

## Under the Microscope

8 May 2012 | by James Simpson



When thinking about fitness and exercise, it is easy to think that there is a one-size fits all. You see a friend shedding the pounds through a regime they love, but then you try it for yourself and it just doesn't work.

Another friend goes on a diet and instantly feels better, you feel tired and drained and crave food you can't have.

Granted there are some obvious points to exercise and diets. The more exercise you do the fitter you get, the less food you eat the less weight you gain. But we are all different and we all react to different forms of exercise and different foods both physically and emotionally.

This is why I decided to go along for a Live Blood analysis where one prick of the finger and a microscope can help to indicate the state of your overall health there and then.

Arriving at her practice Harley Street I met Katrin Hempel, a natural therapist and founder of London Natural Therapies.

Katrin has been working in the health industry for 14 years including working for London Institute of Neurology as a biomedical scientist. She had already run through what was involved and I had filled in quite a detailed form about my lifestyle, eating habits, exercise, any supplements and also had to fast five hours before the analysis.

On meeting at Katrin's practice she explained more about how by looking at the fresh blood under a microscope can determine any imbalances and irregularities in the blood, as well as how my immune system is bearing up and general toxicity levels.

At this point I got a little nervous, what if I didn't like what my blood was about to tell me? There was no turning back now though.

All Katrin needed was a couple of tiny drops of blood and then she was checking it out under the microscope. This was hooked up to a laptop so I could see live how my blood was behaving. Although I had no idea what was normal or not!

Katrin pointed out that my blood was showing signs of acidity, candida overgrowth and fermentation in the gut and an underactive immune system.

Yikes! What does that mean?? Basically its nothing serious but I do need to tweak my lifestyle and the nutrients I am pouring into my body a bit. I am a little bit addicted to taking vitamins but I'm not necessarily taking the right ones. Katrin suggested I need more vitamin C, Zinc and a probiotic called Bio-Kult to help out my system. This would then in turn help my body to more easily absorb other minerals and food. Ah yes food, although not a massive drinker I maybe need to lower the alcohol intake. I'm still blaming Christmas party season five months on, when far too much alcohol was floating around my bloodstream.

All in all Katrin suggested some useful nutritional tips and advice that are really bespoke to me from looking at my blood and how the red and white blood cells were acting. My aim is to achieve homeostasis where the blood becomes perfectly balanced and free flowing.

Like I said at the start everyone is different and before diving headfirst into an exercise regime or diet programme it pays to check out what your body is trying to tell you it needs from the off.

Live Blood analysis is a great way to do this as it provides instant results that you can talk over with your practitioner to start thinking of ways to improve how your body is reacting to your lifestyle. Considering blood circulates round the body every 60 to 90 seconds it provides a pretty accurate reflection of your state of health when viewed by an expert.

Katrin also sends on a full nutrition plan with hints and tips on what I need to get my blood fighting fit. I've already got my coconut oil sorted and am eating porridge for breakfast. I'm hoping this regime will aid all the other fitness regimes and improve my health generally. It's all about me so I'm pretty confident in it.

A Live Blood Analysis with Katrin Hempel usually costs £250 but is currently available for £150 until the end of June. More information is available at [www.londonnaturaltherapies.co.uk](http://www.londonnaturaltherapies.co.uk)

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