

## Lesson #7 – Approaching the Functional Analysis of Blood Test Results

In yesterday's lesson I reviewed my "[Biomarkers and Their Associated Dysfunctions](#)" guide. In today's lesson I'm going to show you how I approach the Functional Analysis of each and every blood test that I review and I am also going to share with you my "*FBCA Tracking Form*".

Before beginning the analysis of blood testing I think it is important to look at the blood test that comes back from the lab itself and look for values outside the normal reference range. Hopefully you've already watched the video I did on the [FBCA Thinking Process](#) because here's where you apply that knowledge. If you don't have the knowledge to do this you can use my [Functional Blood Chemistry Analysis book](#) or you can take my online training at [BloodChemistryTraining.com](#). With those 2 tools, you're going to be able to know right off the bat the clinical conditions associated with high or low levels of each biomarker outside the normal or pathological range.

The 1st way to do your analysis is to transfer that data onto a form that can aid you in your analysis. The form I used for many years is a manual tracking form, which you can download from this link: [FBCA Tracking Form](#).

### Here's how to use this form:

- Print out the FBCA tracking form
- Write in the patient's results in the space provided
- Then put up and down arrows for values above and below the optimal
- Then start your analysis using my book.
- You can either type in the interpretation or hand write it the comments section.

A 2nd way is to use an Excel spreadsheet. It's much the same thing as the manual tracking form and if you're good with Excel, you can set up the spreadsheet to show high or low values and even colors for values outside the optimal ranges.

The 3<sup>rd</sup> way is to use an interpretive and analytical software program like the one at <http://www.BloodChemSoftware.com>

If you're using a software program, you either manually add the lab data into the software or if the software allows for automatic integration with a lab (mine does) then you just import the lab results straight from the lab without manual entry. Some people think this it's going to take hours to manually add the results. I can do it in about 5 minutes (I have a video at [BloodChemSoftware.com](#) where I timed myself doing manual entry and it took me 5 minutes!). It doesn't take very long. In fact it's probably quicker than adding the information to the manual tracking form or a spreadsheet because in my software you can create lab profiles that exactly match the order of the biomarkers on the original lab report that came back from the lab.

Once that information is put onto a manual tracking form, or onto a spreadsheet or into the software, you now need to do your analysis.

The Functional Blood Chemistry Analysis Crash Course

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For Manual analysis or spreadsheet analysis you can use my [book](#). If you're good at recognizing patterns this can take anywhere from 30 minutes to an hour depending on the complexity of the case.

Or you can use software, which can generate a comprehensive analytical and interpretive report in seconds once the data are put into the software (I know which I would choose!)

Then, of course, you need to print up your report, either the filled out tracking form or spreadsheet with your notes on it or the [Functional Health Report](#) generated by the software.

Once you do that, you're ready for your report of clinical findings. This is where you sit down with your patient and go through the lab report. The great thing about the software is it has already generated the reports for you. You can choose just to do one report or you can do all 8 patient reports, it's up to you.

The best way to show you how all this work is to have you watch me go over a sample case on video. At the beginning of the video I present the case using the manual tracking form method (I'm not going to do the spreadsheet method because I've never used that method and it's pretty much the manual method with a spreadsheet filled out instead of a tracking form) and then I go over to the software program and go over the same case but this time using the software.

You might remember this case because it's one I used in the video I did called "[Normal is not Optimal](#)". This time I show you what's going on with him from a Functional Perspective!

Please [CLICK HERE](#) to watch the "Approaching the Analysis" video.

So, I hope this article, and the case analysis video, have helped show you how to approach the analysis. We looked at how to do it manually and also how to do it using software. Whatever method you choose, it's up to you. Please go ahead and download the manual tracking form, in both US and SI units plus a conversion chart, from [THIS LINK](#).

The final lesson in the crash course is an important one and that's "***The Functional Blood Chemistry Analysis Blueprint – Integrating Into Your Clinic***".

Until next time,

All the best,  
Dicken

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