



Jacksonville Chiropractic Center

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UNDERSTANDING BLOOD, SALIVA AND HAIR TESTS

BLOOD TESTS IN GENERAL

- Blood is an extracellular fluid. The bloodstream is a unique compartment of the body in that it is maintained in very specific homeostatic balance.
- In fact, the body will take whatever biochemicals it needs from the organs, tissues and bones to keep the bloodstream homeostatically stable.
- This makes the blood a good compartment to measure for more advanced disease processes, but a very poor indicator of disease processes in the making.
- In general, a disease process will be well established by the time it shows up as blood value deviations.
- Many disease processes will never reflect in blood value deviations.

HORMONES IN THE BLOOD

- Thyroid, estrogen, progesterone and testosterone blood tests measure bound hormones. That is, these hormones are attached to proteins that keep them in an inactive state in the bloodstream. More than 99% of these hormones are maintained in a bound, inactive state.

SALIVA TESTS IN GENERAL

- Saliva is an extracellular fluid. It contains detectable amounts of various kinds of antibodies as well as free, or unbound, hormones.

HORMONES IN THE SALIVA

- Saliva testing for hormones is a "different view from the bridge" than the view of blood tests. Since saliva measures free, or physiologically active, hormone levels, it is usually a more accurate assessment of hormonal activity.
- Deficiencies and deviations in hormone levels will usually show up in the free fractions before showing up in the bound levels.
- In general, saliva testing facilitates the diagnosis of a condition at a much earlier stage than blood tests, often by months or even years.