

## CONDITIONS THAT MAY BENEFIT FROM A LIVE CELL TESTING

We believe that our clients should do a live cell testing, at least twice a year to maintain good health. If someone is ill, once every three months. It takes 90 days for red blood cells to renew.

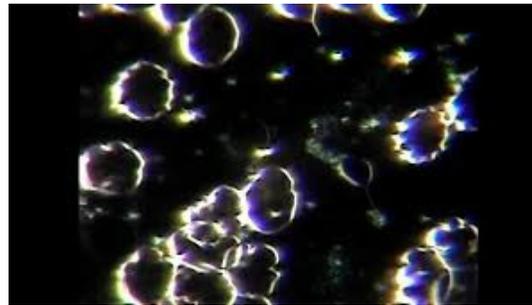
Some health issues that are benefited by the information that live cell testing provides are:

**Anxiety**  
**Arthritis**  
**Attention deficit disorder**  
**Autism**  
**Autoimmune disease**  
**Brain fog**  
**Cancer**  
**Chronic fatigue**  
**Dementia**  
**Depression**  
**Diabetes**  
**Depression**  
**Gallbladder disease**  
**Gout**  
**Heart disease and strokes**  
**High cholesterol and triglycerides**  
**Hypertension**  
**Immune system weakness**  
**Heart disease**  
**Kidney disease**  
**Liver disease**

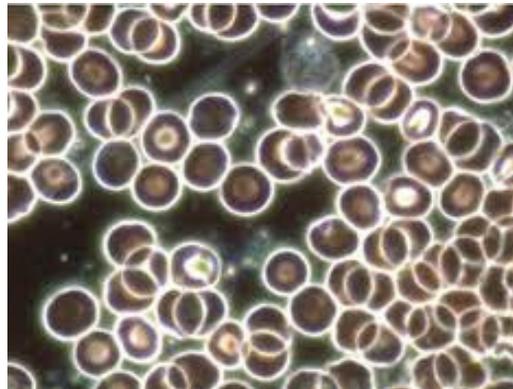
**Memory Loss**  
**Neuropathy**  
**Parkinson's disease**  
**Weakness and fatigue**  
**Yeast infections and so on.**

## LIVE CELL ANALYSIS PHOTOS

Oxidation, low in EFAs, antioxidants, poor fat digestion



Target Cells, May Indicate Low B12, Folic, Iron



Note: The cost of a live testing is \$75.00 plus HST. The test should be done in addition to a regular appointment in order to interpret and prescribe based on the results.

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## WHAT IS A LIVE CELL TESTING OR DARKFIELD MICROSCOPY?

Live cell testing aka darkfield microscopy is a unique test that provides useful information about a person's nutritional state.

It does not diagnose diseases however, it does provide insightful information about one's health and how to better it.

The test is very simple. A single use lancet or sharp is used to prick the end of the finger. Then a small drop of blood is placed onto a glass slide. It is placed for viewing under the microscope at a 1000 times magnification. The procedure is different from traditional blood tests because it analyzes a drop of living blood as opposed to looking at the cell counts and chemical composition of preserved blood in a lab.

After the slide is placed on the microscope, one can see their living blood picture on a screen and it will be described and notes will be made on any issues with simple solutions.

## WHAT DO I HAVE TO DO FOR THE TEST?

1. Fast at least four hours.

No food or drink, except water.

2. Drink plenty of water. If you are dehydrated, your cells will be stacked and we cannot see important information about the cells, like if they are missing iron or if the membrane shows oxidation.

3. Don't eat pork, chocolate or over indulge in alcohol the night before your test.

4. If you forget and eat, please let us know.

## WHAT INFORMATION DOES LIVE CELL TESTING PROVIDE?

Live cell testing is useful for discovering hidden nutritional deficiencies.

**It can detect inadequate digestion of fats and protein digestion.**

It can provide clues to an imbalance in good flora. There is always a fine balance of good and bad bacteria in our digestive tracts, from our mouth to our rectum. This flora also lives on our skin, nasal cavity and vagina. **Live cell testing can provide markers that there may be a potential imbalance in the good bacteria or flora.**

It provides **useful markers for inflammation** by showing markers such as spicules, fibrins or certain types of white blood cells.

The blood provides clues as to body's **acid and alkaline balance**. This clue gives the practitioner the idea to do a saliva or urine pH test.

**The red blood cells may show oxidative damage.** This may be a good indicator that a person's dietary, lifestyle habits or medications may be affecting the health of the cells. For example, excessive exercise, low fat diets, processed foods, diabetes and smoking all may contribute to an oxidative stress of the cells.

Live cell testing also provides key information about the **types of immune system cells one has.**

Some cells are related to allergies, viruses, bone pains, sinus infections, parasites, hives, histamine release, chemical or pesticide exposure, mycoplasma or micro-organisms. These immune cells should be active enough for a healthy immune system response.

**Nutritionally one may see certain nutritional deficits in the blood.**

For example:

- ~Low B vitamins, B12 and folic acid in particular,
- ~Low iron stores
- ~Low essential fatty acids, such as from omega 3 fish oil.
- ~In oxidative stress patterns, one may see a lack of fat soluble anti-oxidants such as vitamin A, E, K and D

Certain markers for kidney health and protein digestion may be seen when **uric acid crystals appear in the blood.**

Fat particles may appear in the blood. This may be due to **impaired liver and gallbladder function, poor fat digestion, gallstones or clues to high cholesterol or triglycerides.**

The best definitive test for cholesterol and triglycerides is through a medical doctor because it uses a whole vial of blood and can compare both good and bad cholesterol.