

# A window into our inner world – live blood analysis

You stare in awe at the blood cells floating lazily across the screen in front of you. The background looks like the Milky Way, occasionally studded with sparkling 'moon rocks'. The eeriness of the scene belies the truths to be revealed about your health. This is live blood analysis. This article has been co-authored with Dr Okker Botha

 Live blood analysis, also known as nutritional microscopy or dark-field microscopy, is fundamentally the analysis of living blood under a powerful microscope, connected to a camera.

The condition and quality of our red blood cells has a direct impact on our present and future health, with signs of stress and disease appearing in the blood years before they manifest as symptoms in the body.

## THE BIOLOGICAL TERRAIN

Live blood testing enables one to see exactly how one's blood behaves in the body, giving a clear picture of health at a cellular level. As a practitioner, I am not looking to make a diagnosis from patterns seen, but rather assessing the biological terrain, which may appear as pH imbalances and so on.

To understand the concept of 'terrain', just think of a vegetable garden: if the terrain, or soil, is in a healthy condition, the plants will grow vigorously and will be free of disease and parasites. Similarly, if the terrain in the human body is healthy, bacteria, viruses and fungi will be repelled, metabolic processes will proceed unhindered, and disease will not be enabled. By examining the live blood, it is possible to assess the body's terrain and anticipate the onset of disease long before it manifests. One has the opportunity to correct current imbalances, in order to improve current and prevent future ill-health.

## HEALTH AND LIFESTYLE

Live blood analysis is especially useful in preventive health care. The red blood cells carry oxygen and the plasma carries nutrients to every cell in the body. The state of health or ill-health of the blood therefore affects every cell in the body, so it is clear that by improving the health of the blood, one can improve the health of the body.

Researchers all over the world have examined and studied live capillary blood for many years. Although many different approaches have been used and many opinions expressed, a central truth has emerged: the human body cannot live with an unnatural diet or an unhealthy lifestyle.

This has been a basic concept of natural medicine for thousands of years, but many of us still believe that one can cheat Nature and still survive. We are deluded into thinking that we can continue to eat unhealthily, and just take a pill to counteract the symptoms when we get sick.

## LIVE BLOOD ANALYSIS VERSUS CONVENTIONAL TESTING

Live blood analysis is a quick and efficient way of assessing the health of a patient. A drop of blood is examined under a special microscope which has both dark-field and bright-field options. Very quickly one can see nutritional deficiencies, which organs are stressed, heavy-metal toxicities, and imbalances in



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acidity or pH. The toxic effects of a typical Western lifestyle are easily demonstrated. This is not a diagnostic tool but confirms what is already suspected, and also serves to monitor and demonstrate progress and response to treatment.

changes for any significant length of time. When live blood analysis has enabled you to see the abnormalities that need correction, and you have been involved in the discussion of why it's necessary to do something about them, you are motivated to make

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The advantage of examining blood in its fresh state is that one can gain much more information than when blood is sent for conventional pathological testing. When a haematologist (or nowadays more often a computer) examines a blood slide, they are looking at dead blood cells that have been fixed and stained. They count the relative numbers and look at structure, but they cannot assess how the cells are functioning. The chemical pathologist measures levels of cholesterol and other substances in the blood, and issues the result in relation to a standard reference range. The patient’s doctor then interprets these results and prescribes pharmaceutical medications to correct the abnormalities. Some of these medications may need to be taken for life.

With live blood analysis, the patient gets to see the abnormalities directly, and participates in discussing them. It is usually possible to correct them with the adoption of healthier eating habits, lifestyle modifications and natural supplements.

Many people who are told to modify their lifestyle don't persist with the necessary

the recommended improvements. Another motivation is that patients often start to feel better quickly, and they can visually appreciate their progress at the next visit.

The development of most chronic and degenerative illnesses can be prevented with early nutritional intervention. Live blood analysis can detect many nutritional imbalances and deficiencies, which are major contributing factors in the development of these conditions, long before conventional blood testing can demonstrate any abnormalities.

**LAYERED DRIED BLOOD ANALYSIS**

A test often performed in conjunction with live blood analysis is called layered dried blood analysis or the oxidative stress test. A drop of blood is pressed onto a slide to make eight consecutive smears, which are allowed to coagulate and dry. The patterns of coagulation reveal further information about the state of the terrain, and provide signs that corroborate information already revealed by the live blood analysis.

In a similar way to how the body is represented in the iris of the eye, which can be

interpreted by an iridologist, the body planes are represented in the coagulation pattern. Disturbances relating to the adrenals or reproductive system are found at the centre of the spot. Further out are bands correspond-

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ing to vital organs, then lymph tissues, then finally the skin. It is therefore possible to determine which parts of the body are holding toxins, and therefore currently ill, or at risk of developing disease.

**CONCLUSION**

Live blood analysis is a simple and very graphic way to gain fuller understanding of one’s health issues. It is a non-invasive test, which can reveal much about one’s current state of health. There are many health practitioners in South Africa who use live blood analysis to reliably demonstrate what patients ought to know, giving them the means to correct imbalances in their quest for optimal health. ●



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