



Blood Testing Interpretation

How many times have you heard “**Your blood tests came back all normal**” and you’re sitting there in front of your healthcare practitioner with your eyes hanging out of your head and about to cry if you hear that line once more?

Blood pathology can mean so much more than just what google says.

I have spent many years studying how to interpret blood pathology better and more in depth.

Let’s dig deep into some blood pathology ranges.

These blood pathology ranges are mainly averaged on Australian pathology ranges so other countries may differ.

If so, feel free to book in with me and I will be able to interpret for you more efficiently.

We will look at some main pathology. Many other pathology such as WBC, RBC, Liver & Kidney markers are quite specific to the person and conditions going on.

These ones listed here are easy ones for you to look over yourself on your bloods to be able to understand a little bit more!

Blood tests are best completed first thing in the morning and fasted!

If you are comparing blood tests to ones you had done 3 or 6 months ago it is best to do at the same time of the day as the previous lot.

Iron studies:

Iron "Loose change in your pocket"	Path lab: 10-33	Ideal: 15-30
TIBC "Greediness for money"	Path Lab: 45-70	Ideal: 50-65
Transferrin saturation "Money kept in your wallet"	Path lab: 16-50	Ideal: 20-45
Ferritin "Money kept in your bank"	Path lab : 15-140	Ideal: 90-110

Notes: If iron studies are high or low screenings for vegetarian, vegan, B12 levels, hemoglobin levels, parasites, candida overgrowth, inflammation markers (ESR + CRP), EBV history (Glandular fever)

Zinc:

Serum Zinc	Path lab: 10-25	Ideal: 15-25
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Notes: High or low zinc levels can indicate gut dysbiosis. Zinc can be a hard mineral to absorb. Check for vegetarian or vegan as zinc is high in meat sources. If zinc is low check copper levels. Zinc and copper compete with one another for absorption sites.

Copper:

Serum copper	Path lab: 10-45	Ideal: Under 20
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Notes: High copper levels can affect zinc levels. Common sources of copper exposure include unfiltered water, old water pipes in the home, personal care products, some food sources, swimming pool/spa water, and copper intrauterine devices (IUD for contraception). I would recommend completing a hair mineral analysis for further investigation of copper balance and other heavy metals.

Homocystiene:

Homocysteine	Path lab: 0-15	Ideal: 6-9
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Notes: Usually homocysteine is used for a marker of cardiovascular disease risk. As a Naturopath I use this marker to look at your methylation cycle functioning. Methylation happens in the liver and can be linked a lot to mental health conditions, antioxidant status, hormones and B vitamin status. It is also a marker that can flag MTHFR gene mutations.

Thyroid:

TSH Thyroid stimulating hormone "The Coach"	Path lab: 0.4-4	Ideal: 0.5-2
T4 - Thyroxine "The Middle Athlete"	Path lab: 10-20	Ideal: 14-20
T3 - Triiodothyronine "The finisher athlete"	Path lab: 2.8-6.8	Ideal: 4-6
rT3 - Reverse T3 "The athlete on the bench"	Path lab: 170-450	Ideal: < 300

Notes: TSH is like the coach that yells out and stimulates the thyroid gland to secrete the hormone thyroxine (T4) which is then converted to triiodothyronine (T3) - if all the right nutrients are in place for this to happen. T3 is the active hormone that stimulates and regulates mostly all of the metabolism and other hormones in the body. Sometimes if the nutrients needed for conversion are not optimal, this will stop the conversions from happening - think zinc, selenium, iodine. Sometimes T4 can be converted down to rT3 which is inactive and does not perform the same vital functions that T3 does.

Iodine

Urinary Iodine

Path lab: 20-100

Ideal: 95-100

Notes: Iodine is essential for thyroid function and ovulation.

In Australia we have very very low levels of iodine in our soil which is why a large majority of Australian's are known to have thyroid problems.

Fluoride and chlorine block iodine uptake so assessing fluoride intake through toothpaste and unfiltered water is essential.

I always recommend a high quality water filter like Zazen for drinking water and on your shower head. If you are swimming in a highly chlorinated pool remember that this will be absorbed through the skin.

Vitamin D

Vitamin D 25 OH

Path lab: Over 49

Ideal: Over 100

Notes: Vitamin D is absorbed from the sun through the skin. People with darker skin have a harder time absorbing vitamin D from the sun. There is also a genetic marker "VDR" which some people carry that can make it harder for them to absorb and convert vitamin D as well. Vitamin D is essential for hormonal health, energy, melatonin production and our immune system.

Remember that your greatest wealth is your health

Please note that this is suggestive information only. Please consult your health care practitioner for further information and interpretation of your blood pathology.



Warmest,
Ellen ♥

NATUROPATH · NUTRITIONIST · HERBALIST