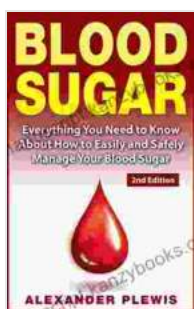


# Everything You Need to Know About How to Easily and Safely Manage Your Blood

Blood is the lifeblood of our bodies. It carries oxygen and nutrients to our cells, removes waste products, and helps to regulate our body temperature. When our blood is healthy, we are healthy. But when our blood is compromised, our health can suffer.



## Blood Sugar: Everything You Need to Know About How to Easily and Safely Manage Your Blood Sugar 2nd Edition (Sugar Addiction, Flat Belly, Diabetes Cure, ... Detox, Type 2 Diabetes, Body Cleansing) by Eunice Lewis Ph.D

★★★★☆ 4.3 out of 5

Language : English  
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Enhanced typesetting: Enabled  
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Print length : 100 pages  
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There are many factors that can affect our blood health, including diet, exercise, and stress. But one of the most important factors is how we manage our blood.

This comprehensive guide will provide you with everything you need to know about how to easily and safely manage your blood. We will cover

topics such as:

- The importance of blood management
- The different types of blood tests
- How to interpret blood test results
- Blood donation
- Blood transfusions
- Blood clotting disorders
- Blood pressure management
- Blood sugar management
- Blood cholesterol management

By following the advice in this guide, you can help to keep your blood healthy and your body functioning at its best.

## **The Importance of Blood Management**

Blood management is important for a number of reasons. First, blood is essential for life. Without blood, our cells would not be able to receive oxygen and nutrients, and we would quickly die.

Second, blood helps to regulate our body temperature. When we are hot, our blood vessels dilate, allowing more blood to flow to the surface of our skin. This helps to cool us down. When we are cold, our blood vessels constrict, allowing less blood to flow to the surface of our skin. This helps to keep us warm.

Third, blood helps to remove waste products from our bodies. When we eat, our digestive system breaks down the food into nutrients that our cells can use. The waste products from this process are carried away by our blood and eventually removed from our bodies through our kidneys and liver.

Fourth, blood helps to fight infection. When we are injured, our blood platelets clot to stop the bleeding. Our white blood cells then attack the bacteria or viruses that caused the injury.

As you can see, blood is essential for our health. By managing our blood effectively, we can help to keep our bodies functioning at their best.

## **The Different Types of Blood Tests**

There are many different types of blood tests that can be used to assess your blood health. Some of the most common blood tests include:

- **Complete blood count (CBC):** A CBC measures the number of red blood cells, white blood cells, and platelets in your blood. It can also measure the amount of hemoglobin in your red blood cells.
- **Chemistry panel:** A chemistry panel measures the levels of various chemicals in your blood, such as glucose, cholesterol, and creatinine.
- **Lipid panel:** A lipid panel measures the levels of cholesterol and other fats in your blood.
- **Blood glucose test:** A blood glucose test measures the level of sugar in your blood.

- **Hemoglobin A1c test:** A hemoglobin A1c test measures the average blood sugar level over the past 2-3 months.
- **Thyroid panel:** A thyroid panel measures the levels of thyroid hormones in your blood.
- **Liver function test:** A liver function test measures the levels of liver enzymes in your blood.
- **Kidney function test:** A kidney function test measures the levels of creatinine and other waste products in your blood.

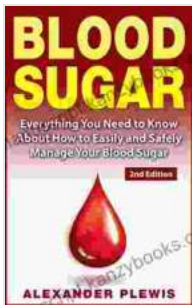
Your doctor may Free Download one or more of these blood tests to assess your blood health. The results of your blood tests can help your doctor to diagnose and treat any health problems that you may have.

## How to Interpret Blood Test Results

When you receive the results of your blood tests, it is important to be able to interpret them correctly. The following table provides a general overview of what the normal ranges are for some of the most common blood tests:

Test	Normal Range
Red blood cell count	4.5-5.9 million cells/mcL
White blood cell count	4,500-11,000 cells/mcL
Platelet count	150,000-450,000 cells/mcL
Hemoglobin	13.5-17.5 g/dL

Test	Normal Range
Glucose	70-110 mg/dL
Cholesterol	Less than 200 mg/dL
HDL cholesterol	Greater than 40 mg/dL
LDL cholesterol	Less than 100 mg/dL
Triglycerides	

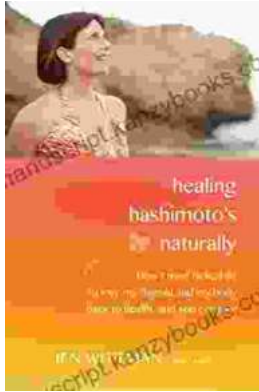


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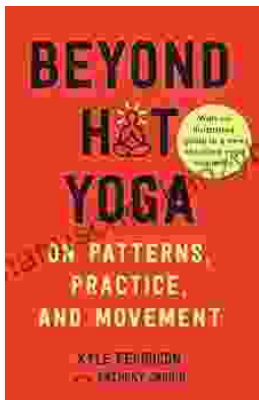
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