



The Patients' Voice

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UNDERSTANDING YOUR BLOOD TESTS

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Hard living comrades push the limits of the body to amazing levels. As we attend our workshops and seminars we are constantly reminded that we are not the norm when it comes to daily living. This is a good thing, but sometimes it is hard to translate that into medical-ese when we go to our conventional health practitioner who is used to seeing mere mortals. I am going to provide you with the best of my 25 years as a preventive oriented and nutritionally focused physician, connecting standard blood tests to common symptom pictures and health conditions. There will be time in future discussions to look at more esoteric and more expensive testing, but it is essential to understand the basic building block testing that is done routinely in any given clinical setting on any give day.

To begin, conventional medical practice looks for disease states and presumes that if the conventional assessment tools reveal "normal" results the person is otherwise healthy. This definition is based on reference ranges defined mathematically using the entire population. For example, the standard reference range for glucose (blood sugar) in a fasting state is 65-99 mg/dl. If your blood sugar was 66 when tested and you had complained to your doctor that you had mood swings, fatigue, difficulty with concentration and sugar cravings, you would still technically be "normal". Your doctor would typically send a note in the mail saying your tests were "fine". What that meant was actually "we did not see any rip-roaring disease that jumped off the page like diabetes so you must be OK". Helpful? Of course not Useful from a preventive perspective? Not at all.

This takes us to our starting point of a journey into blood chemistry analysis. Remember, I am a physician and have done this for over 2 decades and this is a combination of accepted science and personal observation. If you have a

question about this contact me personally and I will be glad to help you.

Sodium levels (yes, salt)

Reference range 135-145 mmol/L

Personal opinion for optimal range – not less than 140, not higher than 146.

I started with the Sodium level because it is very important test and one that is completely mangled by the medical community. Why? Because of the past historical attempts to correlate sodium and high blood pressure, and the occurrence of high salt concentrations in many processed foods. Should this make sodium a villain to be avoided at all costs? No! Please do not make this mistake! This could be a fatal one!

In almost 25 years of clinical practice some of the most immune system depleted people I saw had sodium levels in the low to low normal range. Combined with some other immune markers (I will talk about at another date) I could literally see the "recipe" for their disease: chronic sinus infections, urinary tract infections, yeast infections. "I get everything going around" (and then can't shake it), even cancer, the ultimate immune system compromise.

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