

A photograph of a family of four (mother, father, and two children) smiling and hugging each other. The image is overlaid with a semi-transparent dark green filter.

Learn More About *Live Blood Analysis*

Embrace your wellness today!

Join us on a transformative journey towards **holistic health**, merging the power of science with natural solutions for a life that's holistically balanced and vibrant!

What is *Live Blood Analysis*?

Live Blood Analysis (LBA) is a method used to examine a small sample of a person's blood under a microscope. Unlike traditional blood tests that involve staining and fixing the blood sample, live blood analysis allows for the observation of living blood cells in their natural state.

b.wellness Live Blood testing enables us to see exactly **how one's blood behaves** in the body, giving a clear picture of one's health at a cellular level. We don't aim to diagnose based on observed patterns; we evaluate the biological environment for deviations or imbalances in the microbiome.

THINGS WE CAN SEE WHEN YOU DO LBA:

- Inflammation
- Uric Acid
- Cholesterol
- Hormonal, digestive and blood sugar imbalance
- Intestinal stress
- Toxicity, oxidation and dehydration
- Immune response
- Vitamin and mineral deficiency
- Cortisol, cholesterol and adrenal stress
- Cardiovascular, auto-immune conditions
- Prostate and reproductive organ conditions
- Thyroid and pancreas dysfunction
- Chronic stress, arthritis and much more...

How can Live Blood *help improve your life*

The dance between body and mind sets the stage for internal harmony, becoming the cornerstone of holistic health. We steadfastly believe that a sustainable and wholesome lifestyle is not an elusive dream but an achievable reality with a healthy physical environment, dedicated effort, and mindful nourishment.

LBA takes on the role of evaluating the physical environment of an individual, orchestrating the alignment of body and mind to create a seamless rhythm in the pursuit of a balanced and vibrant life.

Together, we navigate a path towards *holistic well-being*.



How LBA seamlessly integrates with *b.wellness*

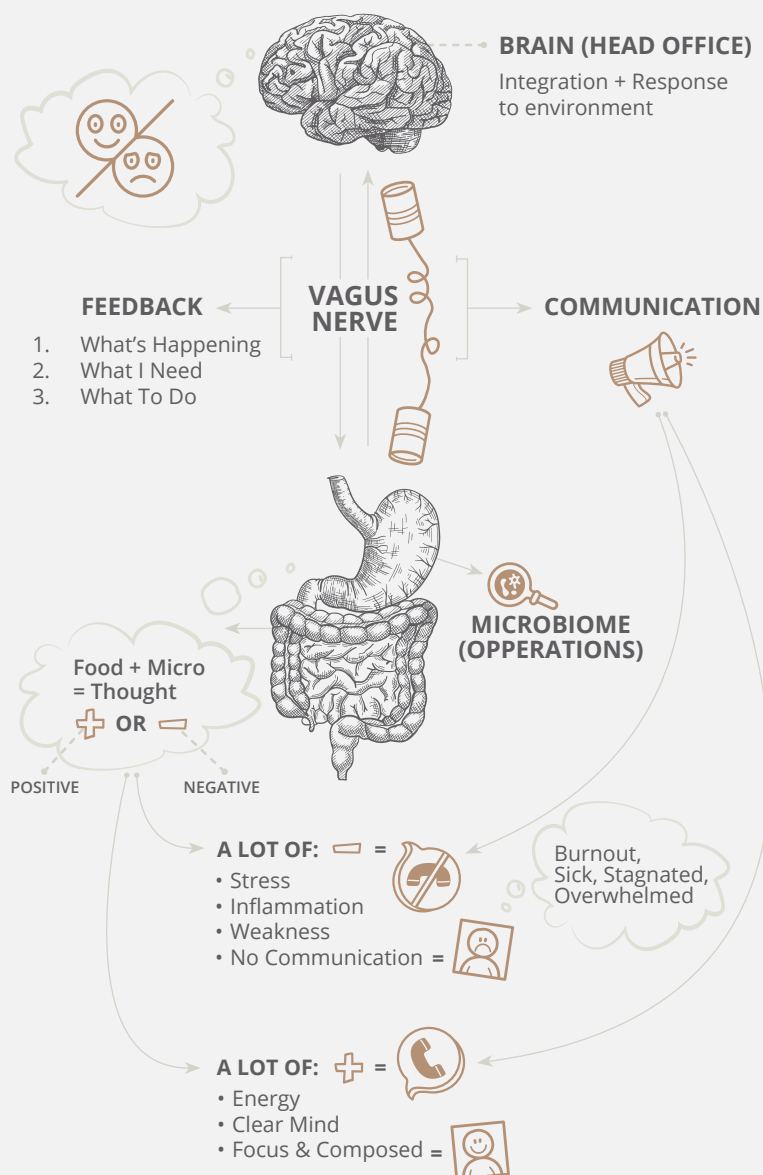
b.wellness believes that “A healthy outside starts from the inside” and this resonates with the purpose of *Live Blood Analysis* (LBA).

LBA emerges as an invaluable tool in the holistic approach to client health assessment, playing a pivotal role in our mission to recommend comprehensive, evidence based nutritional and supplement plans.

In the intricate tapestry of healthcare, LBA stands out as a dynamic lens, offering real-time insights into the intricacies of living blood cells. This unique capability allows us to delve beyond surface symptoms, enabling a deeper understanding of the client’s biological environment. To ensure a healthy environment inside your body we use the opportunity LBA gives us to identify and correct current imbalances.

The Relationship *gut/brain axis*

“HEY BUDDY” CONNECTION



How we use LBA to support *the gut* in helping *the brain*

A *Live Blood Analysis* (LBA) helps us to get a birds-eye view of the state of your biological environment. The microbiomes in your biological environment are linked with the brain. The microbiomes communicate with the brain via responses to what is happening in your biological environment. In addition, the brain is an active listener for these responses to stay up to date on what is happening in the body.

Think of your brain as an app on your phone, constantly sending notifications on the state of your biological environment.

Negative Notification

A negative notification will manifest in emotions like:

- *Stress*
- *Anxiety*

Because your body is remarkable it will try and tend to its own needs, but this is not an optimal solution to the negative notification. The body will use inflammation to solve the problem, as the combination of stress and inflammation has a natural anaesthetic effect that numbs the body. This solution doesn't eliminate the notification it just puts it on silent, thus keeping your body in a **fight, flight, or freeze state**.

EMOTIONAL TENDENCIES WHEN RESIDING IN THE *FIGHT, FLIGHT OR FREEZE STATE*:

- Forgetfulness
- Irritability
- Indecisiveness
- Sleeplessness
- Frustration
- Mood

The body's tendency to act on notifications in this way gets it caught up in a never-ending loop of just numbing or silencing the notifications.

What can you do *to restore* the communication?

Establish that “*Hey Buddy*” connection

b.wellness uses LBA as a guide to incorporate science-based food groups to create a natural equilibrium in the blood.

1. Observe the blood in real-time (LBA).
2. Introduce science-based food groups to change the microbiomes.
3. The change that the microbiomes experience helps to eliminate the negative notifications.
4. A drop in the negative notifications of imbalances creates a drop in stress and anxiety, which eliminates inflammation and thus, curbs the fight, flight, or freeze state that the body constantly experiences.

What to expect when you come for LBA

A simple finger prick (*a drop of blood*) is all we need.

Live blood, dry blood, and dark field view

Education, real-time insight, and visuals

Detailed report, phase- and science-based meal plan (*determined upon findings of blood*)

- Integrated b.wellness supplement schedule
- Recommended practices and avoidances
- Communication, support, and guidance towards phase
- List of issues identified during Live Blood Analysis (LBA) that require resolution or improvement.

As clients embark on their health journey with b.wellness and delve into the world of Live Blood Analysis (LBA), they gain insights into their internal biology and acquire invaluable education and tools. Our dedicated LBA consultants, become guides, imparting knowledge that empowers clients to understand their unique biological tapestry.

Our goal extends beyond mere dependency; it's about fostering independence in one's health journey. Throughout the consultation phase, clients receive a wealth of knowledge about their body's intricacies, supported by evidence-based nutritional and supplement plans. This isn't a journey they navigate alone; A board of coaches will be providing the necessary tools for clients to eventually steer their health ship independently.

Book a consultation

Embark on your personalised journey to wellness—book a consultation now and chart the course to a healthier, happier you!

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