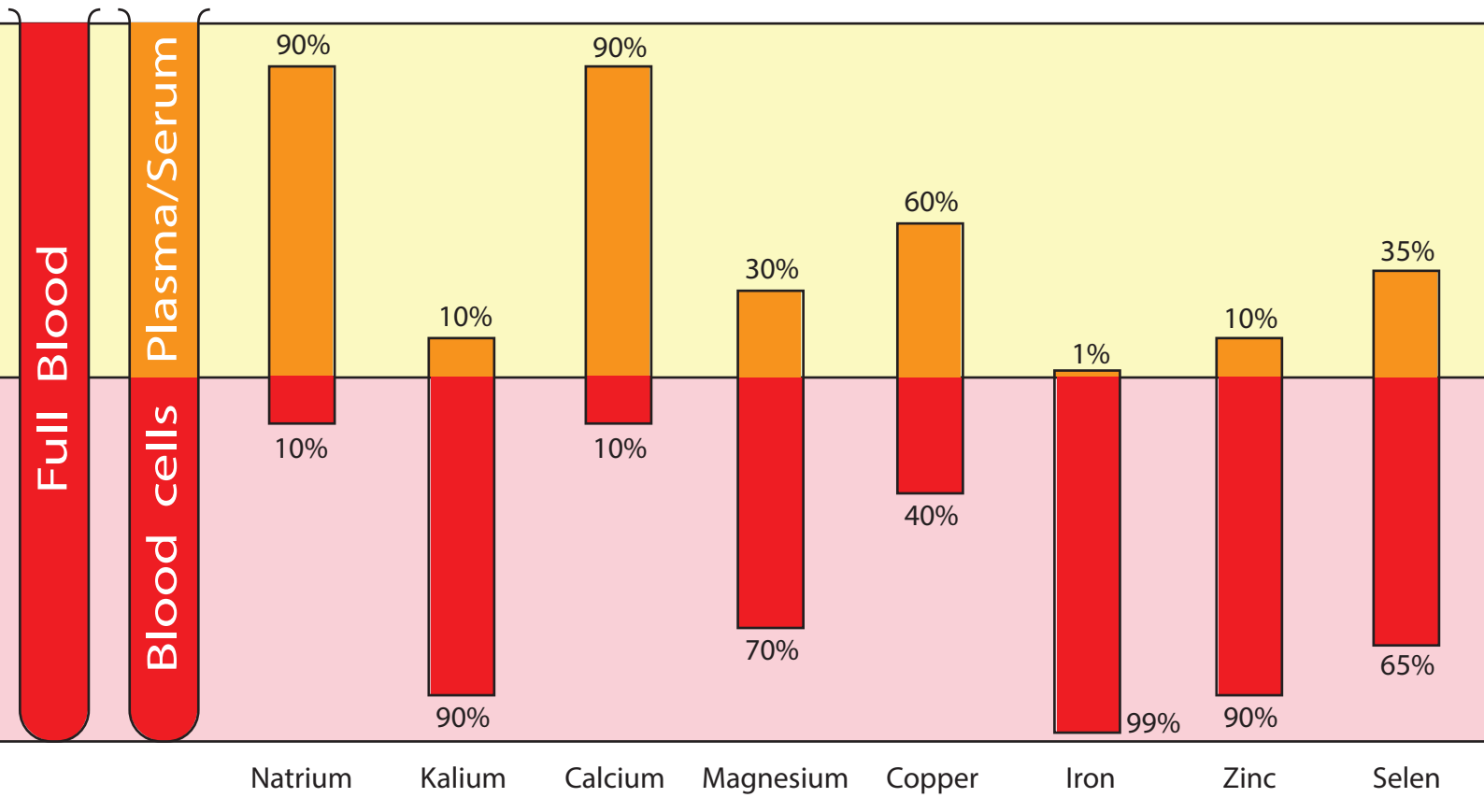


Mineral Distribution in Blood

Plasma
 Blood Cells



Important to know:

- 1 We can make a mineral and vitamin analysis of the blood in the serum and full blood (serum + cells = complete blood). Unfortunately, tests done inside of the cell are done only in the research so far.
- 2 Some minerals and vitamins are more present in the cells and some are more present in the serum. See the diagram above.

If you keep in mind these two facts, you will be able to analyze the blood results closer to the real situation in your body. As an example we can take magnesium (see the diagram), which cannot be seen in the serum objectively, because 70% of magnesium is in the cell and only 30% in the serum. Therefore, you should undertake the additional testing, for example the full blood mineral analysis, if you combine two different tests you are increasing the probability to grasp the real state of the body. If you do not have this option, you should analyze the minerals in the serum carefully. For example, a lot of people have cramps in the muscles due to the deficiency of magnesium. They almost always have very low magnesium levels in the full blood test. In the serum they will find it normal, but on the low side.

Conclusion: Be sceptical, don't trust the results if you have symptoms of any kind. You can undertake the additional tests or try supplements.

Your Dr Vesna Lemm