



DARKFIELD NUTRITIONAL MICROSCOPY (Live Blood Cell Analysis)

What is Darkfield Nutritional Microscopy?

Darkfield Nutritional Microscopy is the examination of a single drop of living blood under a high-power, darkfield microscope. Through this microscope, we can investigate the size, shape and activity of living whole blood elements, both your cells and the fluid around them. In this way, we can begin to understand the balance of your body, and learn specifically what it needs to maintain vitality and health.

Why is this important?

At Sojourns, we treat your body as an ecosystem, not a chemistry set. We know that in our bodies, as in any ecosystem, health is directly dependent on the vitality of the environment. In order to help you create and maintain optimal health, we must be able to assess the state of your internal ecosystem. Darkfield Nutritional Microscopy is an assessment tool that allows us a window into the your body's internal environment.

Why this method?

Darkfield Nutritional Microscopy is a core component of biological medicine. It is a valuable assessment tool that supports our practitioners in helping you maximize your healing potential, and maintain vibrant health. We recommend this as a part of your annual check-up and as a non-invasive way to do progress checks while you are undergoing a course of treatment.

How is the Darkfield Nutritional Microscopy done?

Darkfield Nutritional Microscopy is performed by a trained, licensed medical technologist. The technologist draws several drops of blood from your fingertip and places them on microscopic slides. A special lens inside the microscope projects a view of the blood onto a television screen by way of a video camera. The technologist interprets the information and shares her assessment with you and your doctor.

■ 4923 US Route 5, Westminster, VT 05158 ■ phone (802) 722-4023 ■ www.sojourns.org ■



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IMPORTANT PREPARATION for a DARKFIELD NUTRITIONAL MICROSCOPY (Live Blood Cell Analysis)

To prepare for your test please follow the instructions below:

- It is best to avoid food for **8 hours** prior to your appointment. Fasting blood gives the most effective test results. Drinking water is fine. If you need to eat, eat fruits and vegetables, raw or cooked, whole or juiced. **Do not** eat any fats, oils, dairy products, nuts or avocados. Children can eat fruit in the morning before the test.
- Your blood is drawn (via a simple capillary finger stick) at the beginning of your appointment, so you are welcome to bring food to eat during the rest of the appointment.
- If you are scheduled for both thermography (CRT) and Darkfield Nutritional Microscopy (Live Blood Cell Analysis), it is recommended that you **do not** fast. Please eat lightly: fruits and vegetables, **no** fats.

If you have any questions please contact our
Medical Assistant or the Client Services Department @ 802-722-4023.

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