

# Book Reviews



## **BLOOD CHEMISTRY AND CBC ANALYSIS: Clinical Laboratory Testing from a Functional Perspective**

By Dicken Weatherby NK and Scott Ferguson ND

Published by Vis Medicatrix Press. Oregon, USA. 2002. Paperback. \$65?? ISBN 0-972-6469-0-6.

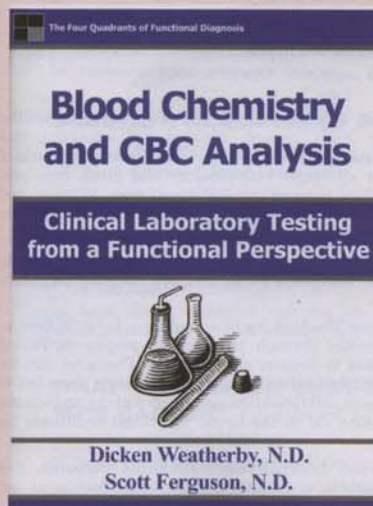
Reviewed by Khush Mark PhD

This book is a great reference book and is an 'eye opener' for the traditional medical practitioner. Not only does it examine the conventional reference ranges of blood chemistry and complete blood counts but also the more comprehensive

optimal ranges that are employed in complementary medicine.

The introduction explains the difference between conventional and preventative medicine parameters, such as explaining how a person whose blood test

results fall within the so-called 'normal' range can be sick and in my personal experience told 'everything is fine, you just need a holiday'. It also explains the difference between the pathological view and the functional view in the medical arena.



One example is that the pathological approach observes a body as separate units, such as the cardiovascular system, then the endocrine system, whereas as the functional approach is looking at the body from a holistic angle, i.e. mind, body and emotions. The book goes on to explain several other differences.

The following is provided for each blood parameter measured

- Background
- Sources
- Discussion
- Conventional laboratory range
- Optimal laboratory range (the ranges are given in both standard US units as well as standard international units)
- Reason for running the test
- Naturopathic common and 'not-so' common clinical implications
- Allopathic clinical implications
- Medication interactions
- Other points such as rare conditions etc.

It provides a comprehensive list of blood parameters, from cholesterol through to eosinophil levels.

This book confirms the belief, yet again, that just because a certain blood parameter falls within the traditional normal range, it does not mean that the patient is in good health and just in need of a holiday or is a hypochondriac. One such example is the blood glucose levels. Many people nowadays have problems with blood sugar control and can experience symptoms such as dizziness, irritability, excessive fatigue when going without food for longer than 4 hours yet their blood glucose parameters are traditionally in the normal range (3.61-6.38mmol/L) but when looking at the optimal range (4.44-5.55mmol/L), one can definitely say it may not be all in the mind or a 'holiday-deficient syndrome'. What I found particularly interesting is that such low levels of glucose do not seem to have any traditional clinical implications! From this point of view it is a great book to have just to familiarize oneself with the vast difference between the allopathic and naturopathic approach to health. I was impressed by the depth with which the whole thyroid hormone panel was covered, which in traditional medicine is a complete mess where various thyroid conditions are either missed or not treated properly.

There is also a very useful appendix divided into two sections; the first section lists the various parameters with various possible conditions and the second section vice versa.

I would highly recommend this book to practitioners in traditional medicine venturing into the complementary field of medicine. For a complementary practitioner, namely one educated in the

West, it is probably a summary of your blood Biochemistry University notes put into a reference format. This book would save you from rummaging through your old study books. Having practised in the States, I am very pleased to have this book in my collection in the UK and I have referred to it several times just for the conversion factor let alone the wealth of knowledge on blood parameter measurements.

This book is more of an educational tool and may be heavy going for the average person on the street interested in their health.

The only constructive criticism I add to this review is that the layout is not very 'user-friendly'. I find that I have to keep referring to the front of the book for the explanations to the icons.

All in all a great educational tool!

For readers wishing to purchase this book, please Telephone: 0709 2030181

### **Further Information**

The authors will be holding a Seminar entitled blood Chemistry and Haematology Analysis from a Functional Perspective in the UK on November 15th in London. Tel: 709 2030181; [www.bloodchemistryseminars.com](http://www.bloodchemistryseminars.com)