



EAT FOR MEANING NOW

NUTRITION AND BLOOD WORK



BLOOD WORK AND LIFESTYLE

- CERTAIN BLOOD TESTS ARE AFFECTED MORE THAN OTHERS BY YOUR LIFESTYLE AND DIET
- YOU CAN SEE PATTERNS IN YOUR HEALTH BY KNOWING A LITTLE BIT ABOUT YOUR BLOOD TESTS
- EACH LAB IS DIFFERENT WHEN IT COMES TO REFERENCE RANGES, SO LOOKING AT THE REFERENCE RANGE OF YOUR OWN RESULTS IS A GOOD PLACE TO START
- SOME REFERENCE RANGES CHANGE OVER TIME, DEPENDING ON AVAILABLE TREATMENTS SO SOMETIMES ITS BETTER TO CONSIDER OLDER REFERENCE RANGES OR LOOK AT YOUR OWN PATTERS OF LOWS AND HIGHS



- THE POINT IS TO ONLY BE AWARE OF QUESTIONS TO ASK YOUR DOCTOR OR SEEK ALTERNATIVE COUNSEL IF YOU FEEL YOUR MEDICAL HEALTH AND PERSONAL HEALTH DO NOT ALIGN. IE. IF YOU FEEL UNWELL AND YOUR DOCTOR TELLS YOU EVERYTHING'S FINE YOU MAY HAVE OTHER BLOOD WORK TO BE ANALYZED THAT IS NOT SO "MEDICAL"



THE COMPLETE BLOOD COUNT (CBC)

- RED BLOOD CELLS, WHICH CARRY OXYGEN
- HEMOGLOBIN, THE OXYGEN-CARRYING PROTEIN IN RED BLOOD CELLS
- HEMATOCRIT, THE PROPORTION OF RED BLOOD CELLS TO THE FLUID COMPONENT, OR PLASMA, IN YOUR BLOOD
- WHITE BLOOD CELLS (WBC)
 - FIGHT INFECTION
 - PLATELETS, WHICH HELP WITH BLOOD CLOTTING



RED BLOOD CELLS

- IF RED BLOOD CELLS ARE LOW THEN USUALLY IT MEANS IRON DEFICIENCY OR IRON DEFICIENCY ANEMIA
 - IF IRON IS LOW SYMPTOMS CAN INCLUDE FATIGUE, SHORTNESS OF BREATH, MENSTRUAL PAINS, CRAMPING, ANGINA/HEART PAIN AND EVEN IS A RISK FACTOR FOR HEART DISEASE
 - B12 AND FOLIC ACID ARE ALSO RELATED TO MAKING BLOOD INCLUDING THE HEMATOCRIT
 - LOW B12 IS KNOWN AS MACROCYTIC OR PERNICIOUS ANEMIA, ALSO RELATED TO ANTACID USE
- IN KIDNEY OR LUNG DISEASE OR CANCERS RED BLOOD CELLS CAN BE LOW WHEN THE BODY CAN'T USE IRON TO MAKE BLOOD



THE COMPLETE BLOOD COUNT (CBC) WHITE BLOOD CELLS

- INDICATE IMMUNE RESPONSE AND FIGHT INFECTION
- HIGH WBC MAY MEAN YOU HAVE A VIRUS, ARE FIGHTING OFF A COLD OR HAVE AN AUTOIMMUNE CONDITION
- LOW WBC MAY MEAN SUPPRESSED OR UNDER FUNCTIONING IMMUNE RESPONSE
 - DUE TO MEDICATIONS LIKE ALLERGY MEDICATIONS/CLARITIN/CORTICOSTEROIDS/ADVAIR/BECLAVENT ETC.
 - DUE TO LOW VITAMIN D LEVELS
 - DUE TO GENERALLY POOR NUTRIENT DIET
 - CHRONIC DISEASE LIKE CANCER