

# BLOOD ANALYSIS PROVIDES ADDITIONAL TOOLS TO HELP EVALUATE HEALTH ISSUES

By Valerie Sorge, NMD, PhD

**F**unctional blood chemistry (FBC) analysis is an emerging approach that provides additional tools to help evaluate patients with complex health concerns. FBC differs from conventional blood panels in that it gives functional reference ranges that identify problems not yet pathological.

As clinicians, we have all met with patients who present with an exhaustive list of symptoms, only to have all of their basic blood biomarkers come back within the normal laboratory reference ranges. These patients may be experiencing physiological or functional shifts not accounted for by the wide reference ranges defined in standard lab tests.

Some practitioners take the lab data at face value and accept that there are no biological indications explaining the patient's symptoms and attribute them to stress or other non-measurable issues. Some may prescribe something to address symptoms. This may explain why the top 25 most commonly prescribed medications are for pain, insomnia, mood problems—all of which are non-specific and chronic problems that are usually not clearly diagnosed.

In the absence of an obvious infection or injury, it is rare for someone to go from “perfectly healthy” to seriously ill. In most cases, there is a spectrum from wellness to illness that spans years. By giving functional reference ranges that identify problems not yet pathological, FBC analysis more appropriately reflects this reality.

Laboratory ranges work in a continuum, with many shades of grey associated with shifts in physiology. The stringent black-and-white laboratory ranges associated with end-stage disease need no longer be the exclusive framework for evaluating our patients.

The full blood count (FBC) is one of the most commonly requested tests and provides important information about the kinds and numbers of cells in the blood: red blood cells, white blood cells and platelets. Abnormalities in any of these types of cells can indicate the presence of important medical disorders.

Blood is composed of a variety of living cells that circulate through the heart, arteries and veins carrying nourishment, hormones, vitamins, antibodies, heat and oxygen to the body's tissues.



**Blood contains three main components** — red blood cells, white blood cells, and platelets — suspended in fluid, called plasma. Red blood cells contain haemoglobin, a protein that carries oxygen to all the tissues of the body. Among other functions, white blood cells are responsible for protecting the body from invasion by foreign substances such as bacteria, fungi and viruses. White blood cells also control the immune process. Platelets help the blood clotting process by plugging holes in broken blood vessels.

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**Dr. Valerie Sorge**

Dr. Sorge has numerous accomplishments over recent decades in various places including the USA, Europe and South America. After medical school, she continued her education by completing her naturopathic education to fully round out her medical knowledge to integrate traditional medicine with organic and natural treatments to maximize the efficacy of medicine. She also obtained an MBA to further her abilities to function as an owner-operator which has enhanced her network to the point where she is engaged in fourteen locations around the world, specializing in the application of regenerative therapy and research. She has demonstrated and confirmed her passion as she was recently selected as International Regenerative Therapy Director, for BioGen, Inc. located in California.

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