

Client Name: Philip Hawes

Date: 27 March 2023

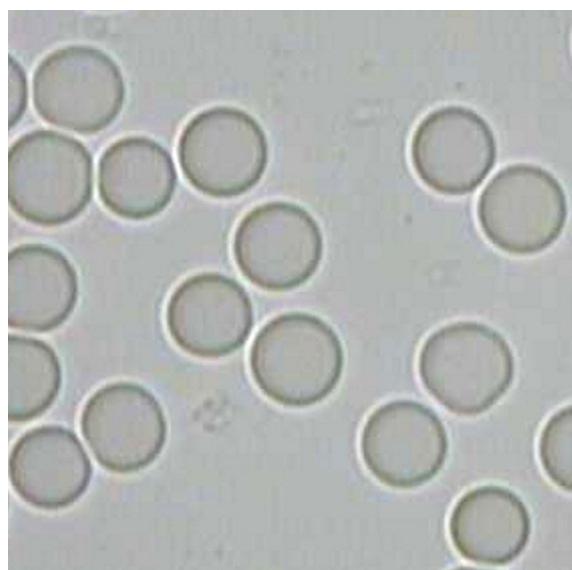
Test: 1

Live Blood Analysis Report – Introduction:

Your blood analysis report consists of results of two separate samples: 1) Live blood before the structured water and 2) Live blood after the structured water. The findings/anomalies listed in your report are based on deviations from "Normal Blood", as illustrated below. The 'Grade' noted under each anomaly is an indication of the degree of deviation from normal. We use 5-point grading scale:

- 1/5: Minimal
- 2/5: Mild
- 3/5: Moderate
- 4/5: Severe
- 5/5: Extreme

Normal Live Blood

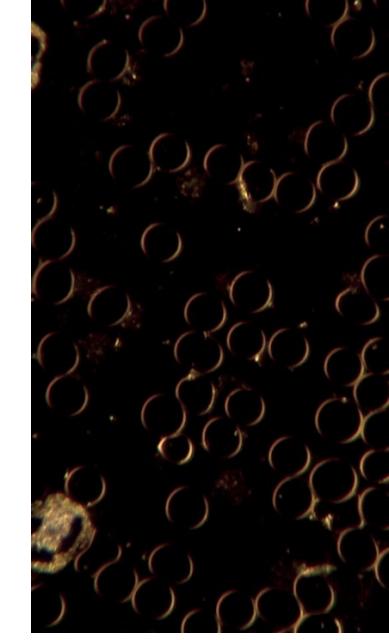
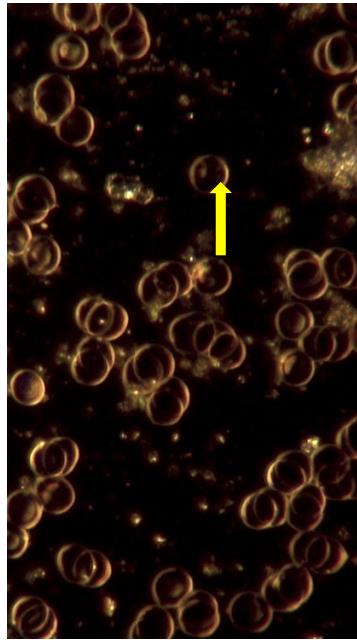


LIVE BLOOD: ANOMALIES OF RED BLOOD CELLS:

Grade before structured water: 2/5 Grade after structured water: 0/5

Target Cells:

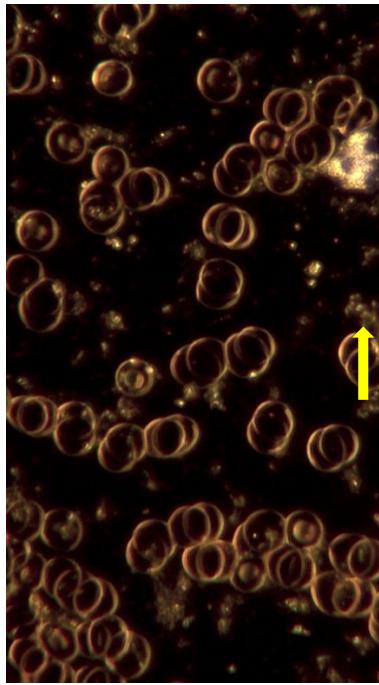
- △ RBCs that look like targets, with very clear/transparent centers and a thin rim of hemoglobin.
- △ Most often observed in iron deficiency anemia, but can also appear in association with high cholesterol, liver stress and some disease states.
- △ **Increase your intake of foods with iron such as organic red meat, fish, dark green vegetables, beans and nuts. Iron is essential for energy. Support your gut health as your gut is the first place to detoxify the body.**



Grade before structured water: 1/5 Grade after structured water 0/5

Thrombocyte Aggregation:

- △ Platelets occurring in groups of various sizes.
- △ Several conditions can make platelets sticky, including: blood sugar imbalance, an acidic terrain, excess fat and protein consumption, high cholesterol, high triglycerides, stress and lifestyle choices such as smoking, caffeine and alcohol.
- △ **Correcting this depends on identifying the cause. The appropriate combination of nutritional and lifestyle interventions can then be used.**


Summary of Results:

Your live blood cell analysis before the structured water indicated a need to focus on liver support which may be due to compromised gut or liver health or diet and lifestyle factors that may affect liver health. In addition, the presence of small amounts of thrombocytes may have been due to dietary and lifestyle habits but have greatly reduced by the intake of structured water. It may also be beneficial to consider personalised diet and lifestyle recommendations in the future.

Additional Notes:

What is meant by an “unbalanced terrain”?

The term “terrain” was coined by French physiologist Claude Bernard in the 19th century, who used the term for the body’s internal environment. Since the body comprises mostly water, the terrain of the body is in essence an aqueous medium. This includes the blood, lymph and the fluids inside of and between the cells.

The state of the terrain is determined by four factors, namely: its acid/alkaline balance; its electric/magnetic charge; its level of poisoning and its nutritional status (including oxygenation). The condition of the terrain is absolutely central to the balance between health and disease. We can easily understand the notion that unhealthy soil will yield unhealthy, disease-ridden plants, while healthy soil will produce strong, healthy plants. The same concept applies when we look at the terrain of the body: if it is balanced it will promote health and if it is unbalanced it will lead to disease. An unbalanced terrain disrupts the normal functions of the body: the immune system is less active, enzymes, hormones and other chemical messengers do not function properly, the elimination of toxins is less effective, prostaglandins and other pro-inflammation chemicals accumulate, digestion becomes inadequate, etc. The body struggles to maintain balance through its many mechanisms, but eventually fails when the level of disruption reaches a tipping point, especially when there is a lack of proper nutrition.

This is when a variety of symptoms may begin, such as headaches, recurring infections, skin problems, etc, depending on our individual susceptibility, types of toxins and deficiencies. Most people then turn to chemical drugs to suppress the symptoms, like painkillers to numb the pain, cortisone creams, antihistamines, antibiotics, etc. These unnatural measures only fuel the fire by aggravating the levels of toxicity, acidity and the degree of disruption of normal functions. They afford only temporary relief, while worsening the underlying imbalances that led to the development of the symptoms in the first place.

A large part of any health process, for any given disease, is focused on correcting the imbalances of the terrain. We maintain that if the terrain is healthy, the rest of the body will be healthy and resistant to disease and infection. We strive to understand the question why some people stay healthy when exposed to contagious diseases, instead of laboring to identify a causative organism for a given infection and trying to kill it. Just like seeds will not germinate when thrown on asphalt, bacteria will not take hold in an unfavourable environment. Our aim is therefore to improve the condition of the terrain so that all functions in the body are optimal and harmonious and the terrain is unsuitable to infection.

The following factors are required for a balanced, healthy terrain: Water, Oxygen, Minerals, Alkalinity, Nutrition and low toxicity levels.

Disclaimer:

Live Blood Analysis is not a medical diagnostic procedure. The information provided in this report should not be construed as medical advice and is not intended to replace the advice of a medical practitioner or standard pathological testing. Live Blood Analysis is utilised as a nutritional assessment and education tool to assist with dietary and lifestyle recommendations.