

Report For: Ailsa Murphy

Vera Dahlstrom

ATHERTON Qld 4883

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Email Address: restoringvitality1@gmail.com

Website:

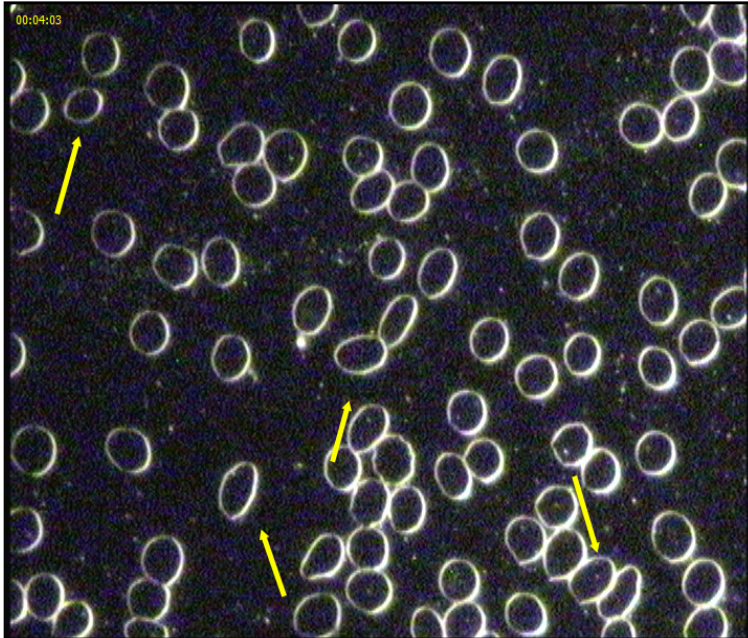


Test Date: 18/Apr/2023 14:05:20

Practitioner: Admin System

Hours since last meal: 1.5

Cinnamon Bun



Parameter: Elliptocytes / Pencil Cells

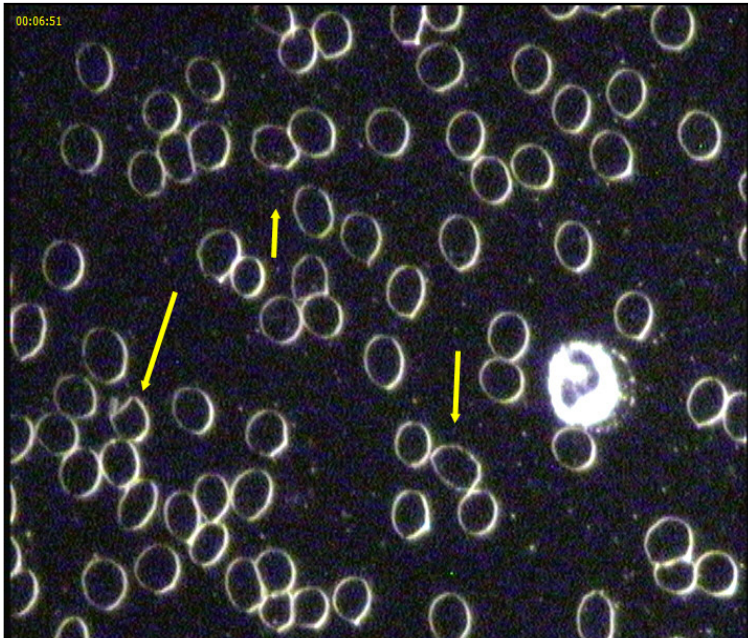
Degree: Moderate

Elliptocytes and pencil cells are oval shaped or elongated red blood cells, which do not carry or deliver oxygen as efficiently as normal red blood cells do, potentially leading to symptoms of fatigue. Their presence may be associated with low levels of blood building nutrients such as iron, vitamin B12 and folate. Elliptocytes are also seen in certain genetic conditions.

Parameter: Microcytes

Degree: Moderate

Some of your red blood cells are too small, which can interfere with their ability to deliver oxygen, and may lead to symptoms of fatigue. These small red blood cells may be the result of low iron levels.



Parameter: Acanthocytes

Degree: Mild

The spiny projections on these red blood cells may be caused by a number of metabolic changes in the body, including possible defects in liver function or an imbalance in fat metabolism.

Parameter: Poikilocytes

Degree: Moderate

Some of your red blood cells are irregularly shaped (not round). This loss of structural form may result from oxidative damage due to toxicity, inflammation, infection or nutrient insufficiency.

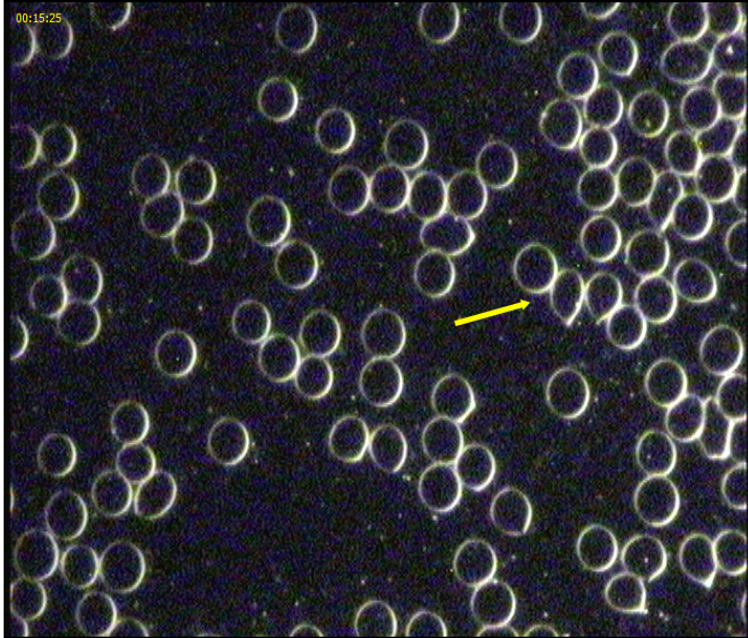
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Parameter: Protein Linkage

Degree: Mild

Some of your red blood cells are linked together by strands of sticky proteins, produced when the body is experiencing inflammation. This can give the red blood cells a tear-drop appearance and they can form long chains. This inflammation can be associated with infection, allergy, toxicity, poor digestion or unhealthy dietary choices.

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### White Blood Cell Differential Count

Cell Type	Counted	Counted %	Low	High
Neutrophils	24	59%	<55	>65
Band Cells	1	2% *	0	0
Lymphocytes	11	27%	<20	>30
Monocytes	2	5%	<4	>8
Eosinophils	3	7% *		>4
Basophils	0	0%		>1
Total Counted	41			

\* Count is out of range

### White Blood Cell Count Parameters

#### Neutrophils - normal range (55-65%)

Neutrophils are medium sized, silvery white blood cells. They are the 'garbage collectors' of the immune system, patrolling your body, cleaning up debris and removing toxic or infective material. Your neutrophils are within the normal range.

#### Monocytes - normal range (4-8%)

Monocytes are the 'detectives' of the immune system, investigating any new intruders in the body. They engulf and process the foreign material, alerting neutrophils and lymphocytes to the presence of infective agents and allergens. Your monocyte numbers are within the normal range.

#### Eosinophils - elevated (>4%)

Your level of eosinophils is elevated, which may indicate exposure to allergens or parasitic organisms.

#### Lymphocytes - normal range (20-30%)

Lymphocytes are small to medium sized dull white blood cells and are part of your immune defence system. They are particularly involved in fighting viral infections, and also certain bacterial infections. Your lymphocyte numbers are within the normal range.

#### Basophils - normal range (0-1%)

Basophils are large white blood cells. They form part of the immune defence system, but are rarely seen in the blood. Your basophils are within the normal range.



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### Interpretation

#### Allergy

There are signs in your blood that may indicate the presence of an allergy. An allergy occurs when your body has an immune response to something that is not normally considered harmful. You may be exposed to allergens in the air, through your skin or in the food you eat.

Allergy Management -

#### Gut immunity

A large proportion of our immune system is located around the gastrointestinal tract. Imbalances in the beneficial bacteria that live in our intestines may cause imbalances in the immune system. There are signs in your blood that your immune system may benefit from regulation via the gut.

Gut Immunity Management -

#### Iron, B12 and Folate support

There are signs in your blood that may indicate you have an increased need for iron, vitamin B12 and / or folic acid. These nutrients are essential for healthy and uniform blood cell production and a lack of these results in symptoms that include fatigue or poor immune function.

Iron, B12 and Folate Management -

#### Oxidation

Your blood shows one or more signs of increased levels of oxidative stress, caused by exposure to harmful free radical molecules. Oxidative stress is thought to be a factor in the development of many chronic illnesses, and left unchecked can cause damage to your body and health.

Oxidative Stress Management -

#### Liver stress

Your blood shows one or more signs that may indicate your liver could benefit from additional support. The liver may need extra support if it has been coping with infection, inflammation, oxidation, stress or exposure to toxins, alcohol or poor dietary choices. Healthy liver function is of central importance to achieving optimal health.

Liver Stress Management -

#### Inflammation

Your blood shows one or more parameters that indicate your body may be experiencing inflammation. Inflammation is produced under a wide range of circumstances including exposure to physical injury, infection, allergy, auto-immunity, toxicity and stress. Ongoing and untreated inflammation can be damaging to the body and should be addressed.

Inflammation Management -

#### Infection (Parasitic)

Signs have been observed in your blood that may be associated with parasitic infection. When you are exposed to a pathogen your immune system initiates a number of processes to defend you, including changes to the proportion of immune cells that fight parasites.

Parasitic Infection Management -

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### Essential Fatty Acids

Essential fatty acids are an important part of healthy cells, especially in the blood. As your body cannot make them, they are considered essential and they must be consumed in the diet. Your blood demonstrates one or more signs which indicate you may benefit from supplementing your diet with essential fatty acids.

Essential Fatty Acid Management -

### Comments

### Note:

This report is for educational purposes only and should not be used to diagnose any medical condition