



Acupuncture & Natural Health Solutions

Functional Medicine Summer Series #4

Complete Blood Count

Blood Marker: Platelets and Fibrinogen

Hello to my Naples Natural Health Family,

Can you believe this weekend is already the summer solstice? This year seems to be going so fast. Today, is already our fourth installment of the functional medicine summer series and we will be talking about the final CBC value, the platelet count.

Platelets are small cells crucial for blood clotting and maintaining blood volume during vascular injury. A healthy balance of mature platelets is essential for homeostasis.

As always, we are going to tighten up the range to reflect the functional, or optimal, range where your body works the best. This functional range for platelets is **155K - 379K**.

If your number is higher than 379K, this means you are at risk of forming clots that obviously can lead to stroke or other issues. A high platelet count is often a sign of inflammation, stress, or recent tissue injury. So, it is important that we address any underlying injury or inflammation and increase antioxidants. High platelets can be associated with thrombosis, malignancy, rheumatoid arthritis, inflammation, iron-deficiency anemia, and increased mortality.

A systemic enzyme therapy like **Nattokin Plus** by Nutritional Frontiers can be helpful in the situation of a high platelet count. Nattokin Plus contains

nattokinase. Nattokinase is a fibrinolytic enzyme that breaks down fibrin. Fibrin is the protein by-product of blood clotting.

There is another blood marker that can be helpful to look at if you have a high platelet count. That marker is called **fibrinogen**. Fibrinogen, an acute phase reactant and clotting factor produced in the liver, is associated with cardiovascular disease, peripheral artery disease, stroke, and inflammation.

Elevated fibrinogen levels are seen in infection, tissue damage, inflammatory bowel disease, and neurological disorders. Low fibrinogen levels may be associated with liver dysfunction, malnutrition, advanced cancer, clotting disorders, and recurrent miscarriages. It is a biomarker of systemic inflammation, and its levels can be influenced by medications, stress, and pollution. **Looking at the platelet count plus the fibrinogen will help to assess your risk for heart attack and stroke.**

If your platelet number is less than 155K, this means your blood is too thin and you are at risk for bleeding issues. A low platelet count can also reflect immune dysfunction or a nutrient deficiency such as vitamin B12, folate, or vitamin K. If platelets are low, we also want to evaluate methylation status, rule out chronic infections or autoimmunity conditions. Low platelet count may be linked to bone marrow failure, certain anemias, lupus, leukemia, and increased mortality.

I hope you are finding this functional medicine summer series to be informative and helpful. I truly believe we have to be our own health advocates in our current medical system. Knowing what lab values mean and what you are looking for can really assist you in advocating for your needs and those of your loved ones.

Enjoy the summer solstice this weekend. I hope you can get outside and commune with nature for a bit. The platelet count is the last value on the CBC with Differential basic blood test. So, next week we will be jumping into the Comprehensive Metabolic Panel aka CMP.

Just a reminder. I will be on staycation from **June 20 through July 6th** and back in the office on July 7th with bells on. I might check messages, but I might not. I will be sure to get back to you on July 7th if you have any questions.

Want more natural health insights? Listen to my podcast where I discuss lesser-known approaches to chronic health issues. **Listen Now**

Supporting your health journey,

Toni Eatros, Acupuncture Physician and Functional Medicine Specialist
Acupuncture and Natural Health Solutions