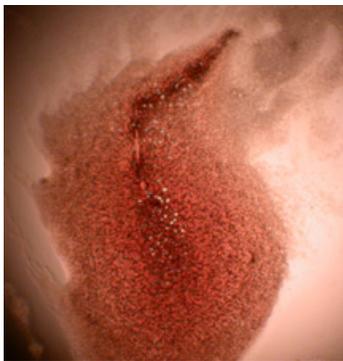


Blood Cell Analysis: There are two types of analysis involved in this blood cell analysis, which together help to give a complete picture of the levels of imbalance or health you are experiencing.

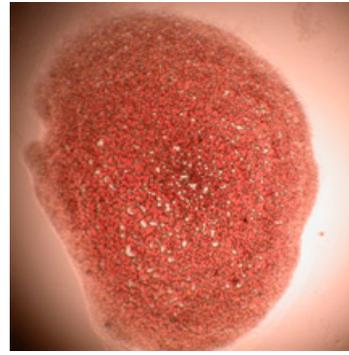
The first view is called live blood analysis, in that the blood has not been altered or changed in any way. Because this unchanged sample has many variables such as how hydrated you are, what you ate over the past day or so, a second – dried blood test – is carried out in order to obtain the complete picture. Abnormal conditions can be easily identified in the way the blood appears in both views.

The most exciting thing for Ears2RHealth is that we can see in the tests where to place beads for the most effective ear treatments and how those beads are working.

In my very first (and accidental) combination of blood analysis and ear beads, I saw such a dramatic improvement I had to let Kate know. Below are some pictures of that first discovery:



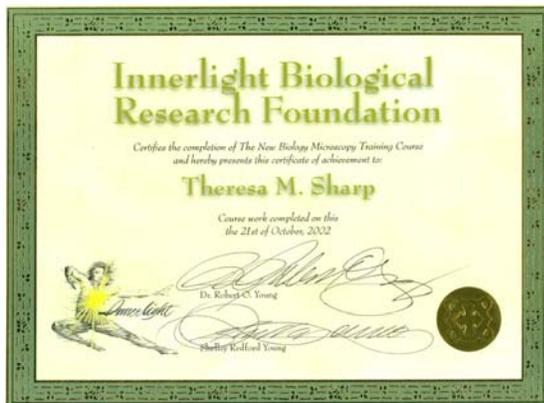
This is an injury marker – the blood “remembers” (in this case) a car accident and client is still in pain 2 years after.



This is after wearing the ear beads for three days. Pain was significantly diminished with beads.

Since that time, we have done more testing and have found that in addition to being able to affect the blood picture by applying ear beads, we can also use the blood to determine where best to apply beads and how effectively they are working. And it can be done in hours rather than days.

I have been trained and certified by the Robert O. Young Research Center to observe the blood for imbalances in body chemistry since 2002. I will be in the Portland area periodically. If you want to prove to yourself how the beads work or even if the beads work, call Kate to make your appointment today.



For more information about this type of blood analysis, please see below or jump to any of the following sub-headings:

What is blood cell analysis?

Who is it for?

Details of Live Blood Analysis

Details of Dry Blood Analysis

How does it differ from a regular test?

History of Analysis

Interesting Perspectives on Blood

For more detailed info on how the blood should look, common abnormalities detected in blood analysis, etc. please see Dr Robert O. Young's website:

<http://www.phmiracleliving.com/t-live-blood-cell-analysis.aspx>

What is blood cell analysis?

Also known as live blood cell analysis, nutritional microscopy or sometimes darkfield microscopy biological terrain assessment – it is fundamentally the analysis of living blood under an extremely powerful microscope connected to a camera.

The condition and quality of your red blood cells have a direct impact on your present and future health, with stress and disease appearing in the blood long before they manifest in the body.

Live blood testing enables us to see your blood exactly as it behaves inside your body, giving a clear picture of your health at a cellular level and how your current lifestyle is affecting you. We are not looking for patterns that lead to a 'diagnosis' in any shape or form, but are merely looking for imbalances in the blood that differ from the ideal.

Who is it for?

Live blood analysis is for everyone that really cares about their health and overall wellbeing. The test is suitable for young children right up to mature people in their seventies or above.

As "prevention is better than cure" it is not just for people who have health problems; it is equally beneficial to very healthy people who wish to remain so because it acts as an early warning system to the possible onset of disease.

Many of the common degenerative illnesses that exist in our modern society such as diabetes, gout, heart disease, obesity can be directly linked to what we eat, drink and think.

The quality and pH of your blood cells holds the key to your wellbeing. This blood test therefore allows you to take responsibility for – and control of – your own health by using food and lifestyle to help prevent disease.

If, however, you are already ill or suffering from any chronic conditions you will also benefit from live blood testing because you will gain a better understanding of the reasons and be able to make the necessary remedial nutrition and lifestyle changes.

Most conditions identified can be improved by adopting an alkaline diet designed to restore the body's pH balance. This can also improve memory and has anti-ageing benefits.

Live Blood Testing can provide answers to so many ongoing questions, such as: "Why do I feel the way I feel?", "Why do I no longer have any energy?", "Why do I have pain in my bones?", "I wonder if the supplements that I am taking are doing me any good?", "Why do I suffer from headaches?", "Why do I hurt in certain places?" and "Why do I feel sick but my medical tests can't find anything wrong with me?"

Details of Live Blood Analysis

Live blood analysis is a revolutionary technique that enables both the microscopist and you to observe and analyze the characteristics of your blood – there and then.

The test is carried out by extracting a minute amount of capillary blood from your fingertip and placing it on a microscope slide which is covered with a cover slip to protect it from the outside elements. The quality and condition of your blood cells is then observed through a high powered microscope (magnified 20,000 times) and relayed to a computer monitor.

You will be able to see live on the screen the quality of your red blood cells, the activity of your white blood cells, and whether there are bacteria, yeasts, molds or fungus present. Acid crystals, pH imbalances, parasites, vitamin deficiency, heavy metals, organ stress (liver, cholesterol, kidney, pancreatic, prostate, ovarian, breast) or imbalances associated with degenerative conditions will also be detected. In addition, you will receive an overall picture of how you have been living, eating and thinking over the past 120 days.

By observing and monitoring metabolic function or dysfunction, live blood testing removes the guesswork from diet determination and the selection of appropriate foods, drinks and exercise.

Other benefits of live blood analysis include:

- Giving early warning of potential upcoming health challenges
- Alerting to the advisability of medical referral
- Monitoring a specific condition before and after any health regimes
- Determining the effectiveness of various therapies.

Details of Dry Blood Analysis

Looking at the dry blood is called the Mycotoxic Oxidative Stress Test (MOST), which looks for the acid wastes of yeast and bacteria and where they are settling in the body, causing stress to those areas. By finding out how effectively your blood clots, we can get an idea of your overall constitution. As blood cannot coagulate where acids settle, white puddles or discoloration appear; the size and shape of which represent the severity of cellular disorganization. The location of these puddles also corresponds to different organ systems. By extracting just one drop of blood and using specific techniques to apply it to the slide and then letting the blood clot on the slide we can look

deeper into the organs and further back in time, enabling us to view conditions that have been developing over some time. In addition, current conditions such as hormonal and sugar imbalances, digestive dysfunction and organ stress can be detected.

How does it differ from a regular test?

In order to best understand the difference and the benefits of this particular test it is necessary to consider the conventional blood test that is given at the doctor's surgery or hospital, known as a Complete Blood Count (CBC). Almost every person has experienced this particular test which involves inserting a needle into the patient's arm and extracting a syringe full of blood, which can be a very painful ordeal for some people. The blood sample is then sent to a laboratory to be examined by a hematologist and it can take up to two weeks to receive the results.

However, the major problem with this test is that shortly after the blood cells are extracted from the human body they die so the computer or hematologist is merely counting dead blood cells. The blood is also changed through the addition of stains and dyes in order to facilitate computer analysis. The results take the form of a quantitative analysis of the blood, that is to say how many dead red blood cells, how many dead white blood cells, what number is the cholesterol level etc. These results usually come with a set of ranges, for example blood cholesterol should not exceed a certain limit otherwise it is considered high. Throughout this time the results are being interpreted by a doctor who may say that a patient is anemic or has high cholesterol, for example, but the patient never has the opportunity to see the results for themselves and would not be able to interpret them even if they did.

This leaves the patient in a position where he or she merely has to follow the instructions of the person interpreting the results, which is almost certainly some course of medication using pharmaceutical drugs supplied by drug companies. Once a certain diagnosis has been established via the CBC and certain medication embarked upon the patient can expect to take that medication for years, sometimes the rest of their lives.

Live blood analysis differs immensely from the conventional analysis, firstly because it only involves a tiny non-invasive pin prick on the fingertip to extract a few drops of blood and so is not painful. The blood is analyzed live under a microscope giving the patient the ability to see his or her blood on a video screen. The results are instant; there is no waiting around and the patient gets to participate and understand what is happening inside their own bodies.

Live blood analysis is a qualitative analysis of the blood and because the blood examined is still alive it actually gives a more accurate picture of how the blood is behaving inside the patient's body. It is almost like looking inside the veins of a person and has great advantages because it gives a clearer picture of a person's health at cellular level. For example, a conventional blood test cannot tell whether or not the white blood cells – which represent the immune system – are functioning correctly which is important information. Live blood analysis gives the patient the opportunity to see immune

system activity amongst many other phenomena that would be missed by conventional techniques such as: yeast, fungus, mould, bacteria, parasites, hormonal imbalances, sugar imbalances, sugar intolerance, allergies, mycotoxins, uric acid and more.

The participation of the patient is crucial because it educates them as to how they can play a role in healing their own bodies and at the same time gives them back the control they lose by being dependent only on drugs. Being solely dependent on the instructions of a doctor and not understanding why a particular drug must be taken can be daunting experiences, especially when the drug needs to be taken for years or even decades.

No medical test by itself is usually considered diagnostic without corroborating lab tests, imaging studies or a physical examination Your health is entirely your responsibility because you are what you eat, drink and think.

These simple blood tests allow you to take responsibility for – and control of – your own health by changing your nutrition and lifestyle in order to prevent disease.

Interesting Perspectives on Blood

It is interesting to note that one drop of blood is an expression of the entire health and fitness of the body, including every organ and gland. Looking at blood is like looking at the entire life of a person.

Blood circulates through the entire body every 60 to 90 seconds. It goes to the eye, to the heart, to the brain and to the stomach. This one drop of blood viewed under a microscope has therefore traveled around your entire body.

The main goal for any microscopist is to achieve homeostasis in a person's body. When blood is perfectly balanced (homeostasis) the red blood cells are loose and free flowing. They are mainly round (not oval, oblong, jagged or varying in size) and the background is clear from floating matter such as bacteria, fungus etc. The white blood cells (neutrophils) are approximately twice as large as the red blood cells. There is approximately one white blood cell for every 700 to 900 red. They can occur in any shape, but have a crisp, clean border and extensive movement.

Red blood cells recycle every 120 days, therefore you should come back for a retest after the blood has had time to rejuvenate so that you are able to see the difference in your blood for yourself. Since blood is required throughout the entire body and without it we would cease to exist, blood could be called our 'river of life.' Blood can also be considered as an organ just like the heart, lungs, kidney or liver. Indeed, all of these organs rely heavily on good quality blood to replenish them.

The quality of the blood is vital to healthy, disease-free existence and this is dependent on correct nutrition. Healthy blood pH is 7.365 and the body will do anything to maintain this level, in the same way that it maintains the correct body temperature.

When we eat unhealthy or acidic foods the body has to work much harder to bring the pH level back to its preferred alkaline balance of 7.365, thus drawing energy from our bodies which makes us feel sick and tired.

History of live and dry blood analysis

Viewing live blood under a microscope is probably as old as the microscope itself. But it was the work of European scientists Dr Antoine Bechamp and Dr Gunther Enderlein in the mid-19th and early 20th centuries that would advance the use of the microscope, challenge the medical establishment of the day and propose new ways of interpreting what was being viewed in blood. Other microscopists included noted physiologist Dr Claude Bernard, who coined the term "internal milieu", Germ Theory advocate Louis Pasteur, Californian Dr. Virginia Livingston Wheeler and Canadian scientist Gaston Naessens. (Dr Robert O Young PhD D.Sc: 2001: *Sick and Tired*)

Pasteur formulated the 'Germ Theory' by plagiarizing Antoine Bechamp's theory of pleomorphism. Pleomorphism can be clearly demonstrated when viewing live blood cells. Bechamp postulated that it was all about the internal environment within the blood and that bacterium was a consequence of a polluted environment in the same way that rats would appear when rubbish was dumped because they wished to feed off it. Bacteria exist all around us yet we do not get sick all the time because we have immune systems that recognize these organisms and remove them from the body. When the body becomes acidic or toxic similar to a rubbish dump then it becomes a 'fertile soil' for bacteria, yeast and mould, hence disease.

Pasteur's theory was accepted by the then medical fraternity because it meant huge revenues for pharmaceutical drug companies. Bechamp's theory was rejected because it merely meant that the individual would have to take responsibility for their own health by choosing the correct nutritional habits and lifestyle and there was no money to be made from that. The medical fraternity therefore deemed Bechamp's theory as 'unscientific' claiming that Pasteur's theory could be consistently demonstrated. Pasteur's theory has since been shown to be faulty because we now have antibiotic resistant strains of bacteria and at the same time vindicating Bechamp who said that the bacteria or microzyma could not be killed as it will only change or mutate.

In the 1920s, European medical practitioners added another twist to unconventional microscopy when they began looking at dried blood samples, later called the Oxidative Stress Test. A glass microscope slide is dabbed onto a bead of blood on the finger in sequence several times, resulting in a slide with eight individual drops of blood pressed upon the slide and allowed to air dry. The resulting patterns seen in the dry blood under the bright field format reveal a characteristic 'footprint' which can be seen in similar cases and, thus, are predictive of certain generalized pathologies. For instance, cases of advanced degenerative disease show very poor clotting and minimal fibrin formation with many white 'puddles' disseminated throughout the sample. In contrast, a healthy control subject's blood shows a tight, fibrin-rich clotting pattern with no white puddles. In the 1930s, the head of surgery at Massachusetts General Hospital, Dr H L Bowlen MD, introduced the dry blood test to America. Dr Bowlen learned the dry test from President Dwight D. Eisenhower's physicians, Drs Heitlan and LaGarde. In the 1970s, one of Heitlan-LaGarde's students, Dr Robert Bradford of the American Biologics Hospital in Mexico, began teaching other practitioners how to perform this test. So

there is now over 70 years of dry blood testing data by hundreds of healthcare practitioners worldwide.

Nutritional microscopy is now an alternative examination routinely practiced by holistic medical, osteopathic, chiropractic and naturopathic physicians, as well as other healthcare professionals around the world, to provide an insightful view of the biological terrain. Dr Robert O Young has extended the work carried out with live and dry blood analysis with nearly two decades of research. In particular, his findings on the use of the Mycotoxic Oxidative Stress Test have resulted in major advances of understanding.

Theresa Sharp is a nutritional microscopist, trained and certified by Dr Young and the pH Miracle Center to view blood through the unique perspective of the New Biology. According to the New Biology there is only balance and imbalance in body chemistry, with imbalances seen as 'conditions' brought on by acidity from poor diet, nutrition or lifestyle choices; the solution is to alkalize and energize.

Dr Young's New Biology

Dr Robert O Young's New Biology, most simply stated, is that the over-acidification of the body is the single underlying cause of all disease. In contrast, the old biology, based on the work of Louis Pasteur in the late 1800s, stems from the idea that disease comes from germs which invade the body from the outside. Dr. Young has found that when the body is in healthy alkaline balance, germs are unable to get a foothold.

Think of your body as a fish tank. Think of the importance of maintaining the integrity of the internal fluids of the body that we 'swim' in daily. Imagine the fish in this tank are your cells and organ systems bathed in fluids, which transport food and remove wastes. Now imagine we back up a car and put the tailpipe up against the air intake filter that supplies the oxygen for the water in the tank. The water becomes filled with carbon monoxide, lowering the alkaline pH, creating an acidic pH environment and threatening the health of the 'fish' – your cells and organs. What if we throw in too much food or the wrong kind of food (acid-producing food like dairy, sugar, and animal protein) and the fish are unable to consume or digest it all, and it starts to decompose and putrefy? Toxic acid waste and chemicals build up as the food breaks down, creating more acidic by-products and altering the optimum alkaline pH.

Basically, this is a small example of what we may be doing to our internal fluids every day. We are fouling them with pollution, smoking, drugs, excessive intake of food, overconsumption of acid-forming foods, and any number of transgressions which compromise the delicate balance of our internal alkaline fluids. Some of us have fish tanks (bodies) that are barely able to support life, yet we somehow manage to struggle from day to day, building more severe imbalances until there is the inevitable crash and we have debilitating chronic, disturbing and disorganizing symptoms to deal with.

The pH level (the acid-alkaline measurement which has been compared to the ying-yang balance of TCM) of our internal fluids affects every cell in our bodies. Extended

acid imbalances of any kind are not well tolerated by the body. Indeed, the entire metabolic process depends on a balanced internal alkaline environment. A chronically over-acidic pH corrodes body tissue, slowly eating into the 60,000 miles of veins and arteries like acid eating into marble. If left unchecked, it will interrupt all cellular activities and functions, from the beating of your heart to the neural firing of your brain. In summary, over-acidification interferes with life itself leading to all sickness and disease!