



UNDER THE MICROSCOPE

A person's blood can say a lot about their state of wellbeing. With new technology, BloodScan is putting your health under the microscope

Story Gary Jackson

Our lives are under threat. The dangers facing us in the 21st century are no longer the infectious diseases so prevalent in the early-1900s and before, but rather chronic degenerative diseases that take years to develop such as strokes, cancer, heart disease, diabetes, arthritis and obesity. In fact, research suggests that one in two people today are developing degenerative diseases and don't even know it.

Most people have been conditioned to accept that if they're not experiencing symptoms then they are 'healthy', that they don't have a disease. This thinking, whilst understandable, is not only inaccurate but dangerous because for the most part people are degenerating long before they experience the symptoms of disease.

Up until recently diagnostic techniques have been focused on identifying the disease rather than the pre-clinical indicators that may indicate the early development. Advances in diagnostic testing have seen the development of such systems as BloodScan, which is a procedure that examines the blood to identify changes that could indicate the individual's progressive tendency towards developing degenerative disease.

BloodScan does not diagnose disease; it does however draw correlations between diet and lifestyle to identify the pre-clinical indicators of degenerative disease. These indicators include such things as adrenal and oxidative stress, nutritional insufficiencies and exposure to toxins.

The role of BloodScan is to benchmark the individual's current health status. By identifying the effects of diet, lifestyle, exposure to pollutants, stress, nutritional inadequacies and so on, BloodScan can provide the individual with the opportunity to effectively address the hidden factors that may be preventing the individual from achieving optimum wellness.

The BloodScan Lifestyle Program offers an insight as to how individuals can achieve higher levels of wellness, rapidly increase recovery rates after sporting events or strenuous exercise, improve immune systems, speed up the body's natural detoxification processes, increase energy

and vitality, and decrease the ageing process due to 'free radical damage' and oxidative stress.

Our body's internal terrain is designed to assist oxygenated blood to flow and carry nutrients to every cell so that these cells can function at optimal levels. Nutrients are also designed to encourage beneficial organisms to multiply and thrive. However, modern lifestyles actively work against the benefits intended by nature. The atmosphere today carries less oxygen than before. When you combine this with the stress and inactivity of modern living, we find little support for the optimum functioning of cells and little support for the growth and expansion of beneficial organisms.

The body's terrain, when challenged by the stress of modern lifestyles, slowly moves out of balance and, unless the body is returned to homeostasis, the body's terrain can turn into a congested and hostile environment beloved of toxic substances and anaerobic pathogens.

When the body moves out of balance, factors such as lifestyle, chemical pollutants, physical and emotional stress, nutritional inadequacies, hurry sickness and time starvation have a tendency to speed the onset of degenerative conditions. However, because these conditions take years to develop, most people are unaware that pre-clinical signs exist. Because these signs have not yet reached critical mass where symptoms manifest, most individuals are unaware of how far they have strayed from 'optimal' or higher levels of wellness.

For years we've been encouraged to consume vitamins in order to increase energy levels, boost immune systems and fight off colds. However it's important to understand that vitamins and amino acids alone have little or no effect without minerals because all enzyme activity within the body involves minerals. In fact, minerals are responsible for 95 per cent of the body's daily functions. Minerals are needed for life itself. They're central in maintaining delicate intracellular fluid balance, in forming bone and blood cells, in the provision of electrochemical nerve activity, and in the regulation of muscle tone and activity (including organ muscles like the heart, stomach, liver etc). With the use of BloodScan you can now see the effect these supplements are having on your body and can tailor individual supplement programs to suit your requirements. For more information on Bloodscan visit www.bloodscan.com.au or call **BloodScan** on **(08) 9201 0641**.