

Evaluate your blood and get healthy



Dr. Tahmineh Nikookar
Dr. TCM, R.Ac, Certified
Orthomolecular Microscopist (ISOM)
www.drnikookar.com

Blood evaluation is a great tool for improving your health and increasing vitality. It has been designed specifically for the identification, monitoring and counteracting the impact of pollutant and lifestyle

on health. The evaluation begins by examining a small drop of blood from a finger tip in order to identify preclinical conditions that contribute to diminishing wellness over a long term, and suggests guidelines to encourage improved performance and a return to high levels of wellness.

While a blood scan does not diagnose disease, it does identify changes long before they manifest as symptoms, and draws correlations between diet, environmental factors, and lifestyle to highlight the potential and pre-clinical indicators of degenerative disease. These indicators include cellular fatigue, nutritional imbalances, exposure to toxins such as, chemical or metal toxicity, mineral imbalances, pH imbalance, oxidative stress, hydration levels, dietary insufficiency, and much more.

The role of blood evaluation is to benchmark the individual's current health status. By identifying the effects of diet, lifestyle, exposure to pollutants, stress, nutritional inadequacies and so on, a blood scan can identify the hidden factors that prevent individuals from enjoying optimum wellness, and giving them the guidance and the opportunity to make the necessary changes towards better health.

Most people believe that if they're not experiencing symptoms or pain, then they're healthy. This belief is inaccurate. Most individuals are unaware of how far they have stayed from optimal or higher levels of wellness. We all should consider that disease begins in our bodies long before we experience any symptoms or pain. Research shows that most degenerative diseases develop in our bodies over a number of years. When you evaluate blood under the microscope, people will understand how far they may have stayed from optimal health and how they might regain it.

Blood evaluation enables clients to see through the graphs, the negative influences of environmental, nutritional and toxic effects on their blood, body, mind and soul.

Blood evaluation helps with:

- achieving higher levels of wellness
- increasing recovery rates after strenuous exercise

- improving the immune system
- speeding up the body's natural detoxification process
- increasing energy and vitality
- minimizing the effects of free radical damage due to oxidative stress
- slowing down the aging process

The greatest value of microscopic blood evaluation lies in the early identification of conditions such as:

- Low Iron levels
- Acid/Alkaline imbalances
- Dehydration
- Systemic Fatigue
- Vitamin or mineral deficiencies
- pH Imbalances
- Oxidative stress (resulting from free radical damage)
- Adrenal stress
- Liver stress
- Chemical and metal toxicity patterns
- Parasitic activity
- Digestive tract, bowel and colon toxicity; and more

A person's blood can say a lot about their state of wellbeing. Blood evaluation is putting a person's health under the microscope and provides great guidance to help the patient return to a high level of wellness.