

Newsletter July 2007

Does a Normal Blood Result Mean that you have Perfect Health?

Words such as normal and average are frequently used in our society. By definition, the statistics show that most of us are normal. But what does normal mean and is that what you should be aiming at?

Statistics can be misleading. I am sure that many of you have heard the expression about lies and statistics. So before I give you a few pointers about what you should look for in blood tests results, here are some statistics about the general health of our society:

- Sixty two per cent of men and forty five per cent of women are overweight or obese. It is so common that it is “normal”.
- Thirty per cent of adults exercise less than once a week if at all. Perhaps being “average” is also “normal”.
- One million Australian adults live with depression each year. Definitely not normal, but certainly common.

And when it comes to your blood tests, there are so called normal or reference ranges that by definition include over ninety per cent of the population.

I see heaps of people with iron deficiency, especially in women due to blood loss from periods. Other causes include coeliac disease, poor diet and blood loss from stomach ulcers or bowel cancer. Symptoms include tiredness, poor concentration, craving sweets and excessive hair loss. A standard blood count test is generally normal if not “healthy” until the iron deficiency is severe.

The specific test for iron levels includes Ferritin that measures iron reserves in the liver. The normal range goes from 20 to 350. In my experience, energetic healthy people generally have a Ferritin level between 50 and 120. Lower levels are not adequate. Higher levels typically suggest inflammation or the genetic Haemochromatosis iron overload condition.

So next time you have a blood test, ask to have a look at the reference ranges and find out what results are ideal as distinct from normal.

Have fun thinking about normal and average, and spare a few moments to ask if your health is at optimum levels.

Dr. Pete.

P.S. Next month I will show you how examination of a single drop of your living blood using my special microscope can instantly reveal vital information about your iron and Vitamin B12 levels, often well before conventional testing.