



Functional Nutrition Working Group Newsletter

June 15, 2022

Interested in Learning More about the FNWG?
Contact Linda Hoffman at pca@pennchiro.org

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Thank You!

The PCA Functional Nutrition Working Group (FNWG) thanks everyone who not only attended this year's Annual Convention but also to those who attended both Drs. Turnpaugh and Smiths' presentations.

This was one of our biggest goals that we wanted to accomplish since the beginning of the FNWG. Please be on the lookout for upcoming events from the FNWG.

Labs of the Month

Complete Blood Count with Differential (CBC)



Red Blood Count:

- Elevated in dehydration, heart involvement, and polycythemia
- Decreased in anemia, bleeding, and leukemia

Hemoglobin:

- Decreased in anemia

Hematocrit

- Elevated in dehydration, and Respiratory conditions
- Decreased in bone marrow disease

Mean Corpuscular Volume:

- Increased in macrocytic anemia (B9/B12)
- Decreased in Iron deficiency

Red Cell Distribution Width:

- Elevated could indicate mineral deficiency

Platelets:

- Elevated in clotting disorder
- Decreased in bone marrow disease

White Blood Count:

- Elevated in acute infections
- Decreased in chronic infections

Differential:

- Neutrophils—suggestive of bacterial infections (60%)
- Lymphocytes—suggestive of viral infections (30%)
- Monocytes—sign of macrophage destruction (8%)
- Eosinophils—sign of allergy or parasitic infection (2%)
- Basophils—suggestive of autoimmune disorder or potential tumor involvement (0%)

Bands:

- Elevated—suggests more likely from infectious nature
- Decreased—suggests other involvement rather than infection