



## HEMATOLOGICAL EVALUATION & INTERPRETATION

Your blood has a lot to tell you, because with every blood analysis you receive a list of Biomarkers, which are biological, measurable indicators such as specific vitamins, minerals or hormones. These Biomarkers can give you the current status of your health and are used to aid in the diagnostic decision-making process.

Hematological Evaluation & Interpretation that go beyond traditional blood analysis interpretation is important to reveal more about your overall health and to be able to work towards physical and mental disease prevention and good health promotion.

You surely know that many people feel unwell long before they are being referred by a doctor to do a traditional blood test which becomes diagnostic and more often than not. My patients are often told by their doctors that “everything on their blood test looks normal and within the reference range” despite they are feeling anything but healthy.

The problem is not that the blood test is a poor diagnostic tool, far from it. The traditional method of blood test interpretation learned by many professionals, is at the very least at the undergraduate level, because they base their interpretation upon general Reference Values. The issue is that these “reference” values used on a traditional lab test are based on statistics and established bases on values which usually represent “average” populations “supposedly” and unconfirmed healthy population in a defined region and often restricted to the generalization of age groups, sex, race and other missed out factors and not on whether a certain value represents good health or optimal physiological function.

Most “normal” reference values are too broad to adequately detect health problems before they become pathology and are not useful for detecting the emergence of dysfunction or obtaining good health..

Wellness is an active process that involves making choices toward a optimal state of health and well-being, including mental, emotional, physical, occupational, intellectual, and spiritual aspects. Therefore it is important to understand that: health and well-being is more than just being free from illness or disease. The absence of illness or disease is not synonymous of health, in other words that is that that reference population is not necessarily in good health, whereas per consequence of this, the reference values are incorrect values.

It is also important to know that a healthcare professional cannot or should not assess the health of a patient relying on reference values and on the fact if he/she looks sick or not.

It is a fact that disease does not manifest itself in the blink of an eye, but it starts to develop asymptotically with biochemical alterations within the cells and therefore also be assessed differently.

*For example, when you see the patient baseline value of his/her hemoglobin, which would be indicating that the hemoglobin is lower than 12, your patient will be anemic. So, it means, if he/she has a hemoglobin of 11.9 he/she is already sick, but if he/she has a hemoglobin of 12.1 he/she has a value of 12.1 he/she is perfectly healthy? Do you really want to believe or trust such method?*

It must be clear that our physiology just doesn't work that way and that there cannot be relayed upon such simple reference value bases for being considered sick or not sick.

What most professionals do, is to look at the a persons values and identify diseases only if these are outside the reference values and then see how to treat the symptoms, but rarely the cause - the origin. Also what they don't learn is how to identify when a patient is “Getting Sick” and to define the an individual’s unique psycho-somatic constitution and imbalances, including establishing an individual hematological profile with Biomarkers at Ideal levels.

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Many professionals don't learn how to prevent illnesses or detect subtle imbalances before they occur or get visual and therefore they can't identify that the patient is walking towards the development of a disease, with as result that People get sick.

When working towards physical and mental disease prevention and good health promotion, it is important to identify the factors that prevent you from achieving ideal physiological, biochemical, and metabolic functioning in your body. Therefore is crucial to establish individual Biomarkers at Ideal Values and to understand that several laboratory analysis bio-markers (*Blood, Urine, Feces*) and the person's individual bio-energetic constitution are related to each other. So it is crucial we evaluate different biomarkers all together and most definitely not individually in order to uncover hidden trends that may be leading you away from optimal health.

My blood test evaluation and interpretation is based on the current state of your health and the ideal or optimal values, which I use to relate an optimal health and wellbeing, rather than searching for abnormal test results to diagnose a particular condition.

The Interpretation Report I provide you, lists the results of your blood test results and shows you if an individual biomarker is outside of the Optimal values and/or outside of the Reference or clinical lab Values. In addition, does my report enable you to read in depth what each biomarker means and provides a comprehensive insight and assessment into the state of your body systems and reporting on the status of your dysfunction(s) that exists in the various systems in your body.

When for example, I calculate the ratio between two biomarkers, divide by the other, I have a number. This number is very powerful.

Example: Triglycerides/HDL or LDL/HDL or total Cholesterol/HDL or Zinc/Copper or free T3 free/T4 free or Vitamin d-1,25/25hydroxy D3 or Heavy Metals in Blood/Heavy Metals in Urine.

Those ratios give me numbers that indicate how the metabolism is functioning, how our body is interacting with these factors within our metabolism, they have an interrelation and there work together.

When I apply the Correlational and Optimal or Ideal Value biomarker method for evaluating and interpreting the laboratory analysis, together with the identification of an individual's unique constitution and imbalances (*which emphasizes the interconnectedness of body, mind and spirit*), they enable me to a tailored holistic approach for each person individually, to reveal more about your overall health and to work towards physical and mental disease prevention, good health promotion and to reestablish good health and wellness.

In closing, the correct evaluation and interpretation based upon Ideal or optimal values of your blood testing is no longer simply a part of disease or injury management. It's a vital component of a comprehensive Healthcare and Wellness work up and plays a vital role in your personalized healthcare that encompass all aspects of your unique needs, comprehensive health promotion and disease prevention.

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