



# *Acupuncture & Natural Health Solutions*

## **Functional Medicine Summer Series #1**

### **Complete Blood Count**

#### **WBCs - White Blood Cells**

Hello, hello!

Well, summer is here, according to the school calendar. Can you believe it? Guess what summer means? Yep, we are launching our second annual summer newsletter series. Last year we did a homeopathy summer series. If you missed it, you could find those newsletters on my website, [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com).

I have had a huge uptick in people wanting to talk about hormone testing and other functional medicine tests. These tests are great and can tell us so much about the body, however, they can be a bit expensive and not everyone can afford to take those tests.

That is why this year, I thought we would change gears and do a ***CBC functional medicine summer newsletter series***. The great thing is, if you have a primary care physician and are getting routine annual bloodwork, you probably can put your hands on the values we are going to talk about in this series. If you don't have a primary care physician, but want to order these very inexpensive blood labs, I can easily facilitate that for you.

Before we dive into specifics, we must talk about normal blood ranges versus functional blood ranges. When you get blood work done and look at the report, you will see the normal ranges listed on the right-hand side of the report. About 80% of people walking around fall into the normal range. Do you want to have the same health as 80% of people? I know I don't.

Functional medicine specialists, like myself, tighten up the normal range to what we call a *functional*, or *optimal* range. In this tighter range, this is when a person functions the best, or optimally. The functional range is where healing actually occurs. If your numbers do not fall in the functional range, then you cannot heal.

Keeping the numbers within the normal range does not elicit a healing response, it just makes people happy when they look at the numbers. In order to attain your goal of optimal health, we need your numbers to fall within the functional range for at least 60 days.

Hopefully, now you can see why we want to tighten up the blood lab value ranges and see how close you are to achieving optimal health.

Let's look at a value that everyone has had reported if you have ever had a blood draw, the CBC or Complete Blood Count with Differential. The CBC concentrates on three types of blood cells: white blood cells (WBCs), red blood cells (RBCs) and platelets. By measuring the volume of blood cells, the CBC allows us to evaluate your overall health, as well as check for underlying conditions such as methylation, iron requirements, gut health and blood viscosity. The differential portion differentiates what the white blood cells are targeting in the body such as viruses, parasites, and/or bacteria.

Over the course of our summer series, we will discuss the values seen on the basic CBC with differential as well as what it actually means to your overall health. So, let's dive in and begin with the first value of the **CBC with differential**, the **white blood cells aka WBC**.

If you can find your most recent blood work this next part will become very interesting to you. Go get it and come back. I will wait.

If LabCorp was the lab you used, the "normal" range for WBC is 3.4 - 10.8. The functional range is 5-8. You can see that the functional range is quite a bit tighter.

If your WBC is between 5-8, you are good. Your white blood cells are functioning optimally. Congratulations! The WBC ranges are the same for both men and women.

If your WBC is less than 5, you have been fighting a chronic infection, of some sort, for a while. It may be viral, bacterial or parasitic. We will look at other values in the differential to determine which one you may be dealing with. For now, just note, your body has been putting valuable resources into trying to eliminate some sort of pathogen that has caused an infection in your body.

If your numbers are within the normal range, but out of the functional range, you have been beating down the infection but haven't been able to eliminate it altogether.

If your WBC is higher than 8, you have an acute infection. Maybe an urinary tract infection or some sort of wound or abscess.

This is pretty interesting, isn't it? In my opinion, in this fast-paced world of modern medicine, you need to be your own advocate. Learning these things and then pushing for what needs to be done is the best way you can serve yourself and your family.

The regular doctors are trained to scan the blood work for high and low values. They look for things that are out of the normal range. When things are out of the normal range, blatant disease is happening and now they can diagnose you. With a diagnosis, they are then trained to use the tools in their toolbox, drugs and/or procedures to treat.

What if you could find patterns of imbalance before you actually reach the disease state? If you can see that the WBCs are low, especially if you look back and see this over a month or years, you have been fighting a chronic infection. Are you going to feel like you are in optimal health if you have been fighting an infection for months or years? Probably not. However, you are not in blatant sepsis, thank goodness.

So, you can see, by tightening up these ranges we can discover health issues before they become an urgent or emergent problem or a chronic illness that you are taking medication for, for the rest of your life. It makes a lot of sense, doesn't it?

If you find that your CBC values are out of the functional range and you want some assistance in interpreting what is going on and more importantly, how we

are going to fix it, please give me a call. I am happy to assist you in these things. Again, if you want to have your own CBC run, but don't want to incur a physician visit, let me know. I can order blood labs anywhere in the country, as long as there is a LabCorp available.

I hope you enjoyed the first issue of our CBC Functional Medicine Summer Newsletter Series. Next week we will be looking at what the value for your red blood cells indicates.

I know many of you are traveling this summer or heading to your northern home. I hope you have a wonderful time with family and friends. Travel safely and stay healthy.

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,

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