the first consultation. Acids stored in the body's adipose tissue (excess weight) have to be eliminated. The route to either urinary or faecal elimination requires toxic or acidic elements to pass from body tissue in to your blood.

- Maintaining *frequent urination* and *regular defecation* therefore remain utmost priorities.
- This, of course, needs to be supported by continued alkaline food choices with a focus on fresh and raw green foods.

**Explanatory notes:****Live Blood Analysis: UNCHANGED BLOOD SUMMARY****Healthy Balanced Blood**

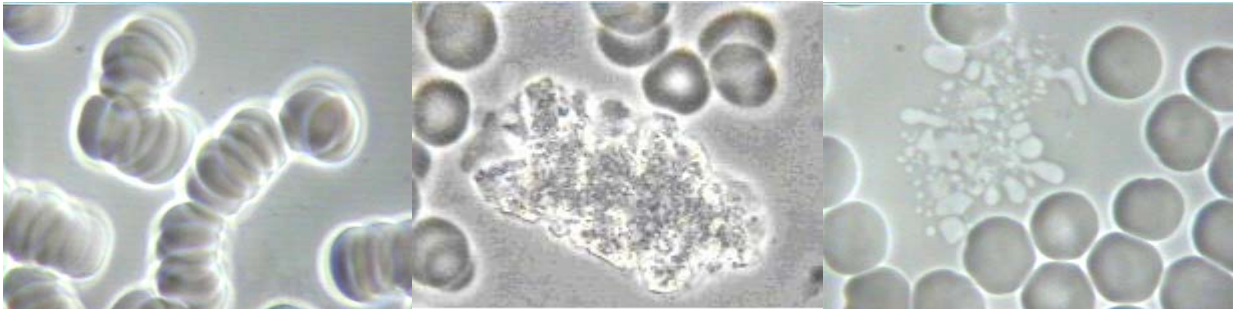
Healthy blood in live analysis should have the red blood cells

- residing freely in their own space
- not overlapping or sticking together
- but gently repelling each other because of their negative charge
- uniform in size, shape, and colour

**Un-Healthy Out of Balance Blood**

The blood serum surrounding the cells should be clear without

- parasitic forms
- bacteria
- yeast
- mould
- crystals
- other undesired floating masses.



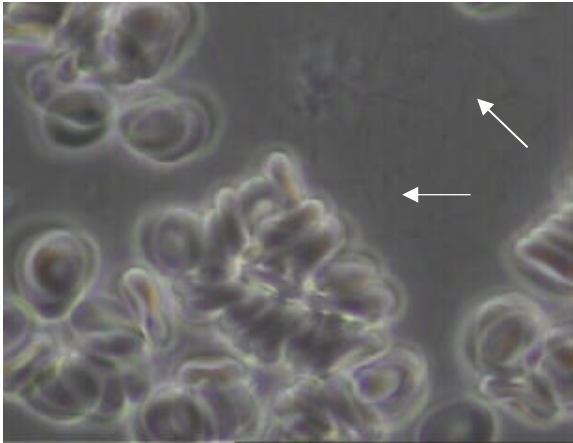
**Phenomena observed in your blood**

**Live Blood Analysis: UNCHANGED BLOOD SUMMARY**

**Red Bloods Cells:**

**Groupings:**

**Fibrin “Spicules”**



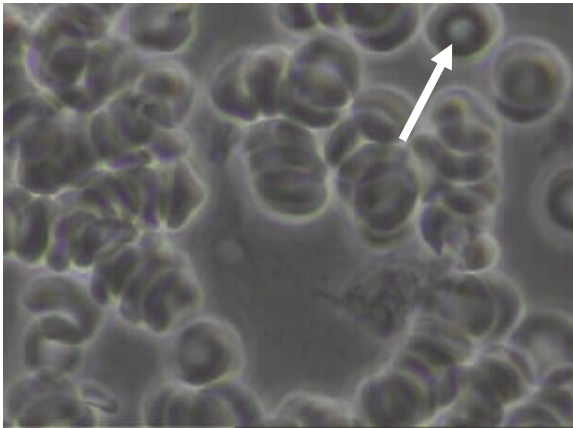
Often coincides with RBC, Platelet, and WBC aggregation. They are involved in clotting to prevent internal bleeding. There is usually an increase during detoxification with the complete program and effective diet because the body is pulling acids stored in the connective tissues back into bloodstream for elimination. Otherwise, is related to congestion or damage to intestinal villii in the small intestine (a lack of nutrient absorption); liver, kidney, skin, and spleen saturated with acids and deficient in sodium bicarbonate (filter organ stress). More significant disorganization from increased acids and lack of alkaline buffers leading to challenges in Gall Bladder (Stones? Removed? Bile salt level off) and Pancreas challenges.

**Yeast Levels:**

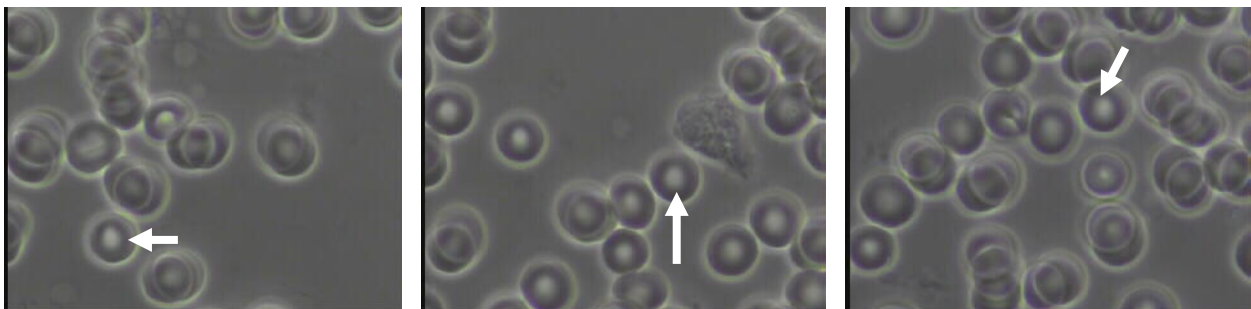
**Target Cells- “Bulls Eye Cells”**

Fermenting RBCs; White spots or white yeast forms inside RBCs; Indicates the diet is too high in carbohydrates/simple sugars; sugar intolerance and/or imbalance; endocrine system/ pancreas stress

i)



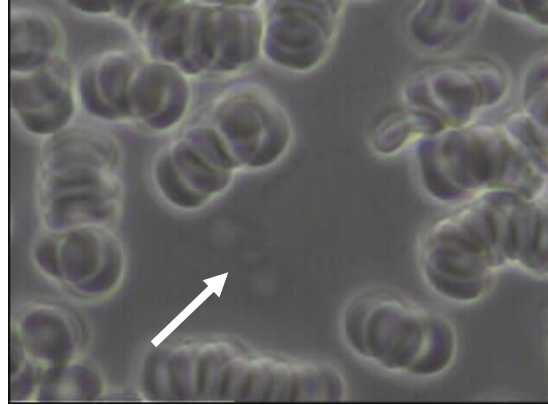
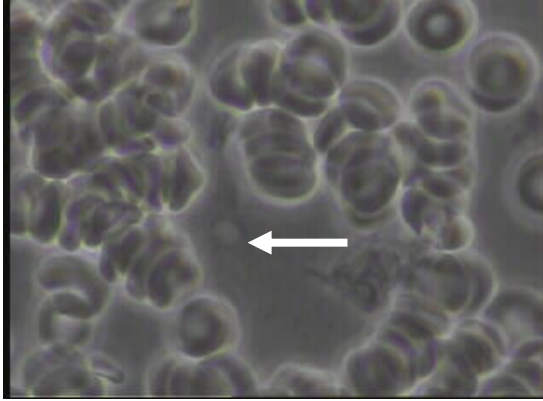
ii)



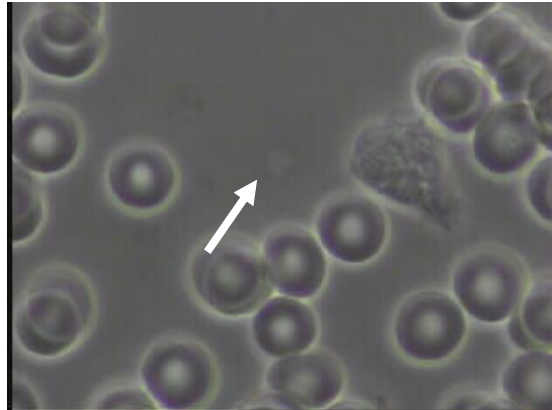
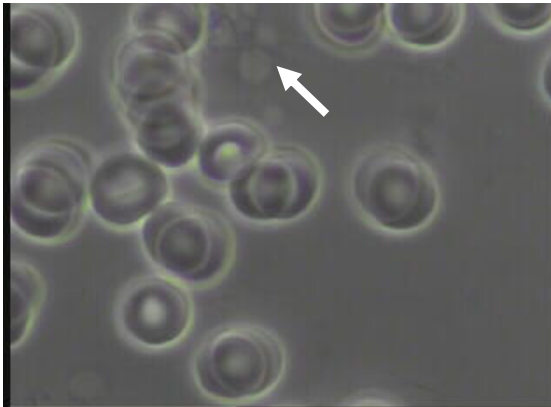
**Yeast (Y-form, M-form, G-form)**

Born out of RBCs due to blood pH imbalance from latent tissue acidosis; diet too high in protein, carbohydrates/ sugars; may be caused by excess antibiotic use, hormonal therapy, steroid use; fungal outfections.

i)



ii)

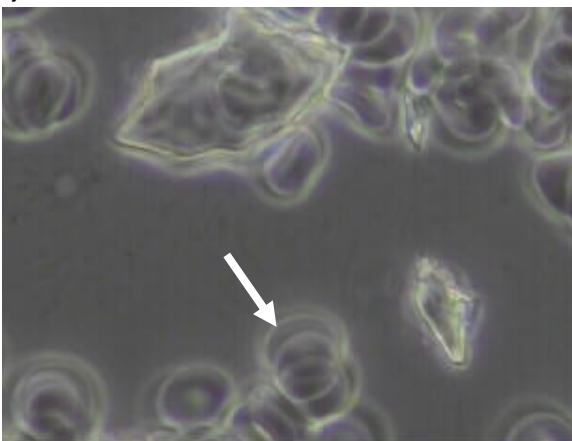


**Fats:**

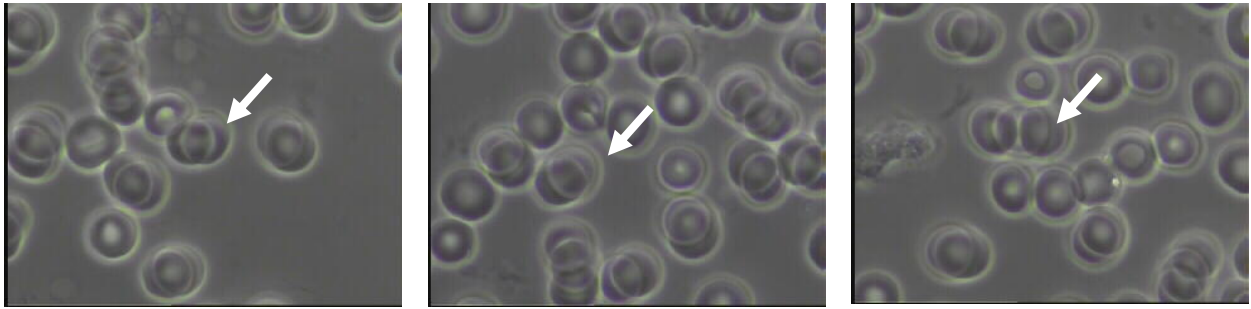
**Hemolysis - "Shadow or Ghost Cells."**

Ruptured, disorganizing RBCs, the reflective lipid coating has been disintegrated. Can occur from the sample having too much exposure to ambient air (Microscopist error); acid producing diet, and poor assimilation of nutrients; not enough good fats and green foods in diet.

i)



ii)



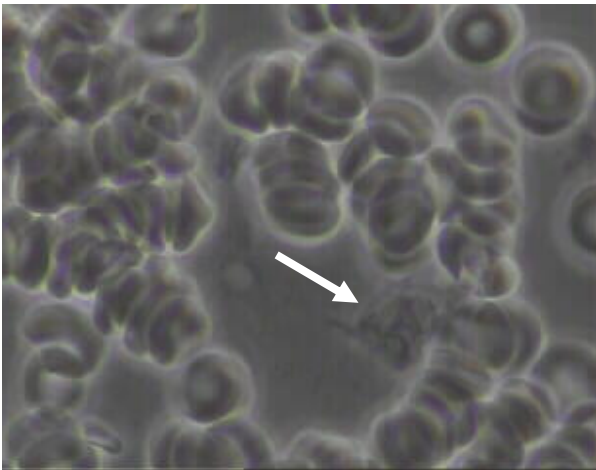
**White Blood Cells:**

**Granulocytes – ‘Vacuum Cleaners’ of the Blood**

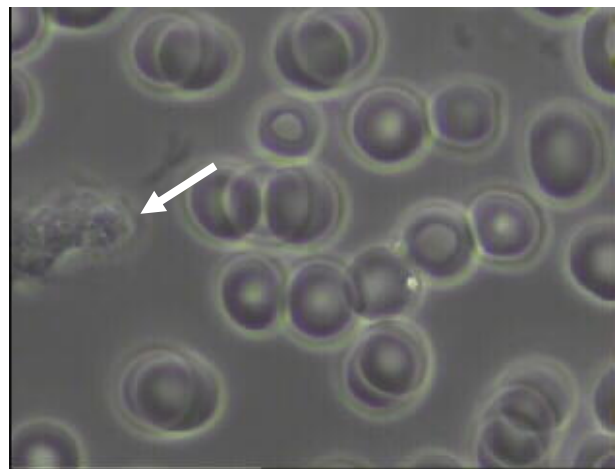
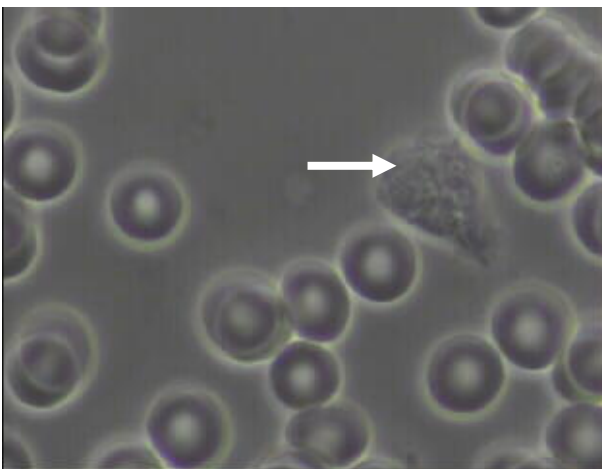
**Neutrophils - (High, In Range, Low)**

Common ‘garbage collectors’ that gather up the bacteria and yeast by streaming and moving through the bloodstream.

i)



ii)



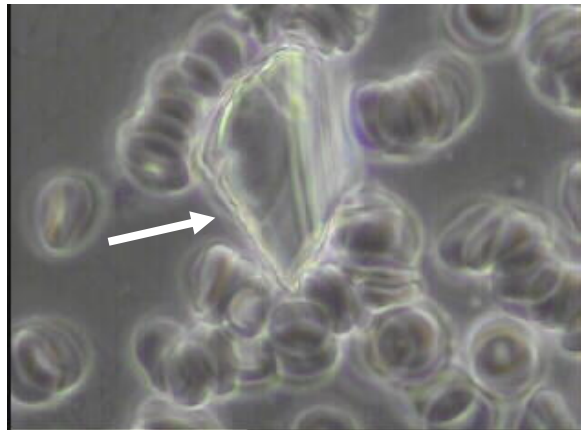
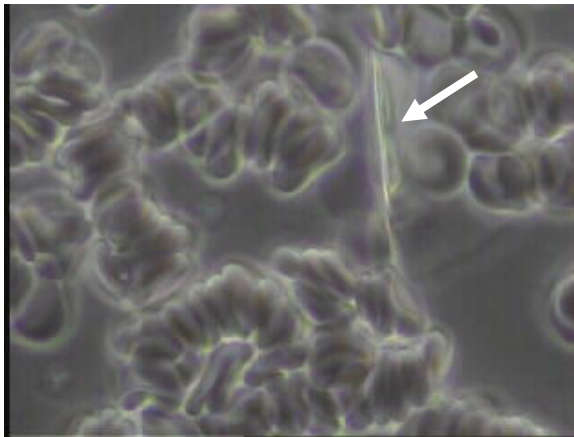
**Crystals:**

Crystals are observed when there is excess acidity. It is the body's preservation mechanism to buffer acidity and create a solid form which is less toxic than the liquid acids. Crystals are perceived to be the signature of the microzyma fermenting sugar, protein or fat.

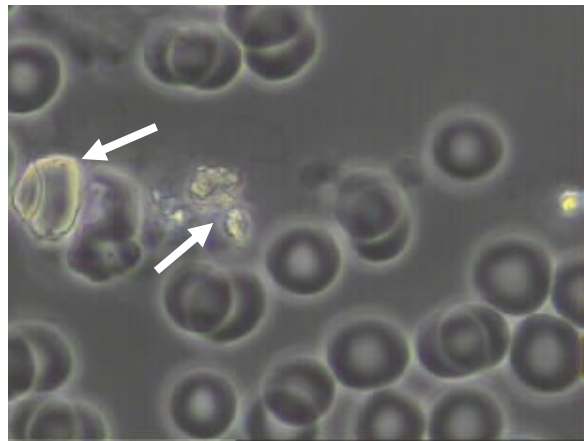
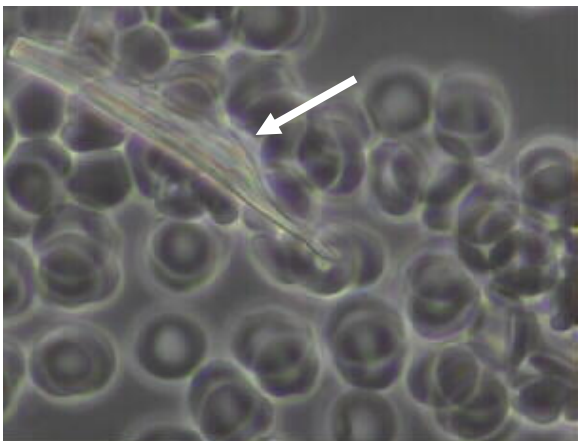
**Colour**

**White- Acetic, Citric and Butyric Acid - Fermentation of sugars (glucose)**

i)

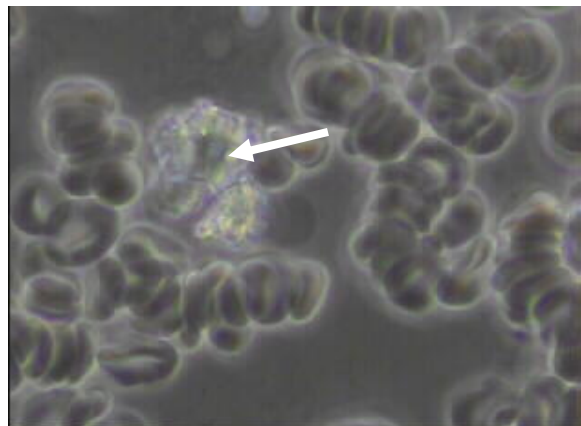
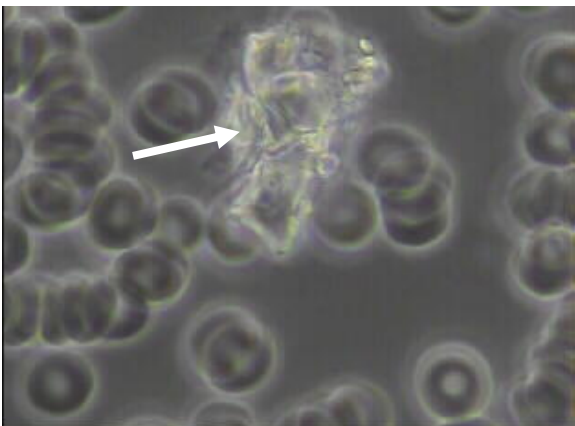


ii)



**Shape**

**Trapezoid Crystals that Appear Like Broken Glass - high blood pressure, arterial sclerosis**



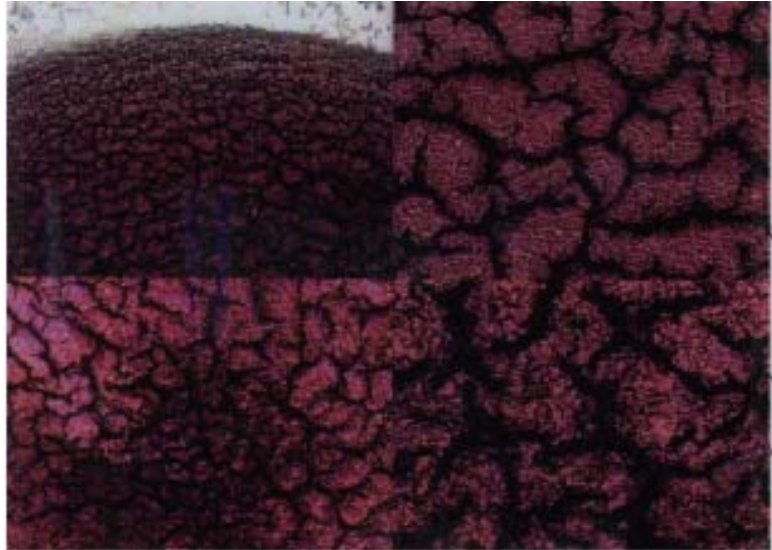
## **Explanatory notes:**

### **Dry Blood Analysis: MYCOTOXIC OXIDATIVE STRESS SUMMARY**

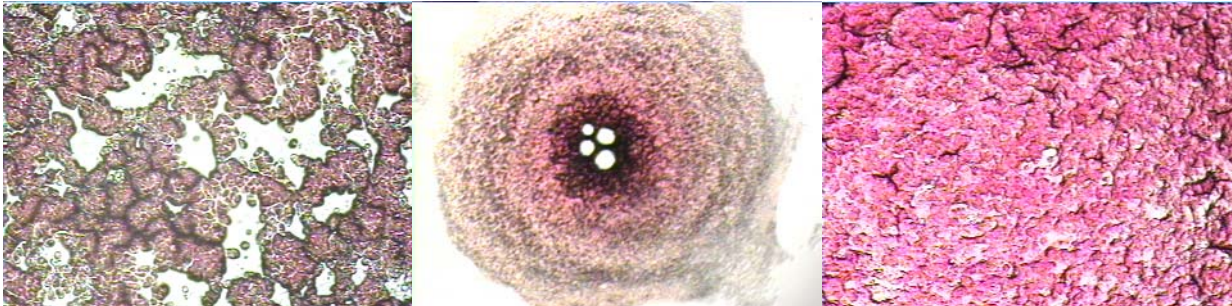
1. Healthy blood in the dry evaluation should show consistency in the intermeshed fibrin protein lines (These are visually comparable to a cobweb).

2. Colouring in a healthy sample should appear evenly bright red. Loss of colour is a representation of the level of acidosis in the body tissues.

3. There is an absence of white protein pools which represent the severity of cellular disorganization and toxic activity that has resulted from acids settling in the body and causing irritation/inflammation or a degenerative condition.



**Patterns and white “protein pools” are evaluated by size, clarity, shape and location:**



#### Size:

It is healthier to see protein pools small

- Under 10 Microns – Hypersensitivities, allergic reactions
- 10-40 Microns – Irritation/Inflammation, Physical/Emotional Stress, Physical Strain
- Over 40 Microns – Disorganizing Condition/Degeneration

#### Clarity:

- It is healthier to see the protein pools clear
- Those littered with cellular debris such as red blood cells, sialic acid beads and even tissue are high valence conditions.

#### Shape

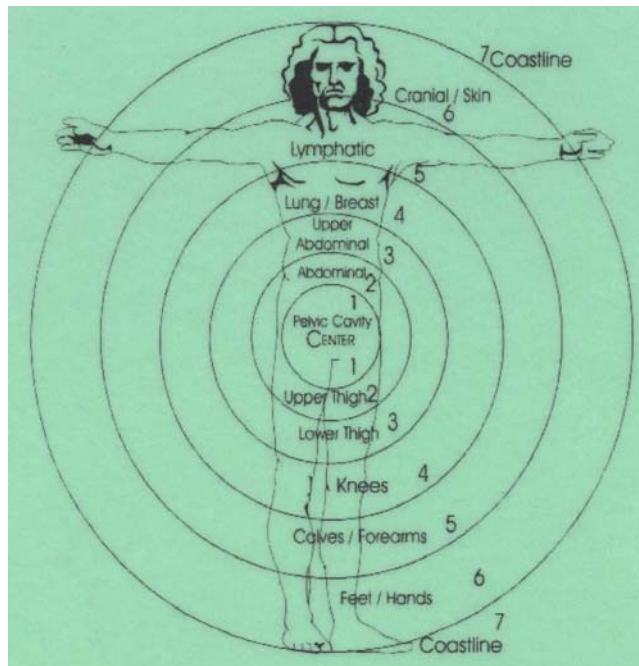
- It is healthier to see a round shape
- Irregular shape patterns indicate higher valence conditions

#### Location in the Layer

- Ring – the location of a blood pattern within one individual drop of blood
- Layer – the indication of which of 8 layers or drops of blood the pattern is found

**The Rings of the MOST:**

This map is representative of each of the eight layers taken on the MOST Sample



**The Layers (Drops) of the MOST:**

Layers 1-3: Shallow, temporary, surface

Present in the past few months

1 – Shallow, Temporary; Low Valance: Condition on outside of body, skin, lymph, eyes, ears, nose, throat, mouth, head/brain, hips, hands/feet.

2 – Gradually Deeper; Low Valance

3 – Seated Problems; Medium Valance: Lung, breast, hormone conditions

Layers 4-6: Gradually deeper, toward centre

Developing over the past few years

4 – Look to Lymphatic Profile; Deeper Seated

5 – Look to Allergies Profile; Even Deeper Seated

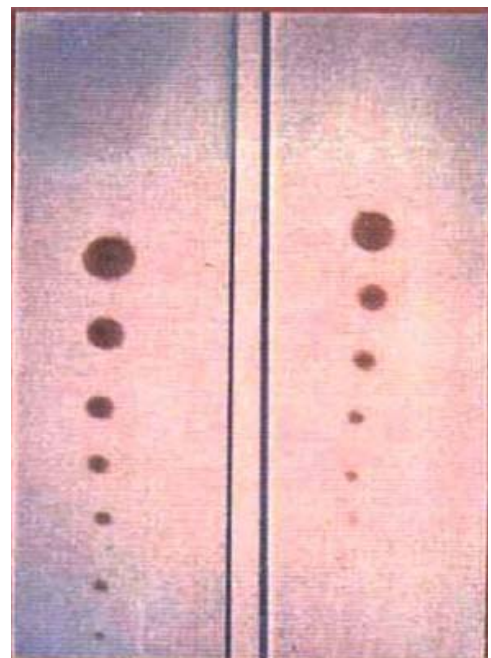
6 – Gets More Accurate & Serious: Sex organs, kidneys, liver, spleen, gall bladder, pancreas, stomach, stress, allergic sensitivities

Layers 7-8: Deep seated, more chronic, centre of body/organs

lifetime challenges

7 – Chronic Seated Problems; High Valance

8 – Look to Centre of Body; High Valance



## **Phenomena observed in your blood**

### **Dry Blood Analysis: MYCOTOXIC OXIDATIVE STRESS SUMMARY**

PPP = polymerised protein pool

#### **Patterns Seen in the Outside of the Body in Rings 6-7**

##### **Heavy Metals**



Appear as dark ring around the outside of sample or black 'chunks' or waves spinning to the outside. Perceived to be holding metals in the tissue which may be due to dental fillings, first or second hand cigarette smoke, environmental pollutants, cleaning products, personal care products, water pipes, table salt, acid music, acid thoughts, etc.

#### **Patterns Seen in the Middle of the Body in Rings 4-5**

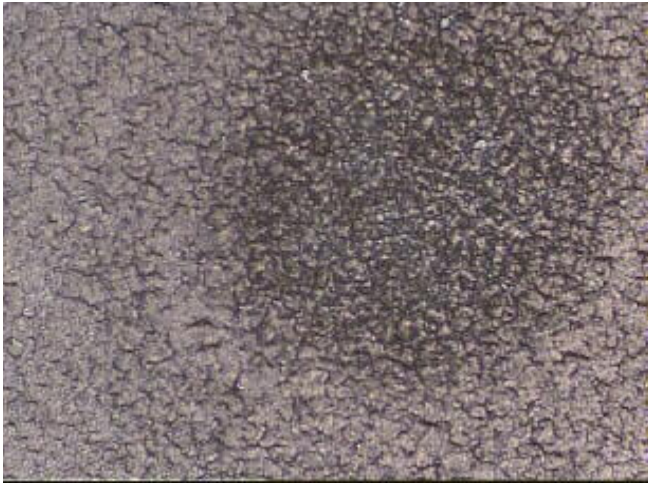
##### **Lymphatic, Bone and/or Shoulder, Neck, Throat, Calves or Forearms Challenge**



Appear as systemic or localized PPPs in 5<sup>th</sup> Ring. Perceived to be lymphatic challenges, swollen or sore lymph nodes, lack of exercise; sore neck or throat; pain in the calves or forearms.

**Patterns Seen in the Centre of the Body, Pelvic Cavity in Ring 1-3**

**Allergy-Irritation-Sensitivities**



Appears as 'snow storm' of PPPs in the centre of sample less **than 10 microns** in size; the colour of the blood appears pink, tan or black. Perceived to be environmental acid sensitivities to dust, dander, pollen, certain plants or animals, etc. and dietary acid sensitivities.

**Bowel Toxicity**

Appears as a dark centre of on the sample and/or a cluster pattern of protein pools between 10-40 microns. Perceived to be small and large bowel holding toxins, possible damage to the intestinal villas, possible pockets in nine yards of intestine, poor or irregular elimination, and poor digestion with gas, pain or bloating.



**Patterns Seen in ANY Rings**

**Parasitic Inclusions**



Appear as black bulges within fibrin net. Possible sources of parasites include diet, raw fish, improperly cooked protein, pets, travel out of country, water supply, weakened white blood cells. Parasites can only exist in an acidic environment with weakened tissue.

**Tan-Brown-Black Colour Throughout Sample**



Indicates high levels of acidity being held throughout the body tissues; yeast/fungal, mould, environmental toxin profile

## **Recommendations:**

### **Commentary:**

First appearances may suggest that challenges are still present. It is however my belief that these pictures reflect a state of transitional de-toxification. The agents used for the medical examinations and stored acidic and toxic elements pass in to the blood on their way out of the body. At this time gentle exercise, hydration, stress reduction, laughter and regular urination and defecation are very important.

### **Food choices:**

Maintaining a diet high in electron rich, nutrient dense, alkalising foods remains the backbone to your continued improvements in health and well-being along with continued weight loss.

Low glycaemic, chlorophyll rich, green vegetables eaten fresh or juiced are important to consume frequently. Other fresh vegetable foods which grow above the ground such as peppers, tomatoes, avocado, fennel, celery, chicory (endive) and fresh herbs need to be regularly included in meals and snacks.

It is however important to keep variety and flavour "on the menu". Sprouted seeds and sprouted lentils along with soaked almonds and sunflower and pumpkin seeds can help to keep your meals tasty.

Occasional fish and healthy fats from olive oil, avocados and hemp oil, along with lemon juice, real salt, pHlavor and black pepper can add flavour.

Consider looking at some of the recipes in Shelley Young's "Back to the House of Health" for inspiration.

### **Liquids and snacks:**

Keeping super-hydrated to help flush out acids remains important.

Juicing fresh greens and if it grows "wheatgrass" remain important for cleansing and de-toxifying.

### **Nutritional Supplements:**

Fresh and alkalising dietary (food) choices are important to maintain. Some of the supplements you are using are likely to be increasing the alkalinity of your blood and body tissue.

I would therefore recommend that you continue with:

1. The Greens and activator.
2. Your omega 3,6,9 supplement **or** hemp oil (rich in Omega 6 and Omega 3 essential fatty acids) – Viridian or Biona from the fridge in health food shops
3. Terra Cleanse or other proprietary montmorellonite clay. **n.b. I would recommend mixing the powder with good quality water and leaving to stand for 6-8 hours prior to consumption rather than adding powder to greens.**
4. pHour salts: used to support / promote alkalising rather than correct acidic indiscretions!

*In addition:*

You could add **soya sprouts** to some of your greens mixes and any raw soups or shakes that you make. These provide an energised plant protein source, rich in phyto-nutrients. They can also make your greens seem a bit more like food than liquid.

### **Cleanse and Detoxify:**

Ridding your body of “store housed” metabolic and ingested acids is, at this stage, *very important*. I am re-iterating earlier points here which need to be built into your daily routine. I’ve also added three further points.

#### Exercise:

Enjoyable, gentle, aerobic exercise can promote increased respiration depth and help mobilise and ultimately eliminate stored and synthesised acids from body tissue. Increased oxygenation of your blood is likely to prevent yeast and moulds from forming. A daily walk to collect a newspaper, playing outside with your children, yoga, cycling or gentle jogging are some possibilities.

#### Hydration:

Drinking herb teas, supergreens or still mineral water, eating water rich vegetables and / or green juices should help to keep your urine *pale and frequent*. This should help promote the elimination of acidic and toxic by-products from your body.

#### Breathing(!):

Your breath is essential in eliminating acidic gases and by products from your body. It is also essential as it drives one of our body’s waste systems the lymphatic system. When we are stressed or sedentary our breathing can become more shallow and less regular. Conscious diaphragmatic breathing, meditation or walking can all be helpful.

#### Skin brushing:

Our skin is the biggest organ of elimination of our body. Brushing off excreted toxic by-products prior to bathing or showering may be helpful.

#### Colon cleansing:

There are still suggestions of bowel toxicity in your dry blood samples. Following a programme of cleansing herbs and associated enemas could help to clear plaques which may have accumulated in your colon. This is something we should discuss. The nutritional, exercise and supplement programme we have created should start to erode any built up toxic matter. A more direct cleaning plan could well help to promote more effective elimination. An experienced practitioner could be helpful here although certain aspects of prescription programmes such as fruit juice should be avoided.

#### Electro magnetic fields (EMF's):

We have previously discussed how EMF's may disrupt our body’s intra and inter-cellular function. Avoiding their effects is challenging in the 21<sup>st</sup> century, but I would encourage you to continue to be conscious of the potential adverse effects of lengthy mobile phone use or sustained periods in wireless network zones.

**Detoxification effects:**

This is a period of substantial re-orientation for you and your body. You are putting very different “fuel” into your cells which means that different metabolic pathways are being invoked. Release of stored acids from body cells is being combined with the ingestion of highly alkalising agents. It is therefore likely that your elimination channels may become “stressed”. Periods of relaxation and calm may help the re-orientation required.

Remember that detoxification may at times be accompanied by flu-like symptoms, such as diarrhoea, headache, nausea, rashes, nasal congestion, etc. It may also feel like a reoccurrence of “old” symptomologies.

All of these things are the body’s attempts at removing excess acidity. This is a good thing. Its better that these toxic by-products are coming out rather than being stored in or “polluting” your body.

**General summary:**

I have been overwhelmingly impressed by the vigour and commitment that you have shown in taking charge of your health.

While at first appearances these pictures of your blood may not seem to fully reflect the massive strides that you have made with your health, a deeper level of understanding is called for. I would suggest that what we saw in your live blood were crystals and other forms, which was a reflection of released toxicity passing through your blood.

The washed out appearance of some your dry blood samples reflected the disturbance of metabolic and ingested wastes from your tissue, but **significantly** the concentrated sialic acid pools in the centre of your dry blood samples at the last test were no longer visible.

One of the most important things now is maintaining momentum with your new dietary and lifestyle choices. Getting creative with vegetarian protein sources, such as nuts, seeds (ideally soaked before consumption) and sprouting lentils may be helpful. We can discuss this.

**Congratulations** for choosing and actively pursuing this path to health.