

Review by Douglas MacKay, ND

Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective

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Vis Medicatrix Press; Jacksonville, OR. (VisMedPress@aol.com)

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Blood chemistry and complete blood count analysis is often limited to comparing a test result with the conventional laboratory reference range to see whether or not the patient's results are normal, abnormal, or fit into a particular disease pattern. In *Blood Chemistry and CBC Analysis: Clinical Laboratory Testing from a Functional Perspective*, Ferguson and Weatherby present another method of analysis based on a functional perspective, focusing on optimal physiological function as a marker of health, rather than the presence of pathology as a marker of disease.

This book offers a wealth of information regarding interpretation of blood chemistry and CBC results. The authors use a set of icons to alert the reader to clinical implications, interpretations, or topics that might be naturopathic or allopathic in origin. The icons also alert the reader to topics related to drugs or medications, as well as laboratory results that would constitute a medical emergency or require a referral to a specialist.

The book covers each item found on standard chemistry screens and complete blood counts and offers valuable background information pertaining to the test, followed by its conventional laboratory, optimal, and alarm ranges. In addition, clinical indications, interfering factors, and related tests are discussed for each item.

The information in this book is easily accessible. Reference ranges and clinical patterns or trends are presented within well-organized charts. However, a thorough reading of the text in each section fosters a deeper understanding of the laboratory tests and how they relate to the dynamic and interconnected functions within the human body. Integrating this method of blood chemistry analysis will help identify nutritional and metabolic deficiencies as well as potential organ dysfunction in patients considered "normal" based on conventional laboratory reference ranges.