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Tackling health concerns under The Microscope

BY KIRA OLFERT, THE STARPHOENIX JANUARY 28, 2015

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"Blood is our life force. It tells our body's story," says Dr. Allison Fillatre, a naturopathic doctor with Choice Nutrition in Saskatoon. Through Integrative Microscopy, or live blood analysis, practitioners can help pinpoint health issues and create a personal preventative health plan.

Choice Nutrition (CN) offers Saskatoon and Melfort area residents the opportunity to seek out proactive and preventative holistic and integrated health care. Along with providing an in-location and online store for ProChoice Herbals, CN also conducts food sensitivity testing, low intensity Bioflex laser therapy, tissue mineral analysis, digital thermal imaging, acupuncture and a number of naturopathic services focusing on weight loss, injection therapy, intravenous therapy and nutritional consultations. Choice Nutrition also has the ability to run standard and advanced blood work through its Naturopathic Doctors.

Integrative Microscopy (IM), or Live Blood Analysis, is just one procedure done at CN. According to Dr. Allison Fillatre, BSc, ND, blood cells can only survive for a certain amount of time after leaving the body. Therefore, the majority of standard blood tests are carried out on dead blood cells depending on how long it takes for the samples to be tested at a conventional laboratory. With IM, blood is drawn from the finger and then immediately studied under a high powered microscope. The advantage of studying live blood, says Fillatre, is that it better allows the practitioner to study the physiology of the cell. "We are looking at a quick snapshot of what the blood looks like in real time."

The two kinds of IM that CN uses are: (1) Peripheral Morphology Assessment (PMA); and (2) Peripheral Coagulation Assessment (PCA). PMA is performed on a single drop of fresh blood from the patient's finger, and promptly studied. Studying blood in this method allows for the practitioner to determine red blood cell health and oxygen carrying ability, platelet function, immune function, bacterial, fungal, viral and parasitic infections, digestive efficiency, nutritional status, hormonal irregularities and lipid presence.

With PCA, the blood is allowed to dry before it is studied. This process usually takes at least 30 minutes; the dried sample is then studied to determine abnormalities within the coagulation pattern. Based off the theories and work of Robert W. Bradford, abnormalities in the dried sample can signify issues like viral activity, inflammation and hormonal imbalance, as well as free radical activity in various parts of the body that can be linked to the cause of some diseases like Alzheimer's, Parkinson's, Multiple Sclerosis, Osteoarthritis, Fibromyalgia, Atherosclerosis and cancer.

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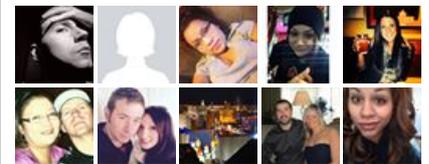
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Fillatre stresses that these blood tests are not diagnostic, but can help to pinpoint problem areas in a person's system and can be a quick, non-invasive way to help determine which standard blood tests should be used on a patient. "Blood is our life force. It tells our body's story," he says.

Fillatre explains that IM, a good physical exam, standard blood work, and the rest of the services offered by CN are all important components to evaluating a person's overall health. "We teach people how to take control of their health and to not accept illness, we teach them to be proactive and not reactive when it comes to their health. People don't realize how important being proactive about their health is, and this includes regular visits to your health practitioner, no matter how we feel. In society today, we too often wait until we aren't feeling well to go to the doctor. People wait to get sick, when, with the proper information ahead of time, they may be able to avoid becoming sick in the first place."

He adds that you should maintain regular visits or check-ups at least three to four times

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