



## Quan Yin Center for Compassionate Healing

Acupuncture • Chinese Herbs • Targeted Nutrition • Balancing Hormones • Detoxification  
Dianne Duncan, LAc, Dipl O.M.

### Blood Tests Can Be Used for Determining Functional Health

The Quan Yin Center for Compassionate Healing is now reading blood tests to determine functional health and wellness. We can use existing blood test reports or we can refer you to a lab that will offer a significant discount for a new test.

#### *What is functional health?*

Functional health looks at how your body is functioning in wellness. Western medicine looks at how your body is functioning in sickness. You may not be sick according to Western standards, but that doesn't mean you are functioning at the optimal levels for wellness.

#### *How are Western standards different from functional standards?*

You may think the ranges presented on your lab report and labeled "normal" for each test are decided upon by a panel of international practitioners, telling us what is healthy and what is sickness. In reality, these mean ranges on your report are determined by samples taken in THAT lab only. A standard that everybody uses does not exist. And as if that weren't enough to make you scratch your head, think about who is most likely going to have blood tests run. Sick people. There's no reason for "healthy" people to get blood tests, especially if insurance companies aren't willing to pay for it. Since only sick people's scores are being used for the averages, all of the "normal" results are skewed away from health and wellness. Functional health practitioners and researchers have looked at the data, determined what constitutes wellness and set out a range guideline *for everybody*. Here is an example how the standards are different, using Hypoglycemia: Twenty years ago, according to Western standards, if your glucose reading was less than 85, it was determined that you had Reactive Hypoglycemia. (This is also the current standard for functional health.) Now, with the skewed norms, you are considered a Reactive Hypoglycemic with a reading less than 65. A current patient came to us with a glucose reading of 70. Twenty years ago, she would have been diagnosed with Reactive Hypoglycemia, but today, she is considered healthy by Western standards. Hypoglycemia, if gone untreated, can eventually lead to Type 2 Diabetes, the fastest growing disease in the U.S. today. Unfortunately, this type of result skewing is happening across the board, not only with the glucose test. The really bad news is that by the time a Western medicine practitioner discovers you are sick, you are *really* sick. Maybe you haven't had a recent blood test. Maybe you just haven't been sick enough to be sent for one. You don't have to wait until you have a disease. Get your blood test today and find out how to keep yourself healthy enough to avoid sickness and disease.

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### *How long will it take to get healthy?*

That is a fair question. It is also one that cannot be answered easily. Once a blood test is completed, we look for what we call “deal breakers” to health, such as:

- \*Anemia (a lack of iron)
- \*Too much iron
- \*Thyroid problems
- \*Hidden chronic infections (viral, fungal or bacterial)
- \*Adrenal problems
- \*Digestive problems
- \*Blood sugar problems

Once the “deal breakers” are assessed, we can give you a clearer answer to that question. If you have one or more of these problems, they will impede you from getting better. We can help you overcome these problems naturally so you can be on the road to better health. But remember, your M.D. may not even realize that you have any of these issues if your blood tests come back within the “accepted” normal ranges. If your doctor doesn’t even know you are sick, how will you get better?

### *What things do you look at in the test report to determine wellness?*

Since the insurance companies have basically taken over the health profession, they are the ones who determine what the tests the doctors can run. Twenty years ago, the blood panels that doctors ordered included an extensive number of tests and gave a broader picture of overall health. Today, only a fraction of those tests in a typical blood panel exist. For example: 4 thyroid tests are necessary to determine whether your thyroid is working properly. The typical blood panel today includes only one. When was the last time you had a blood panel that included:

- \*Iron?
- \*Magnesium?
- \*Phosphorous?
- \*Uric Acid?

Maybe the reason you haven’t had these tests is because you haven’t been sick enough for the insurance companies to pay for it.

### *What do I do once I have decided to get my blood test read functionally?*

Call us for an appointment. If you have a current blood work report, we can use that to determine your wellness. If not, we can refer you to a lab where you pay a fraction of the retail price for your test. Call us today so we can help you achieve your health objectives!

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