

Diabetes Resource Center, Inc.  
and Center for Nutritional Medicine  
**Live Blood Analysis Training Workshops**



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### Level II Microscope Class Agenda

(Schedule may be subject to change)

#### Day One

8:00 am – Noon

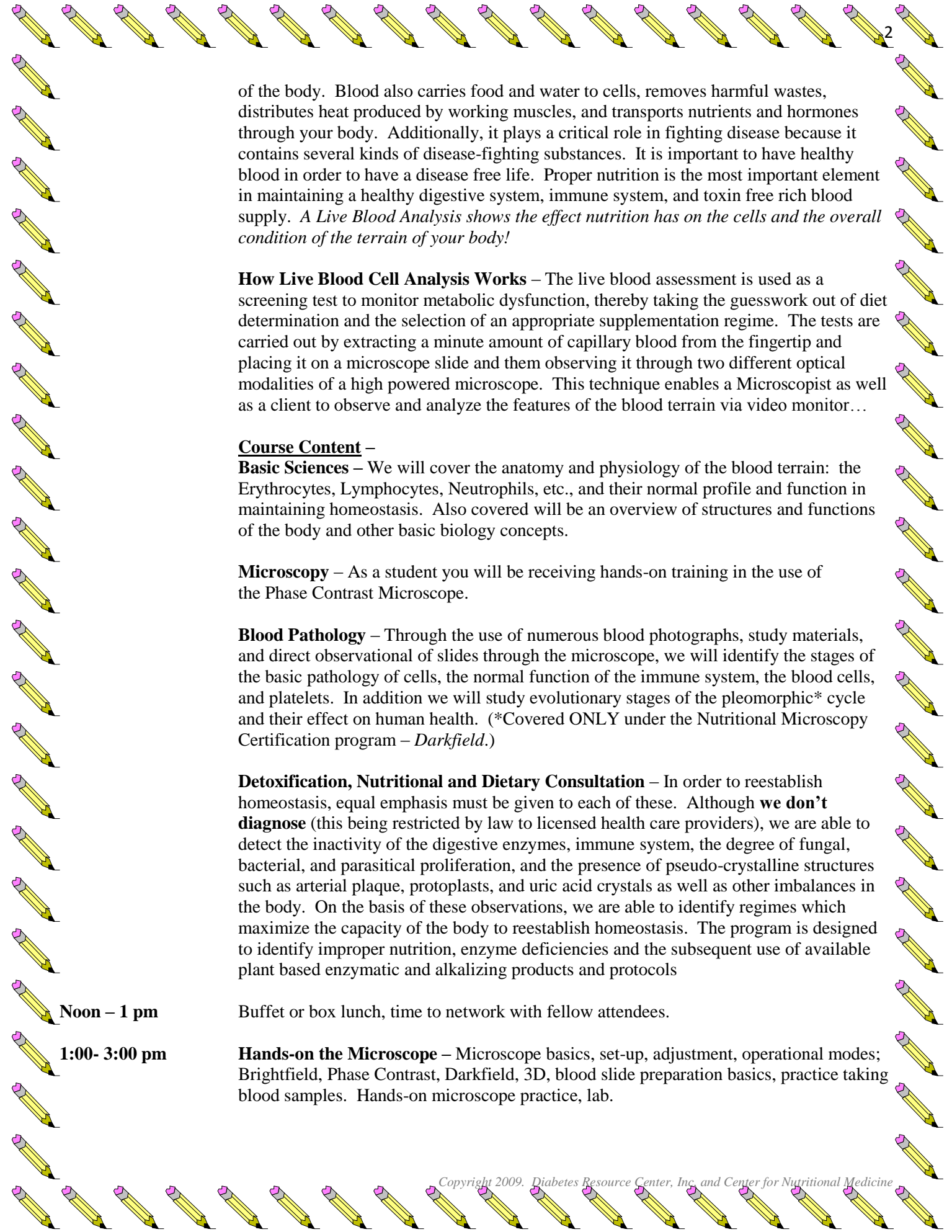
**Nutritional Microscopy** – Covers foundational principles that are core to this work.

**Enzymes** – What you should know about enzymes. Enzymes are substances that make life possible. *They are needed for every chemical reaction that occurs in our body.* Without enzymes, no activity at all would take place. Neither vitamins, minerals nor hormones can do any work without enzymes. Our bodies ability to function, repair when injured, and ward off disease is *directly related to the strength and numbers of our enzymes.* That is why an enzyme deficiency can be so devastating. Disease, foods containing dead enzymes, stress, aging, environmental toxins, digestive problems or genetic imbalances all effect our enzyme levels and level of expressed symptoms in the body.

**The pH Regulatory System of the Body** – Our body pH is very important because it *controls the speed of our body's biochemical reactions.* What we eat or drink will impact where our bodies pH level falls, and our bodies pH will control the activity of ever metabolic function happening in our body. **Human blood** stays in a very narrow pH range right around 7.3. Below or above this range means symptoms and disease. What we **eat** and **drink** is directly tied to our **digestive system**. From our mouth through our small intestine and through our colon, that system plays the most important part in our physical well being. This system, what we feed it and how it impacts our pH, is the essential core to whether we have perfect health or not.

**Microscopy and Live Blood Cell Analysis** – Exploring old biological theories and the work of Gunther Enderlein, Antoine Bechamp and others with new modern scientific understanding. From Enderlein's research he was able to produce natural biological answers to many of the degenerative disease processes plaguing western civilization today. Using the **Darkfield** technology he discovered tiny organisms, called protits. These tiny organisms flourished in blood cells, plasma, body fluids, and tissues living in harmony with the body in a symbiotic or mutually beneficial relationship. *The most interesting thing about the microorganism is its ability to change and adapt to its environment.* According to research of Dr. Enderlein, total healing of chronic illness only takes place when and if the blood is restored to a normal, slightly alkaline pH. Your body pH affects everything!

**Blood as a Holograph of Consciousness** – Like a river, your bloodstream is the fluid of life that flows through your body. Without blood, the human body would stop working because blood supplies our cells with much needed energy. As it courses through your veins, this “river” carries the necessities of life – oxygen, water, and food – to all the cells



of the body. Blood also carries food and water to cells, removes harmful wastes, distributes heat produced by working muscles, and transports nutrients and hormones through your body. Additionally, it plays a critical role in fighting disease because it contains several kinds of disease-fighting substances. It is important to have healthy blood in order to have a disease free life. Proper nutrition is the most important element in maintaining a healthy digestive system, immune system, and toxin free rich blood supply. *A Live Blood Analysis shows the effect nutrition has on the cells and the overall condition of the terrain of your body!*

**How Live Blood Cell Analysis Works** – The live blood assessment is used as a screening test to monitor metabolic dysfunction, thereby taking the guesswork out of diet determination and the selection of an appropriate supplementation regime. The tests are carried out by extracting a minute amount of capillary blood from the fingertip and placing it on a microscope slide and then observing it through two different optical modalities of a high powered microscope. This technique enables a Microscopist as well as a client to observe and analyze the features of the blood terrain via video monitor...

**Course Content** –

**Basic Sciences** – We will cover the anatomy and physiology of the blood terrain: the Erythrocytes, Lymphocytes, Neutrophils, etc., and their normal profile and function in maintaining homeostasis. Also covered will be an overview of structures and functions of the body and other basic biology concepts.

**Microscopy** – As a student you will be receiving hands-on training in the use of the Phase Contrast Microscope.

**Blood Pathology** – Through the use of numerous blood photographs, study materials, and direct observational of slides through the microscope, we will identify the stages of the basic pathology of cells, the normal function of the immune system, the blood cells, and platelets. In addition we will study evolutionary stages of the pleomorphic\* cycle and their effect on human health. (\*Covered ONLY under the Nutritional Microscopy Certification program – *Darkfield.*)

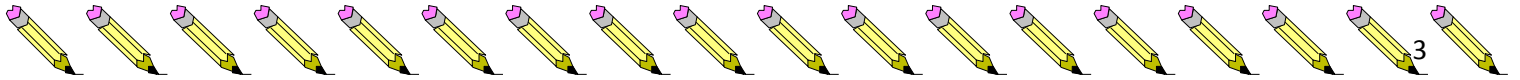
**Detoxification, Nutritional and Dietary Consultation** – In order to reestablish homeostasis, equal emphasis must be given to each of these. Although **we don't diagnose** (this being restricted by law to licensed health care providers), we are able to detect the inactivity of the digestive enzymes, immune system, the degree of fungal, bacterial, and parasitical proliferation, and the presence of pseudo-crystalline structures such as arterial plaque, protoplasts, and uric acid crystals as well as other imbalances in the body. On the basis of these observations, we are able to identify regimes which maximize the capacity of the body to reestablish homeostasis. The program is designed to identify improper nutrition, enzyme deficiencies and the subsequent use of available plant based enzymatic and alkalizing products and protocols

**Noon – 1 pm**

Buffet or box lunch, time to network with fellow attendees.

**1:00- 3:00 pm**

**Hands-on the Microscope** – Microscope basics, set-up, adjustment, operational modes; Brightfield, Phase Contrast, Darkfield, 3D, blood slide preparation basics, practice taking blood samples. Hands-on microscope practice, lab.



**3:00-5:00 pm**

**Evaluation of Blood Pictures** – The success or failure of using a Phase Contrast Microscope depends on various factors that include making a good slide preparation and the systematic review of the specimen. Scanning the slide preparation from bottom to top, from left to right in order to obtain a general impression at a lower magnification of size, shape, and composition of RBCs, WBCs, other blood components and objects found in the blood.

**Review of blood pictures** including: Normal blood, rouleau, protein linkage, erythrocyte aggregation, plaque, heavy toxins, uric acid crystals, bacterial parasites, fungal forms, white blood cells, thrombocyte aggregation –platelets.

**Steps for Examining under Microscope** – Introduction to the basics of preparing the microscope and slides, taking the blood, examining the sample, what to tell the client, and how to clean microscope after use.

**5:00 – 6:00 pm**

**Digestion and Food Borne Illness** – In order to have a **healthy digestion** the body must be able to *breakdown, absorb, and transport* nutrients properly. While **food consumption** is important – many people make *poor food choices* and *portion sizes*. Improper food consumption results in an **unhealthy digestion** and leads to food borne illness. **Resulting Conditions – Food Borne Illness** results from impaired digestion and can affect other areas of the body including the immune system and overall health. **Restoration** – In order to prevent an unhealthy digestion and food borne illness, restoration of homeostatic balance must take place.

**Day Two**  
**8:00am-Noon**

**Live Blood Identification continued** – Red cells, White cells, T cells, B cells, parasites, bacteria, monocytes, etc. The allopathic/nutritional perspective. The biological theories of disease. Possible causes of what you see, signs and implications of what you see, asking why, and connecting the dots to physiology. Bringing the picture home to clients with simple stories they can relate to.

**Noon – 1 pm**

Buffet or box lunch, time to network with fellow attendees.

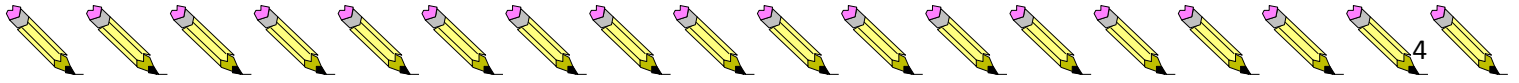
**1:00 – 3:00**

**Dried Layered Blood / Oxidative Stress Check** – In Dried Layered Blood Analysis (coagulation morphology/Brightfield) one examines the result of the client’s *coagulation cascade* (within blood can alter fibrin/fibrinogen linking and cross linking polymerization) which leaves tell-tale imprints in dried blood. This is seen through cellular oxidation and degeneration...gathered from one droplet of blood and collected in layers on the slide. This application of viewing dried suspended blood samples offers valuable insights to overall free radical stresses in the body along with potential degenerative diseases and other imbalanced health patterns..

**Taking the sample and Objective Use** – Steps for taking the blood sample, blood slide preparation (obtaining 8 layers on the slide), technique, theory behind the test, its use in practice.

**Reading the Layered Blood** – Moving from left to the right when viewing the dried blood represents acute to chronic function or the *reserve of the body*. 1<sup>st</sup> drop (acute)...Final drop (chronic).





**Review of Dried Layered pictures** including: Oxidative Stress, Metal Toxicity, Magnesium Requirements/Acidosis, Adrenal Stress Profile/Hypersensitivities, Coagulation, Mineral Deficiency, Large Lakes, Inclusions in Lake, Healing, Small Lakes, Round Holes, Syalic Acid, Bowel Toxicity, Parasites, Fungus, Toxins, Viral Conditions.

**3:00-5:00 pm**

**Hands-on the Microscope** – This is open lab time. Now that you know a bit more, what do you see in your picture? During this time we will examine the blood of others within the class, giving more practical hands-on experience with different conditions seen. Technique and identification.

**5:00 – 6:00 pm**

**The Five Keys to Health** – We need to know how to become healthy and how to stay healthy. There are different types of people, and we need to reach each of them at their own level of understanding. The Five Keys to Health include: *Cleansing, Digestion, Absorption, Elimination, and Maintenance.*

**Nutrition** – Tips to plan healthy eating, increasing you enzyme intake, and whole food nutrition based on evaluation of blood. Glucose Conversion. Nutritional products and digestive care.

**Day Three**

**8:00 – 11:00**

**Darkfield Microscopy** – The Darkfield Microscope is a tool to learn about the theory of aging and the function of the body. The Darkfield Microscope provides a visual look at the terrain of the body. The faster the live blood degenerates on a microscope slide, the faster the client is aging and degenerating internally.

**Blood Pictures of The Effects Nutrition has on the Cells** – In live blood cell analysis, it is very important to observe what is going on between the blood cells and plasma for nutrition and the right balance. The blood helps to maintain equilibrium of the internal environment. The bloods major regulatory functions involve nutrition of cells, defense mechanisms, and maintaining proper body temperature. There are other types of blood tests, however, the live blood test is best because we can see at once “what is going on” from an analytical and nutritional basis.

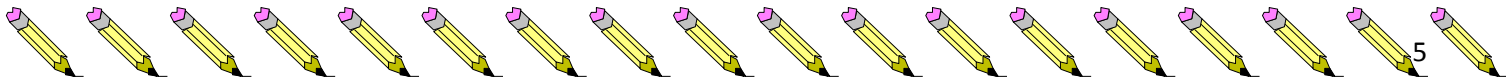
**Review of Darkfield pictures** including - Normal Blood, White Blood Cells, Lymphocytes, Macrophage, Basophil, Eosinophils, Monocyte, Neutrophils, Anisocytosis, Chylous, Crystals, Erythrocyte Aggregation, Fungal Forms, Helmet Shaped Red Blood Cells, Hypersegmentation of Neutrophils, L-Form Bacteria, Macrocytes, Microcytes, Mesosomes/Mycoplasmas, Ovalocytes, Parasitized Red Blood Cells, Plaque, Poikilocytes, Poor Digestion, Protein Linkage, Protoplast, Rouleau, Spicules of Fibrin, Target Cells, Thrombocyte Aggregation – Platelets. Tubules.

**11:00 – Noon**

**Phases of Pleomorphc Development** - Review of Regulatory Phase, Congestive Phase, Deposition Phase, Degeneration Phase; and Live Blood Morphologies. Evaluation of Blood Pictures. The Life Cycle of the Endobiont and three general stages of development – primitive phase, bacterial phase, and fungal phase.

**Noon – 1 pm**

Buffet or box lunch, *review of items within workbook.*



**1:00-3:00 pm**

**Hands-on the Microscope** – During this time we will examine the blood of others within the class using Darkfield, giving more practical hands-on experience with different conditions seen. Technique and identification.

**3:00-5:00 pm**

**Quantifying the numbers behind the picture** – While the microscope picture offers a qualitative look at the underlying “biological terrain”, behind the picture are numbers that can quantify how the picture came to be. We’ve designed and will give participants simplified techniques that they can immediately put to use using just a few of the tools like a blood glucose meter, blood pressure cuff, a pH measure, weight scale. The health tests include: *Coronary Heart Disease Risk Factor, Enzyme Deficiency, Weight and BMI, Fitness, and Stress Control.*

**5:00-6:00 pm**

**Diabetes and Digestion** – Diabetes is a disease that begins and ends with digestion. Diabetes is a serious chronic condition, where the body either doesn’t make, or properly use insulin. This causes the sugar to build up in your bloodstream instead of going into the cells of the body. This means your body can not make the energy it needs from the food you eat.

**Also included within the course will be the following:**

- **Getting deeper into the workbook/literature review** – Working with clients, style, form, substance. Using questionnaires. Protocols for conditions from the naturopathic perspective. Delineating boundaries between education and the practice of medicine, using the live blood analysis.
- **Electrolyte and Mineral Issues** – Of prime importance in consideration of any imbalance that an individual might experience is what is going on with minerals/electrolytes in the body. Electrolytes = electricity and one’s body can have too much or too little with either situation is a precursor for the manifestation of issues with the tissues that unfold in many directions.
- **Cellular Membrane Lipid Dynamics** – Understanding fatty acid/sterol membrane dynamics is where the rubber meets the road in terms of understanding pH issues and everything related to our circadian existence and the “look” of blood under the microscope.
- **Nutrition and Your Mind** – What every physician and healthcare provider should know but have never been taught about fats, sugars, energy and more and the effect it has on your mind.
- **Reduction and Oxidation** – The flow of life moves with the flow of electrons. Qualitative measure you can “see” with the microscope.

We also touch upon; blood type and diet, the lymphatic system, the enzyme connection, your body’s own medicine – homeopathy/isopathy, subtle energy; new frontiers for medicine, and more.

