

Life Blood



A revolutionary new blood test which analyses your live blood cells claims to improve health and promote weight loss – Laura Kendall investigates

Blood. It's not something many of us spend a lot of time thinking about; indeed, the mere sight of the red stuff can turn the most cast iron of stomachs. But if a growing number of health practitioners have their way, even the most squeamish among us will soon be paying much closer attention to the body's 'river of life'.

Nutritional Microscopy (NM) is a revolutionary technique which uses live blood samples to identify health problems and improve well-being. Devised by American naturopath Dr Robert Young, NM is based on the idea that the acidity (pH) of our diet should match the pH level of our bloodstream. If it doesn't, he argues, the blood could become too acidic, and the body will begin to show signs of disease.

Of course, using blood tests to pinpoint illness is nothing new, but NM's unique selling point is it allows patients to see their blood magnified 20,000 times on a TV screen, behaving exactly as it does inside their body.

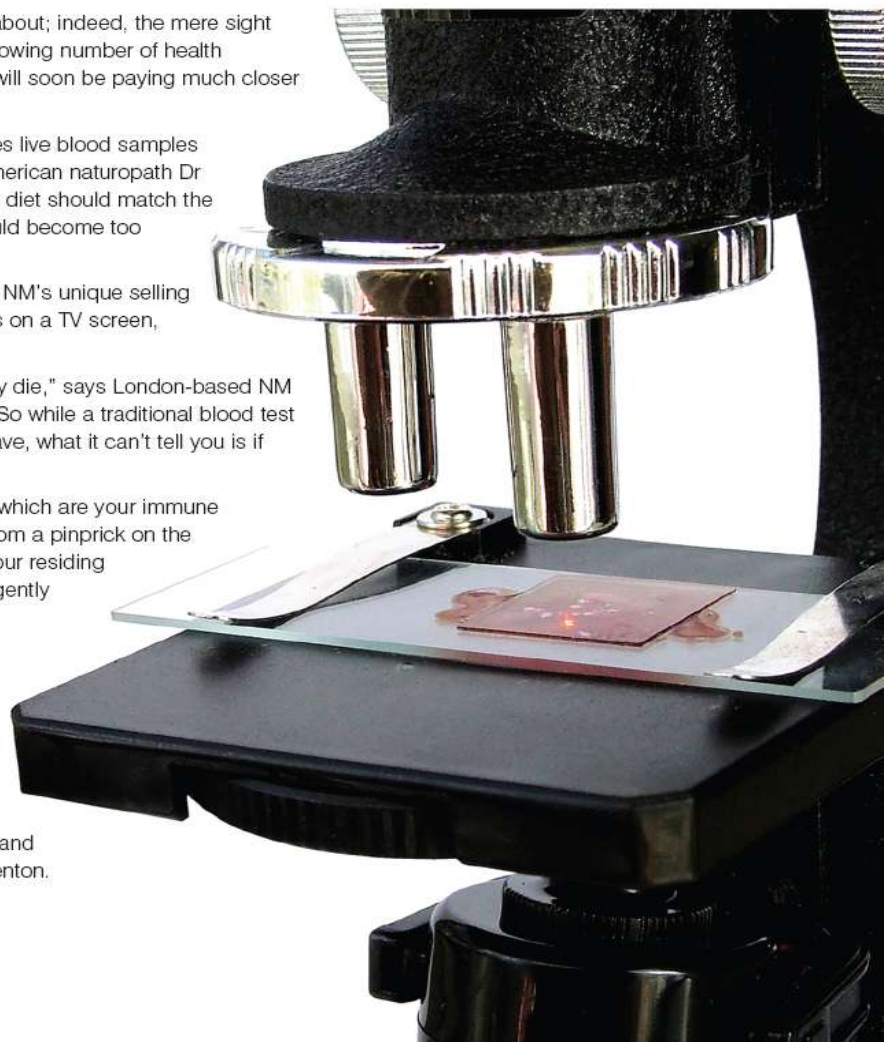
"Half an hour after blood cells have been taken from the body, they die," says London-based NM practitioner, Errol Denton, who trained under Dr Young in the US. "So while a traditional blood test can tell you how many red and how many white blood cells you have, what it can't tell you is if they're working or not.

"An NM test is more qualitative. We can see the white blood cells, which are your immune system, moving along cleaning the blood. Healthy blood, drawn from a pinprick on the finger, should show cells which are uniform in size, shape and colour residing freely in their own space, not overlapping or sticking together but gently repelling each other because of their negative charge."

Various health conditions are indicated by 'markers' in the serum surrounding the blood cells. A patient with high cholesterol, for example, may see plaque in their sample.

But NM practitioners stress the test is not completely diagnostic – for example, yeast particles in a sample, could indicate anything from candida to athlete's foot.

"The blood is 90 per cent water. When water is left, it gets mouldy and stagnant and if you mistreat the blood it can get like that," says Denton.



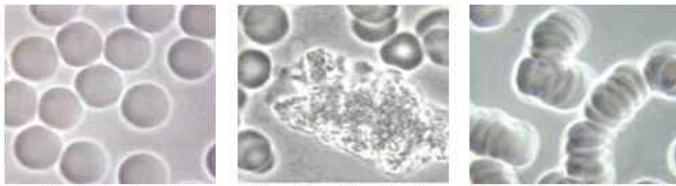
Most conditions identified by a NM test are 'treated' by adopting an alkaline diet designed to restore the body's pH balance. Denton believes an alkaline diet can also improve memory and has anti-ageing benefits.

"The best way to describe it is like a banana: it starts out green, then ripens and turns yellow before starting to brown and rot. That's caused by sugars and acidity," he says. "You can't stop the ageing process but if you keep the body alkaline you can slow it down."

While some doctors have dismissed NM as 'quackery', devotees say it has helped them to lose weight and overcome chronic and even life-threatening illnesses such as cancer.

"The top things on the list of benefits are weight loss, which comes when you eliminate excess acids from the diet, and increased energy," says Denton. "As we get older we tend to have degenerative diseases like back pain, which are a symptom of us being too acidic. I've had people who've suffered from long-term pain who don't have that anymore. My body heals now as it did when I was younger."

* For a nutritional microscopy test with London-based qualified practitioner Errol Denton, call 020 8498 9898 or 07814 496 575. Visit www.livebloodtest.com for more information.



Healthy blood cells

Unhealthy blood cells

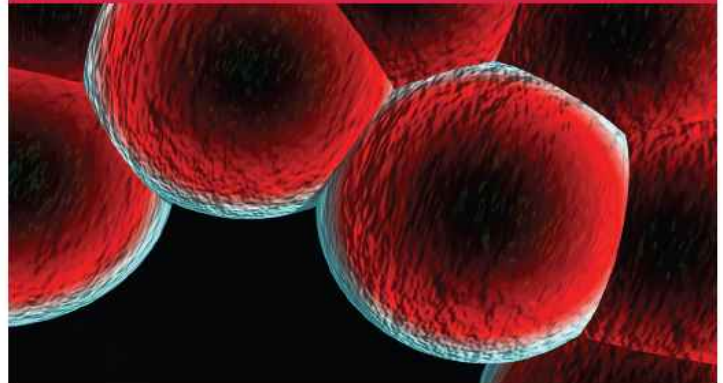
Unhealthy blood cells

Case study

Taxi driver Ricky Smith turned to nutritional microscopy to combat high blood pressure and cholesterol, as well as ailments including arthritis and gout. After testing by microscopist Errol Denton, the 47-year-old adopted a "ph lifestyle" last July, swapping acidic foods for a more alkaline diet.

He's since shed more than a stone in weight, has reduced his blood pressure and says he has had fewer flare-ups of arthritis and gout.

"I began to use food as a medicine," says Ricky, from Buckhurst Hill, Essex. "I've been able to go back into the gym and cycle for the first time in two years, feel full of energy and have started to feel more positive about things. I have total confidence in the ph lifestyle and, although I have fallen at the alcohol fence a few times, I just get back up and all is well."



Live blood analysis in the Maldives

Visitors to the Maldives can take the Living Blood microscopy test during their holistic spa vacation at the Huvafen Fushi Resort, on a stunning palm-fringed island in the Maldives. The resort's spa offers total holistic wellness – from the more usual relaxation massages, wraps and facials to spiritual and healing treatments and rituals.

Spa World's editor, Terri Fleeman-Hardwick recently visited the island resort and experienced first-hand the Live Blood Analysis test with Huvafen Fushi's resident Nutritional Microscopy Practitioner, Naomi, a friendly Australian who looks a picture of health and vitality.

First Terri filled in a questionnaire about her general health, lifestyle and spiritual beliefs. Once this was complete, Naomi read through and

discussed any particular issues, making helpful comments on ways Terri could improve her diet and lifestyle.

Then Naomi took a blood sample by pricking a finger and placing the blood sample under the microscope. An image of the 'live blood' sample was then transmitted to a computer screen and magnified to clearly show the blood's cell formation.

Naomi then explained the reading as the 'living blood' moved around: red cells clinging together meant toxins in the blood; misshapen red cells showed attack from free radicals, pollution and stress in the blood. If the white cells are sluggish it shows a poor immune system.

Once Naomi has analysed your reading she recommends nutritional changes and supplements to correct the problem areas. www.peraquum.com



Huvafen Fushi Resort