

# Phase Contrast Live Blood Conditions

A dark field microscope was used to produce the following pictures. Phase contrast is one of the light settings that provides the best pictures.

## Undigested Proteins and Vitamin and Mineral Deficiencies

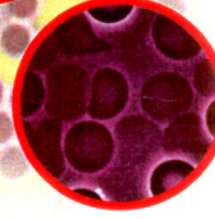
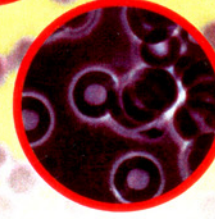
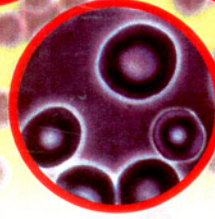
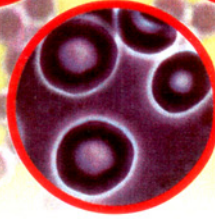
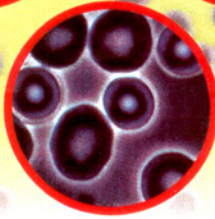
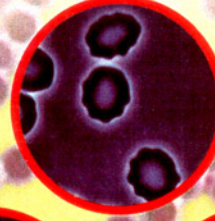
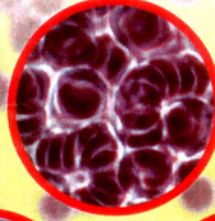
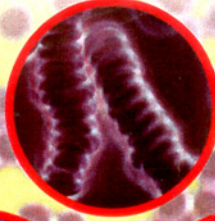
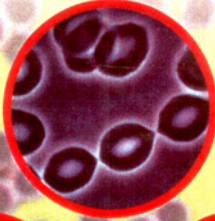
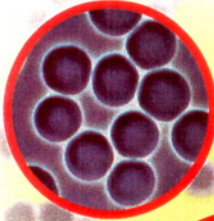
**Normal Red Blood Cell**  
Round, uniform, single

**Protein Linkage**  
High fat, and protein content intake

**Rouleau**  
High fat, and protein content

**Erythrocyte Aggregation**  
High fat, and protein content

**Poikilocytosis** (*free radical damage*)  
Very irregular RBC's (*red blood cells*)



**Microcyte**  
Small RBC's, premature RBC's

**Macrocyte**  
Large RBC's, premature RBC's

**Anisocytosis**  
Small and large RBC's, due to low B12, folic acid and possible iron

**Target Cell**  
Low iron

**Hemolysis**  
Dying RBC's, lack of proper nutrients

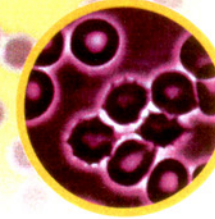
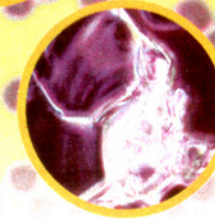
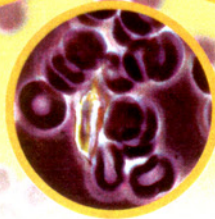
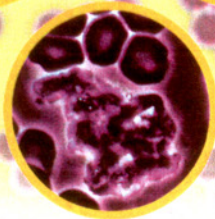
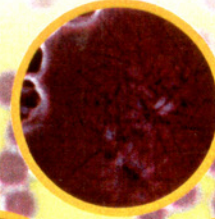
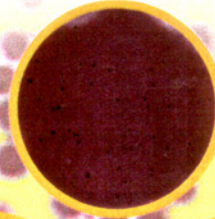
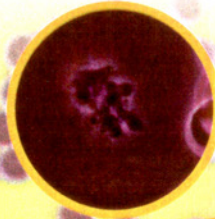
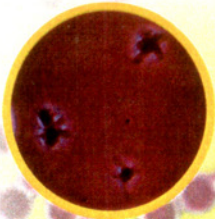
## Fat, Protein & Liver Congestion

**Thrombocytes**  
Normal

**Thrombocyte Aggregation**  
Platelets sticking together forming clots  
Excessive red meat, high fat and sugar content

**Chylous**  
Fat from food intake

**Spicules** (*fibrinogen*)  
Response to liver stress and congestion, inflammation



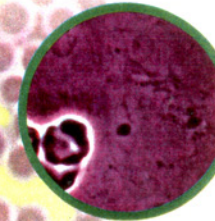
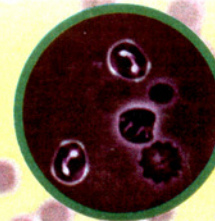
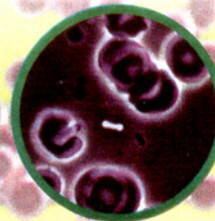
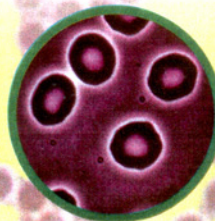
**Plaque**  
Fat and platelet aggregation  
excess denatured fat intake

**Uric Acid Crystal**  
By-product of protein digestion  
excess fat and protein

**Cholesterol Crystal**  
Excess denatured fat

**Echinocyte**  
Possible crenation or kidney toxins

## Immune System, Parasite, Bacteria and Fungal Forms



**White Blood Cell**  
Healthy Immune System

**Yeast**  
Undigested food particles, sugar

**L-Form Bacteria**  
Bacterial parasite which produces toxic by-products

**Rod Form Bacteria**  
Advanced stages of bacteria produces toxic by-products

**Parasitized Red Blood Cells**  
Bacteria or parasites inside RBC's

**Fungal forms**  
Poor assimilation of foods