



LIVE BLOOD CELL ANALYSIS

This procedure involves examining a drop of blood under a microscope. You will be able to view your blood on a TV Screen.

PREPARATION for the Live Blood Cell test:

- Limit fats in your diet for six hours prior to the test. Avoid dairy foods, eggs, bread containing oil, nuts and meat. You may have dry 7 grain cereal, fruit (no avocados), rice and oatmeal.
- Avoid all remedies containing fat: i.e.: Caproil, Evening Primrose Oil, Vitamin E, Flax Oil. You can resume taking these remedies after the procedure.
- Drink water or Herb Tea this makes the blood separate and allows for better visualization of each cell. Please drink a minimum of 6 glasses of water prior to the test to ensure that your body is well hydrated.
- Avoid all forms of physical activity for 24 hours prior to the blood test.

IMPORTANT: *If you experience hypoglycemia please let us know so that we can book your appointment early in the day, and bring some juice and food to eat immediately after the test.*

**If you need any clarification after reading this protocol,
Please call our office at (403) 270 - 9355**