



# BLOOD NUTRITION

Optimize Your Health  
with  
Science-Guided  
Nutrition

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# INTRODUCTION

## Science-Based Nutrition

Personalized nutrition based on blood test results.

- Common ways to Learn about Nutrition
- The Need for Personalization
- The Need for Validation
- What your Body Needs Shows in your Blood Test



# Common Ways to Learn about Diet and Nutrition

- 1) Vitamin store publications and newsletters
- 2) Store clerk
- 3) Magazine articles
- 4) Books
- 5) Internet
- 6) Friends
- 7) Others



# The Need for **PERSONALIZED** Diet and Nutrition

- There is much information about nutrition and dietary supplements all around us
- “Generally Good” vs. “What You Need”
- How can you know which is for you?
- Is there a way to know what are your body’s precise needs at any one time?
- Which sources do you rely on for guidance?

**Is it important?**

The background of the slide features a blurred image of two individuals, likely a man and a woman, looking down at a device or document. The image is tinted with a dark blue color, which serves as the background for the text.

# The Need for Validation

- INFORMATION OVERLOAD

It is difficult to see through the claims, select the appropriate diet, lifestyle, and nutrients that address your precise needs.

- To know if an approach works for you, you need validation!

# What your body needs is revealed in your **BLOOD TEST**

- A regular blood test can reveal significant information which can be used to guide your health practitioner to plan an effective wellness program for your precise needs.
- This approach pays for itself in the first visit! And, keeps saving you money, plus much more.





# SELECT YOUR APPROACH CAREFULLY

- As recently reported in the media and magazines (including Readers Digest®), what you do not need is wasting your money at best, and overloading your system at worst, resulting in unwanted complications.
- Science-based nutrition guided by your own blood test is the new standard for developing your own comprehensive and personalized health and wellness program.



# What is Blood Nutrition Analysis?

- Identifying nutritionally significant information in the healthy range of your blood test. This is also called The Nutritional Range or Functional Range.
- Detect patterns which have nutritional significance, such as deficiencies and excesses of nutrients, electrolyte, and mineral imbalances, etc. Once addressed, one can optimize the metabolic processes and help maintain the healthy performance of the body.

**It is truly science-guided nutrition!**

# What is Blood Chemistry?

Using a blood test to look at:

- Cholesterol/Lipids
  - Thyroid
  - Liver and Kidney
  - Blood cells – white and red
  - Blood sugar and other values
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- Usually done every year at an annual physical
  - Universally accepted
  - Uses very wide ranges (pathological) based on the general population

# Promoting Health and Balance

A balanced nutritional state is essential in maintaining health.  
Your blood test may indicate the need for:

- **Vitamins such as B6, B12, D, and A**
- **Iron**
- **Fluid and Electrolytes balance**
  - **Minerals such as magnesium and calcium**
  - **Mineral Balance**
  - **Tissue Hydration**
- **Antioxidants**
- **Enzymes**
- **Supporting Absorption of Nutrients**
- **Nutritional support of key organs**
- **Nutritional support of metabolic pathways and certain biochemical activities**
- **Other key nutrients**

# Comparison Example – High blood sugar



## ■ Pathological range

### Diabetes Type II

- Fasting glucose  $>127$
- Commonly takes years to develop
- Treatment: medications and lifestyle changes after diabetic

## ■ Nutritional range – (healthy)

### ■ High blood sugar

- Fasting glucose  $> 90$
- A1C  $> 5.5$
- Cholesterol will go up
- Triglycerides often go up first
- Can promote healthy blood sugar levels by finding the nutritional needs and applying appropriate diet, nutritional supplements, and lifestyle changes

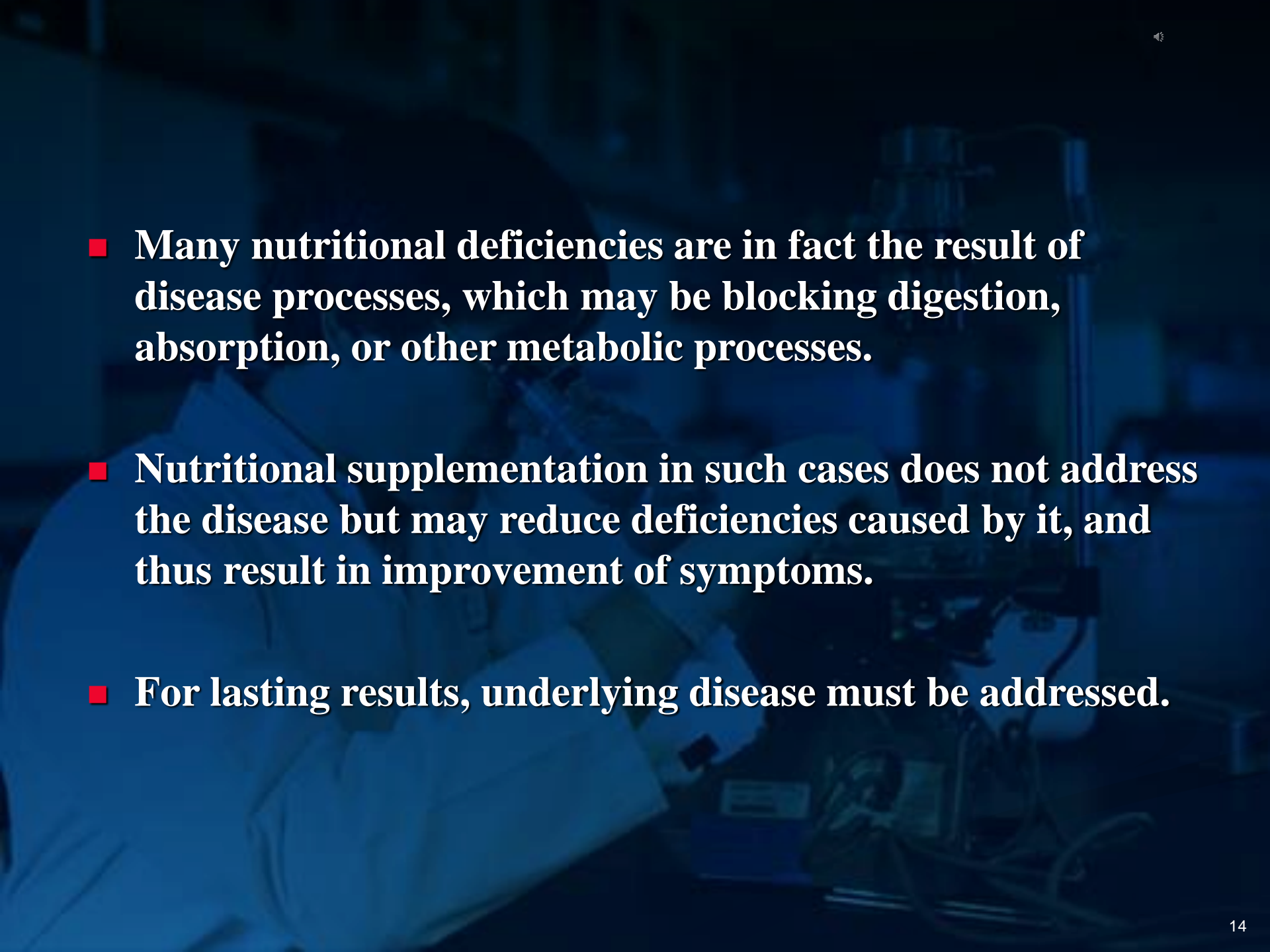


# Nutritional Model vs. Disease Model

Nutritional imbalances may cause reduced functionality, reduced energy and vitality, feelings of discomfort, or more pronounced symptoms.

Therefore, such symptoms are not necessarily caused by dysfunction or disease but rather are a result of:

- a) Systemic stress caused by nutritional depletion.
- b) Reduced availability of nutrients in relationship to the demands placed on the body.
- c) The body telling us it needs more of certain nutrients to perform according to the demands of our stress lifestyle.

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- **Many nutritional deficiencies are in fact the result of disease processes, which may be blocking digestion, absorption, or other metabolic processes.**
  - **Nutritional supplementation in such cases does not address the disease but may reduce deficiencies caused by it, and thus result in improvement of symptoms.**
  - **For lasting results, underlying disease must be addressed.**



**Symptoms, therefore, may be caused by two different factors:**

- 1) Nutritional imbalances**
- 2) Disease processes**

These are distinct mechanisms, with each needing its own appropriate response.

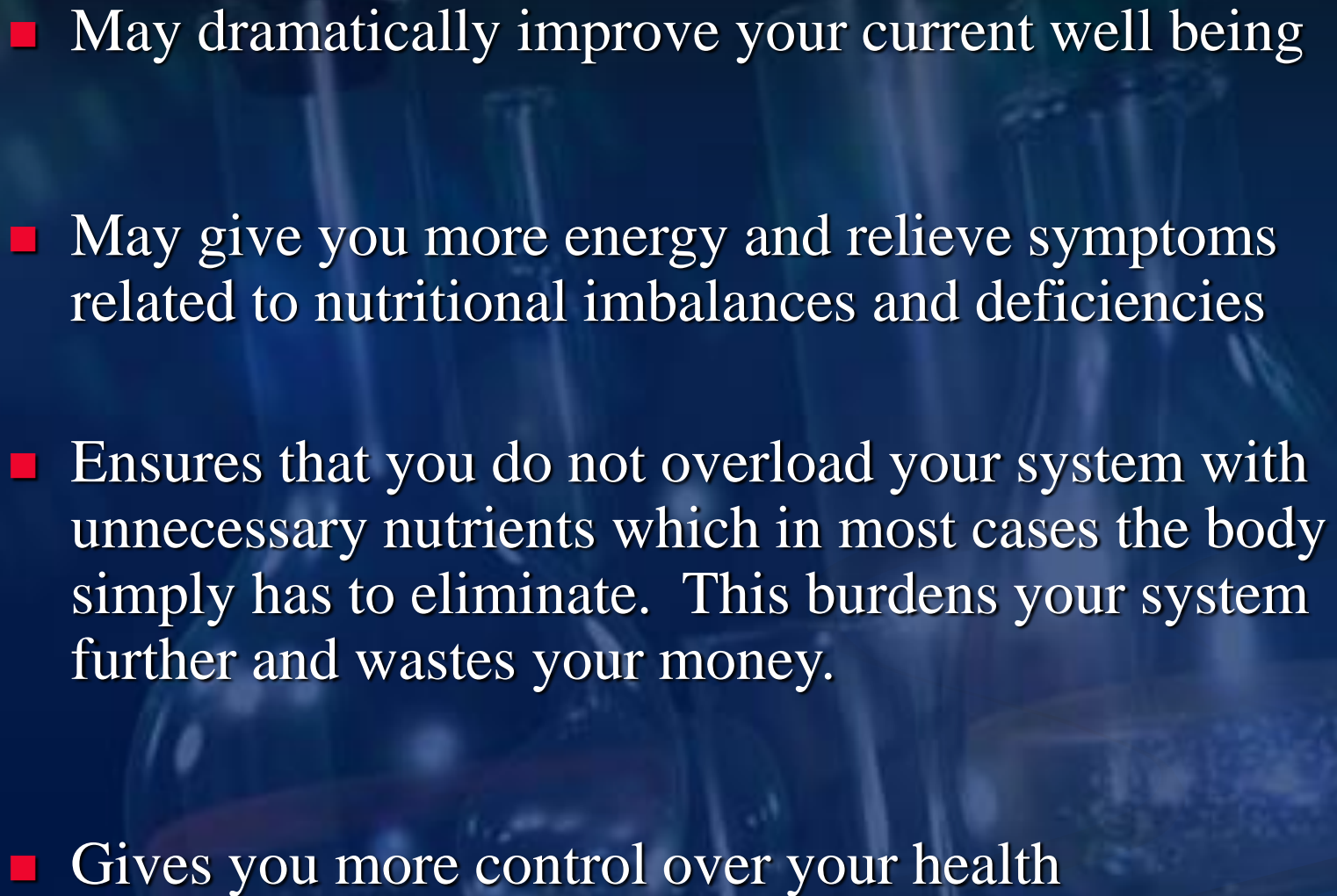
**Blood Nutrition Analysis** helps to objectively identify nutritionally significant information from your blood test and direct appropriate nutrients to support health and nutritional balance.



# Blood Nutrition Analysis

- Takes the guess work out of what's good for you!
- Objectively targets nutrients to the needs of your body
- It is thoroughly researched and has its basis in science
- May prepare you to better fight metabolic imbalances and future stressors.
- Saves you money and precious time.



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- The background of the slide features a dark blue, slightly blurred image of laboratory glassware, including several Erlenmeyer flasks and test tubes, some containing liquids of different colors like red and yellow. The lighting is soft, creating a professional and scientific atmosphere.
- May dramatically improve your current well being
  - May give you more energy and relieve symptoms related to nutritional imbalances and deficiencies
  - Ensures that you do not overload your system with unnecessary nutrients which in most cases the body simply has to eliminate. This burdens your system further and wastes your money.
  - Gives you more control over your health

# Symptoms Profile

- Looks at a variety of signs and symptoms that may have their roots in nutritional imbalances and deficiencies.
- Used in conjunction with Nutritional ranges in your blood test by many Doctors.



# BLOOD NUTRITION STRATEGIES

- A Comprehensive Health and Wellness Program
- Developed from your own blood test.
- It is the Nutritional Technology of the Future!

**It is all about you!**

# Where will YOU go from here?

- Be Pro Active by Initiating a Change
  - Choose Life over Death
- Holistic Health Professionals
- SANKOFA Natural Health C.A.R.E. RESOURCES
  - Preliminary Consultation
  - Sankofa Ultalab – Online Portal for Lab work
  - DIY – Heal Thyself Program – three options



# Thank You

- Remember:

“Two roads diverged in the woods, and I – I took the one less traveled. And that has made all the difference...” - Robert Frost

Peace and Blessings !!!

# For more information CONTACT US

 Website:

[www.sankofahealing.com](http://www.sankofahealing.com)

 Email – [sankofahe@gmail.com](mailto:sankofahe@gmail.com)

 Phone - (850) 725-8322