

morgellons disease

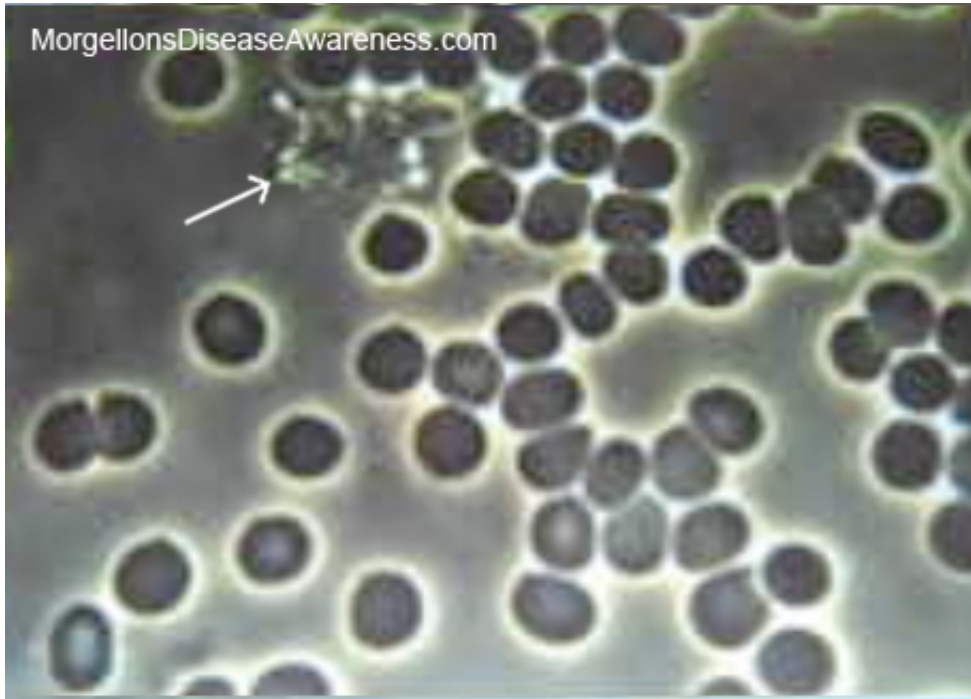
AWARENESS

Live blood microscopy

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On Sept. 8, 2012 I had a live blood microscopy with Rick Panson, a microbiologist, at the Live-Live store in NYC. Rick has been doing live blood analysis since 2005 and works as a healthy body coach. He spent an hour going over what he saw in my blood as well as giving me pointers that would move me into a greater state of health. It was incredibly informative helping me explore new directions to pursue. It is one thing to have lab work and testing, and quite another to witness firsthand what is transpiring in your blood. Many thanks to Rick for going the extra mile and providing photos.

A note on the photos. Rick graciously provided me with photos for this page. I've filled in some of the gaps with screen grabs taken from the video that was taping our session.

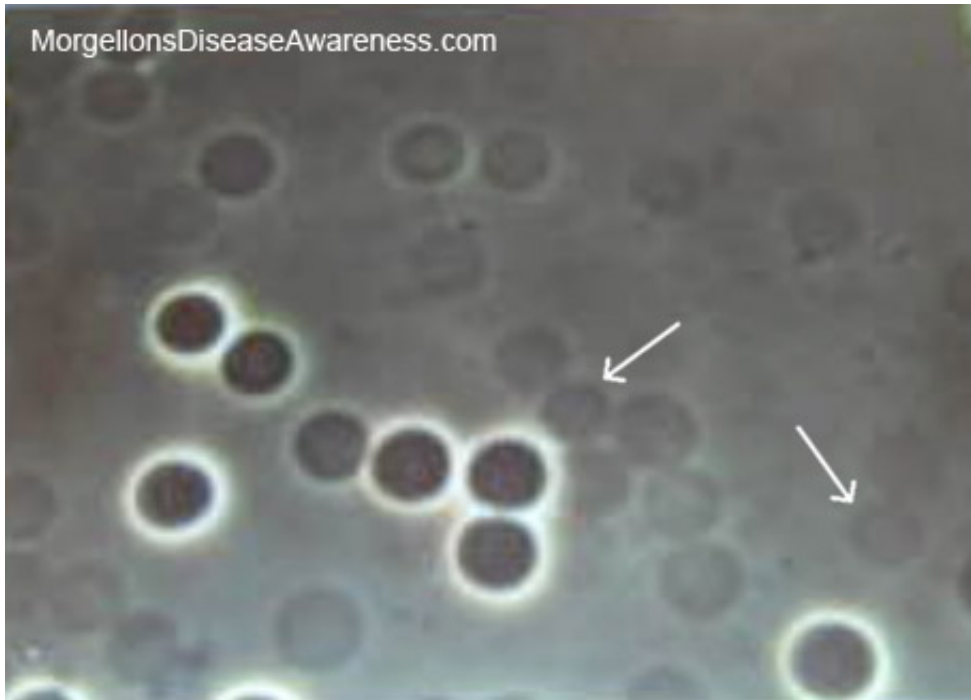


Left:
Heterogeneous symplasts The tiny white dots in the clump are yeast/candida. There are several stages of microgasmms here which include yeast, bacteria and fibrin, fungus and mold. A condition of acidosis is causing this.



Left and below:
Ghost cells The dark black cells with the halos are red blood cells. In the

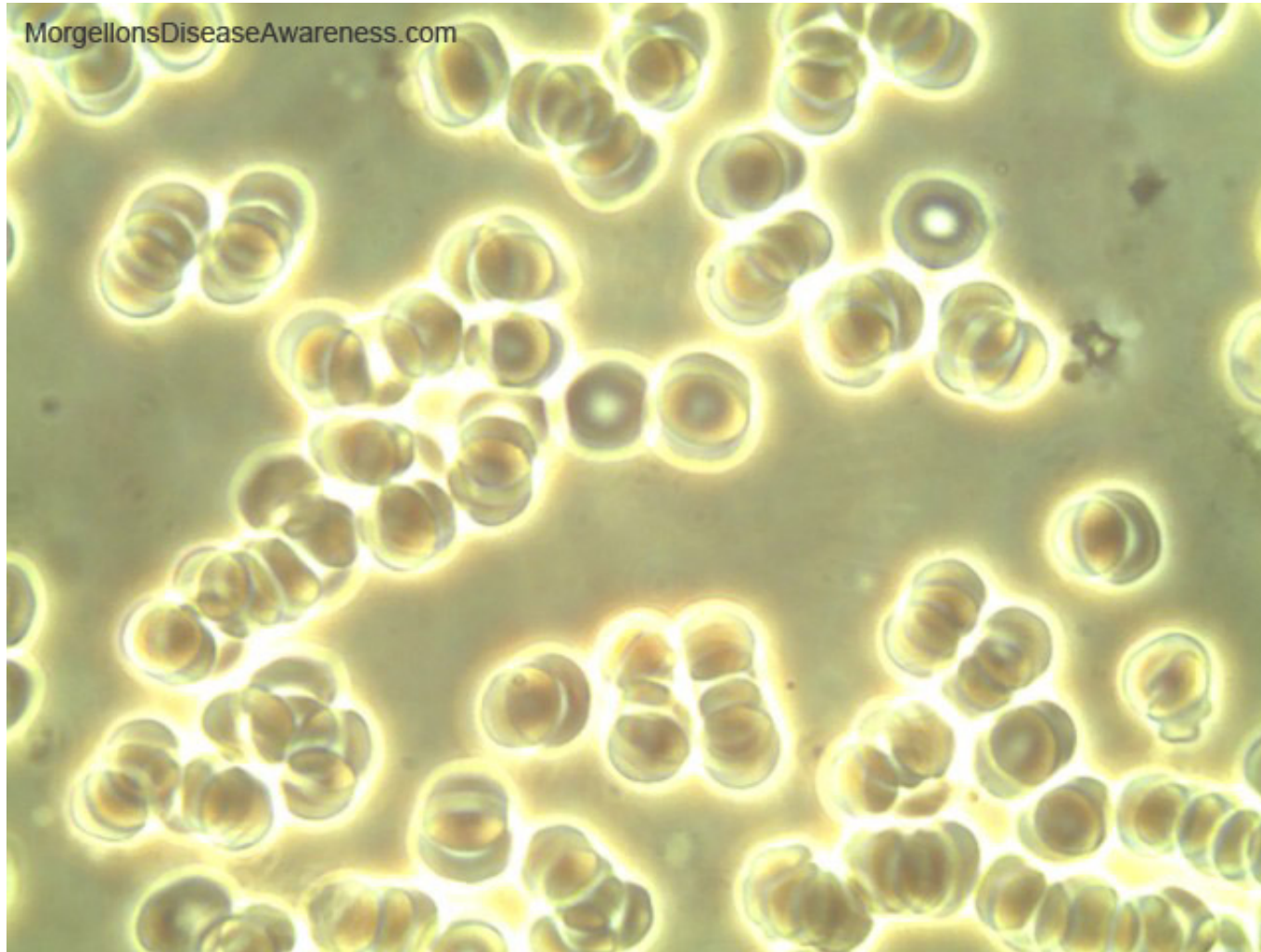
background are 'shadow cells' which were healthy red blood cells that 'popped' due to the loss of their phospholipid membranes. This can occur from an acid producing diet, and poor assimilation of nutrients.



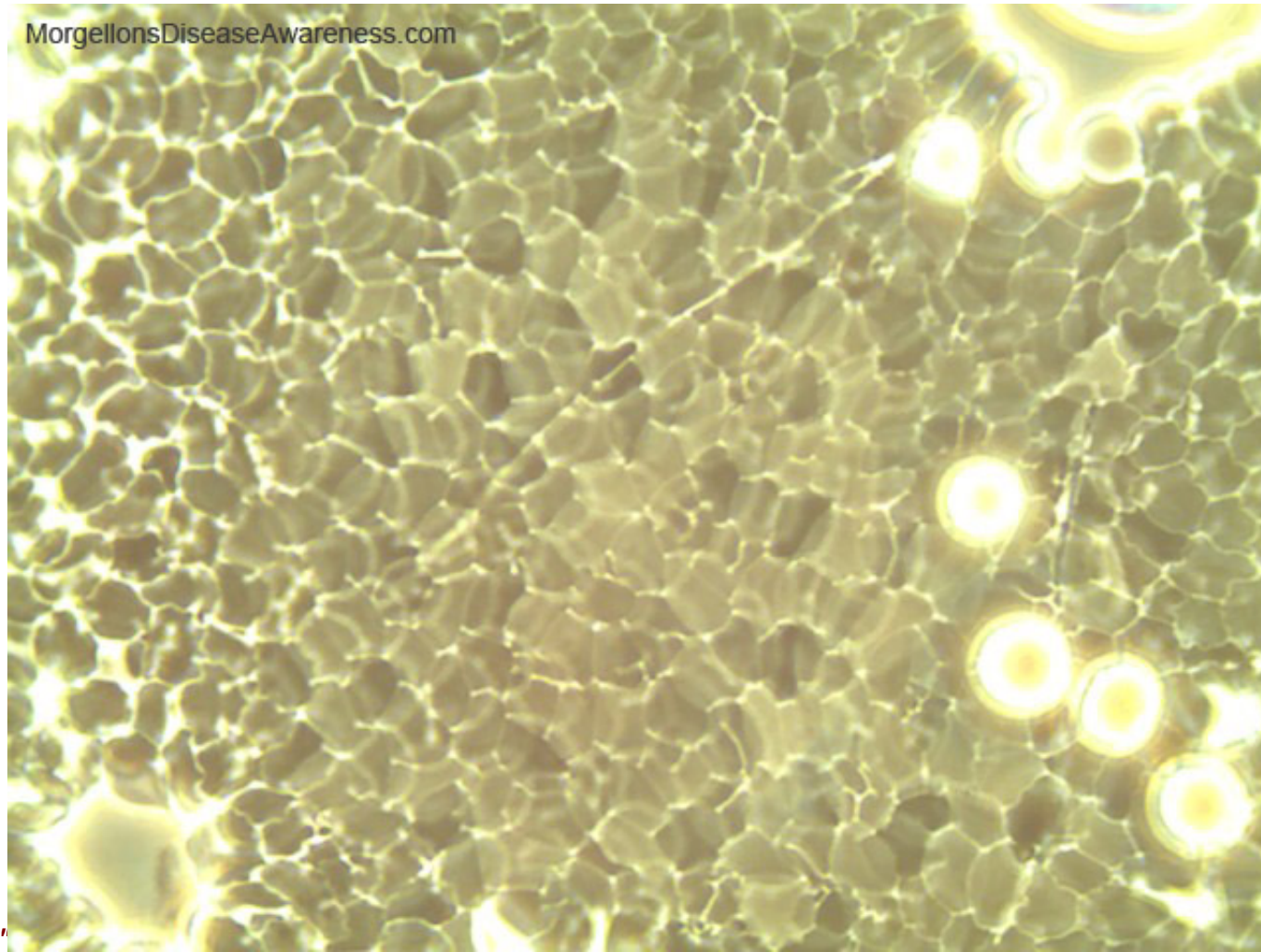
Rick's comments *"Healthy blood cells will be perfectly round, nice and dark with a glowing halo around them. Usually, if they have enough moisture inside them they are fully round because there is more pressure inside the cell than outside."*

"These 'shadow' or ghost cells were once perfectly healthy cells, you can see by their shape and color that they were—and they've now disappeared into the background. They've popped, they lost their phospholipid membrane. Every cell in the body has a double membrane of fat made up of phospholipids, a two layer membrane. The acids can disintegrate the cell membrane as well as when your body ferments sugar, alcohol is the byproduct, and alcohol can easily melt the cell membrane."

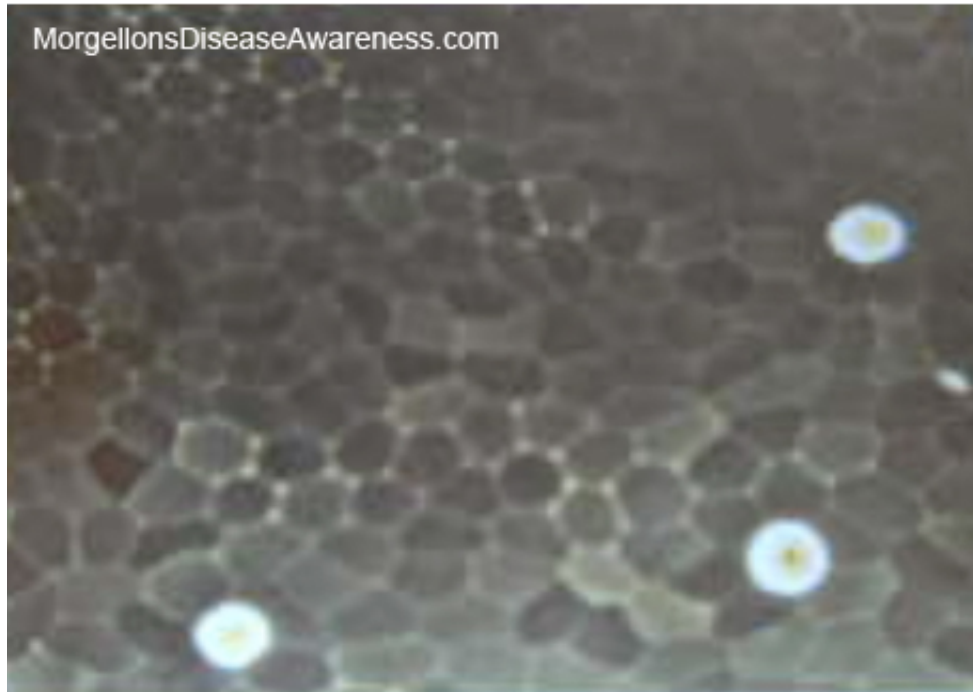
"Whatever is happening in the blood cells is happening to the rest of the body. This will make one tired." (Rick asked if I bruise easily and that answer was YES!). His recommendation was the addition of chia seeds to the diet. Chia is high in Omega 3 fatty acids and are 28% protein and 40-60% fatty acids. More on chia below.



Above: Rouleaux Sticky or stacking chaining of the red blood cells, it's related to poor protein, metabolism and altered pH or acid imbalance, which varies the electrical negative charge of the cell membrane causing them to stick together, rendering red blood cells unable to pass into the small capillaries to transfer oxygen or biologically transform into new body cells and/or remove carbon dioxide or other metabolic acids; resulting in fatigue & tiredness, poor circulation and weak body cells. *"One combats sticky blood by ionized water which has massive negative electrical charge which gives its energy to the cells and when properly "energized" they all have a negative electric charge and thus repel each other rather than stack and*

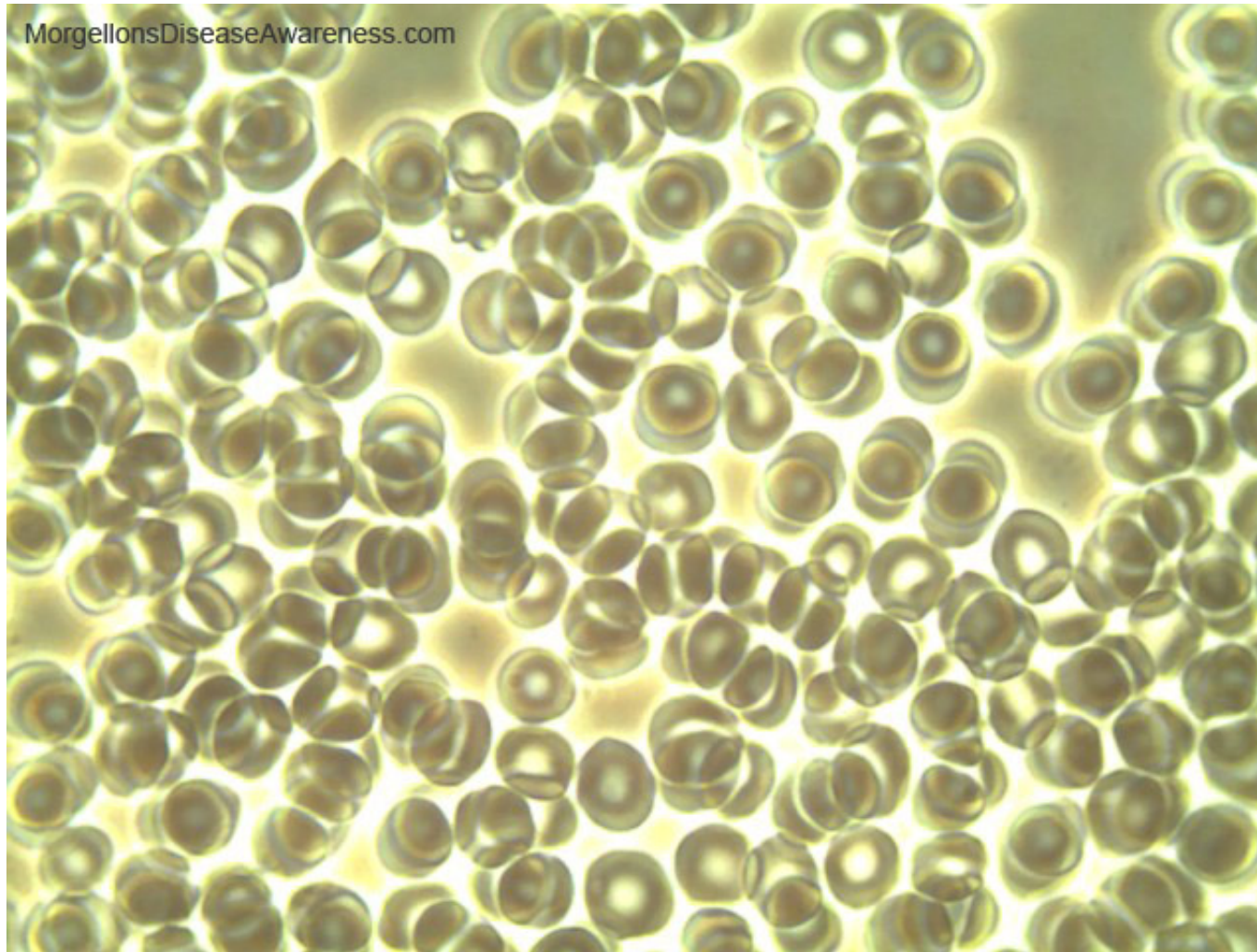


chain."

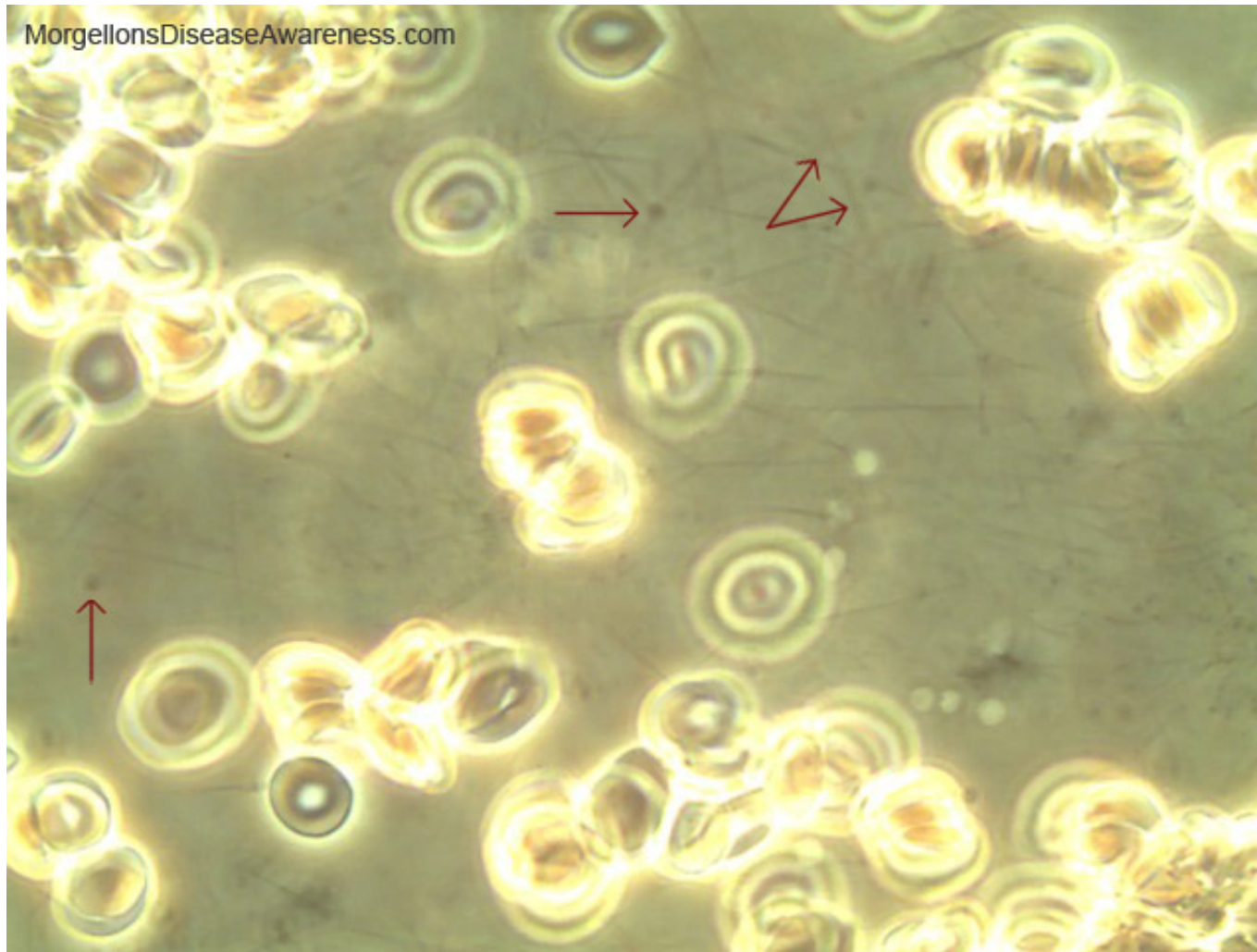


Above and left: Erythrocyte (RBC) aggregation. Clotted mass of blood cells due to changes in the cells polarity, loss of natural negative electrical charge. Basically it's a blood clot happening in the system caused by dehydration.

From the literature I was given: "RBCs clumping together in a mass due to a change in the negative surface charge; this is a more disorganizing symptomology where plasma acts as molecular glue, causing RBCs to stick together. This results in poor circulation that leads to cold hands, cold feet, increased body temperature, sweating, hot flashes, water retention, bloating, lightheadedness, dizziness, muddled thinking, forgetfulness and fatigue."



Above: The spaces in between the cells are revealing the hydration level (or lack of). When there are this many cells and this little water, we are looking at the hydration level of the body. I'm dehydrated.



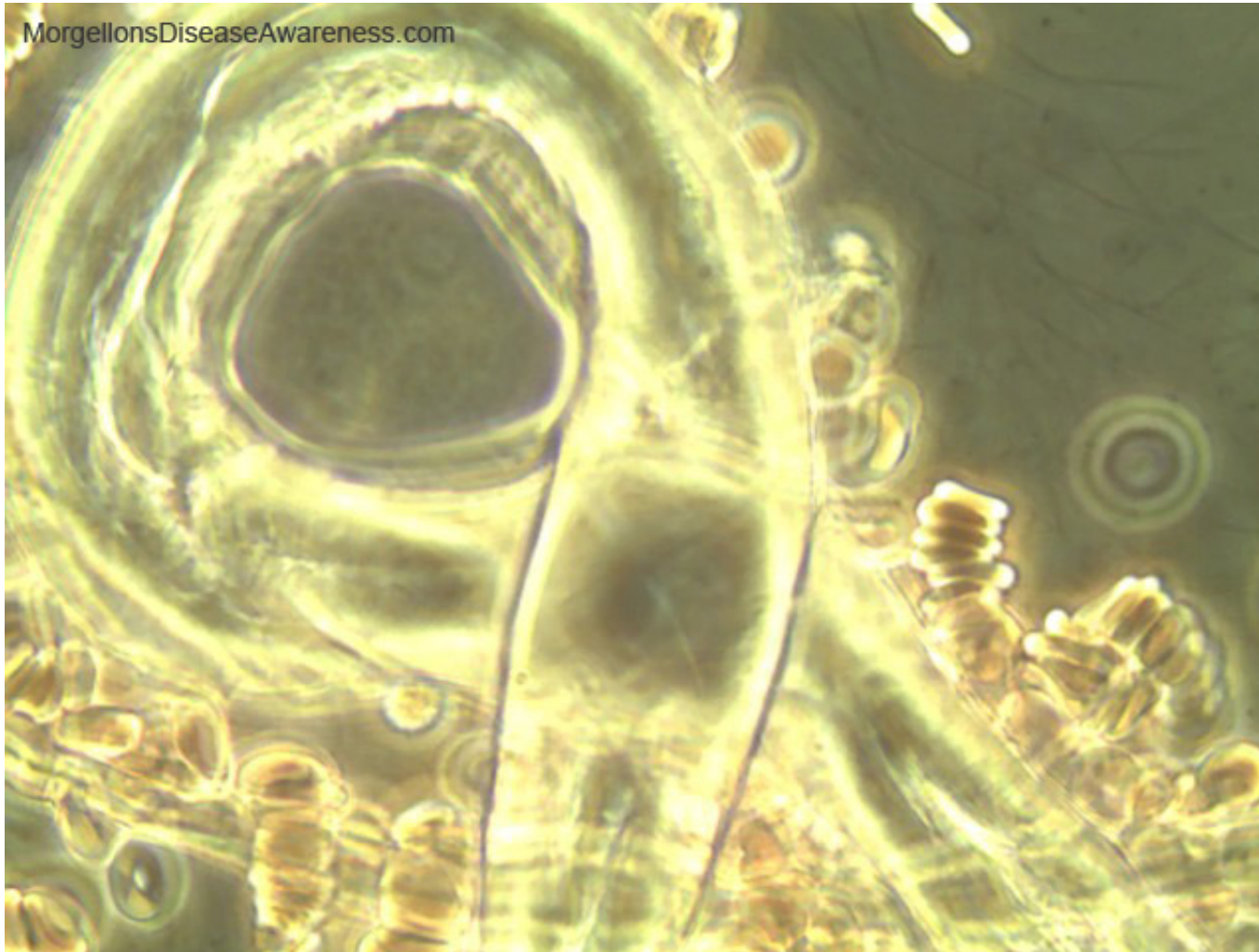
Above: The little black dots are **fibrin spicules** (bacterial balls) and the cross-hatching pattern in the background that looks like tiny cracks is '**fibrin nets**' or '**trees.**' Indicates a high level of latent tissue acidosis.

"When the little bacterial balls become more advanced and accumulated, the fibrin nets, like cobwebs form. First come the bacteria—then the nets. These nets act as a defense mechanism for the bacteria so that the white blood cells can't get to them. This system of netting is very difficult on the cardiovascular system because it acts like a cobweb, slowing things down and creating congestion, as well as raising blood pressure."

Rick's comments on photos below: *"You're gonna want to take a picture of that!"*

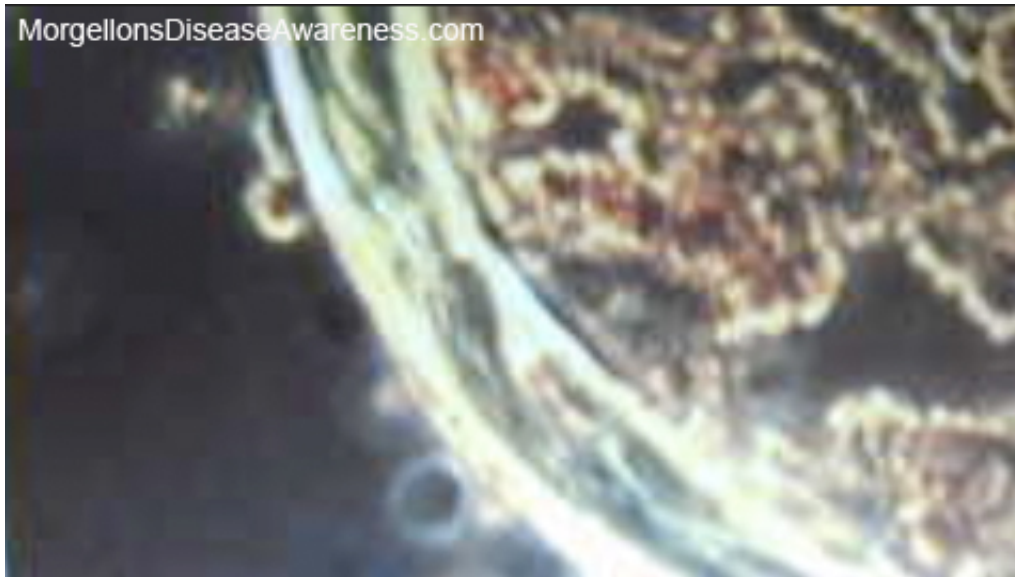
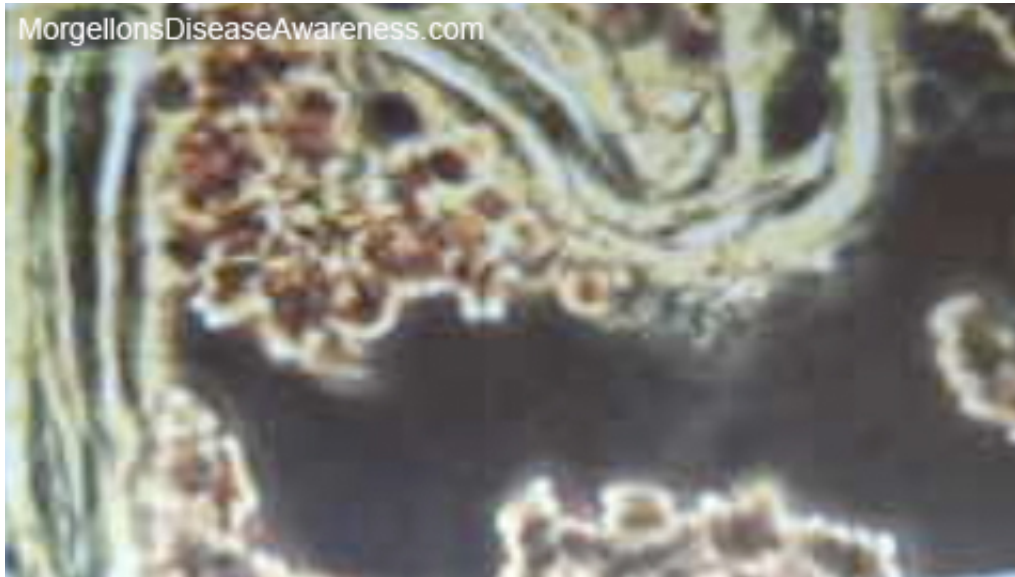
He did not know what it was and has only seen something like this once before in his career.

"My first guess would be it's a piece of lint caught between the slides that has nothing to do with your blood. A piece of 'non-you'—because we are not working in a real sterile environment here. It doesn't seem to be biological. Let's call it a fiber...for now. It doesn't belong there, that's for sure. There is no doubt that that is not part of normal healthy blood, and it's way bigger than what I think could survive in your cardiovascular system without being filtered out by your filter organs. That's why I don't think it's a fiber, per se, because it's so big compared to everything else. From a biology point of view, my best guess is that it would be a contaminant that has nothing to do with you. We'll see if we see another one, because if we do, it's clearly not a contaminant—because the chances of there being two pieces of dust on that slide after I wiped everything fresh are slim." We did not see another fiber.

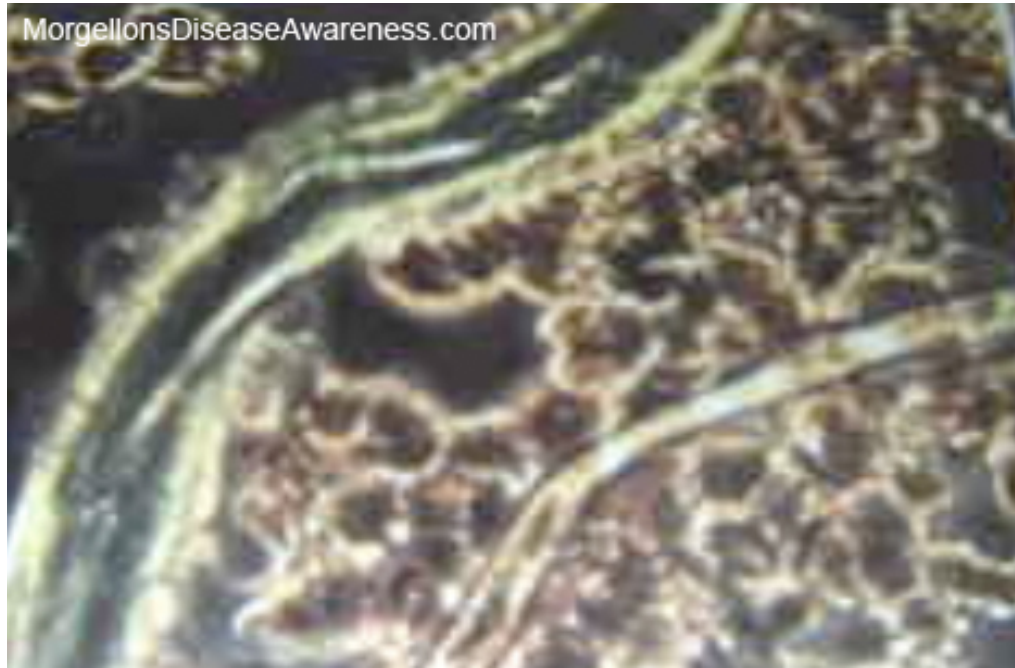


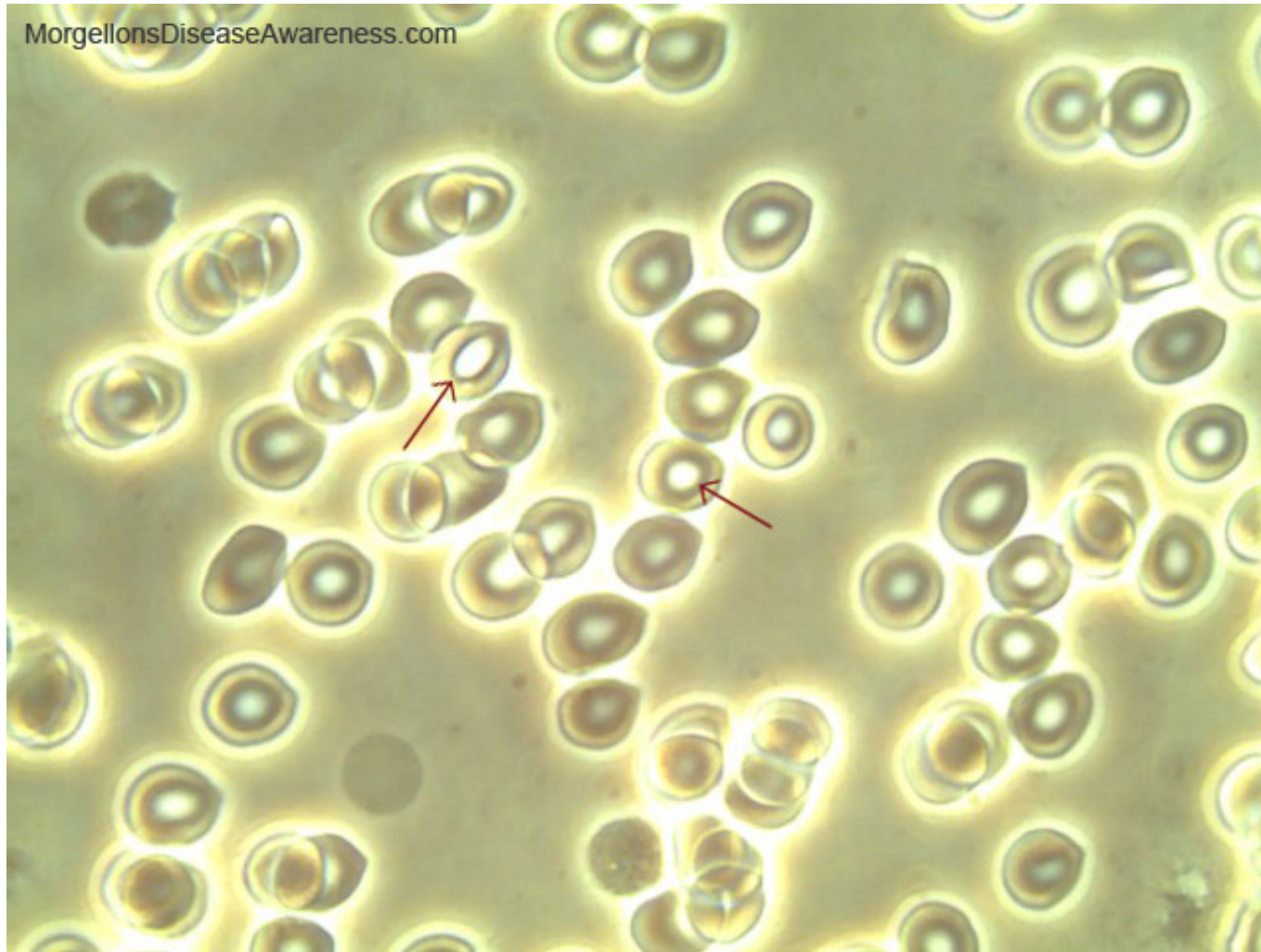
Below: some more shots of the 'artifact' as it winds around in the blood.



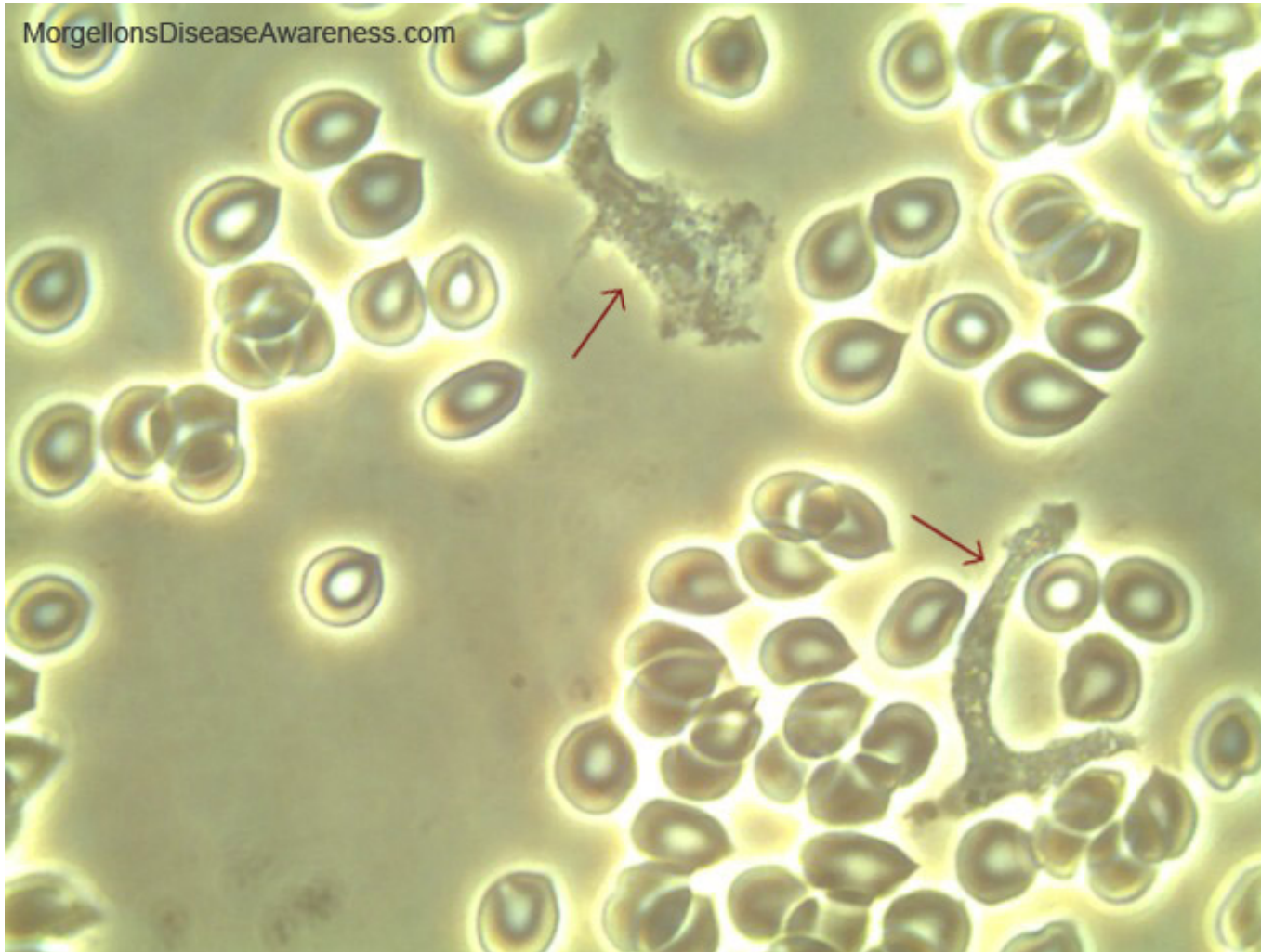




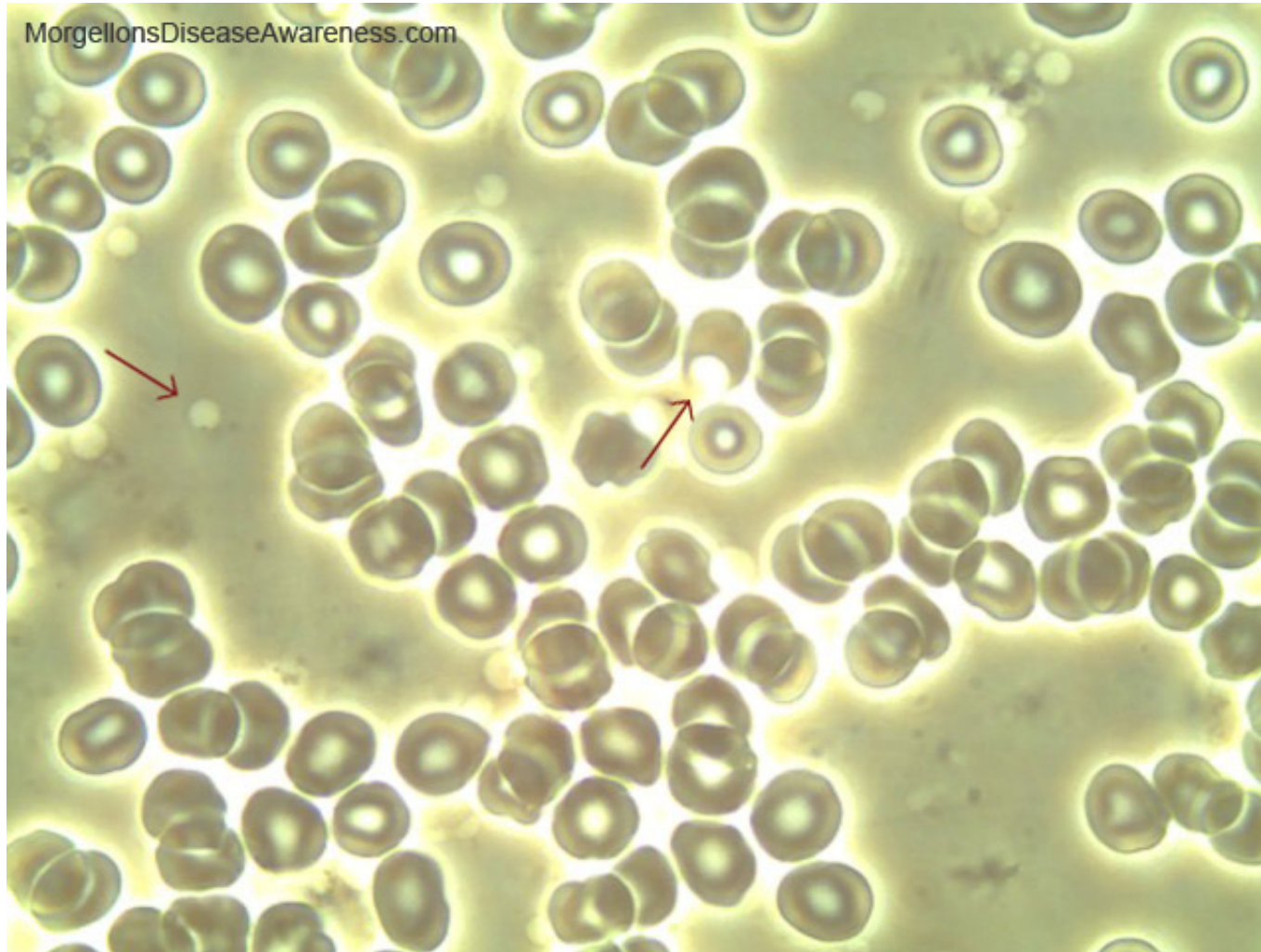




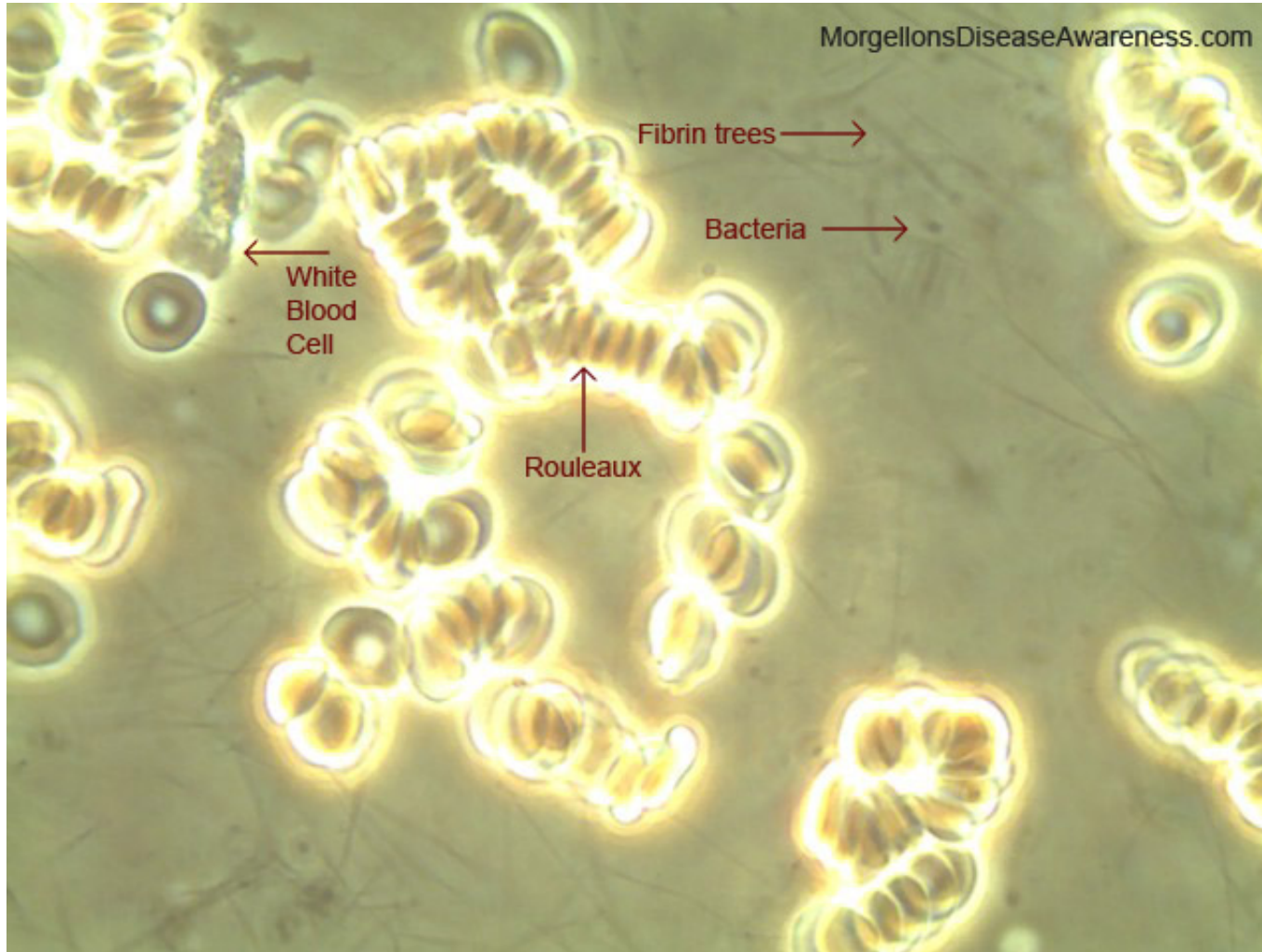
Above: All those white globs in the middle of the cells are yeast consuming the red blood cell—Candida. The red blood cells are fermenting as the yeast eats the cell itself.



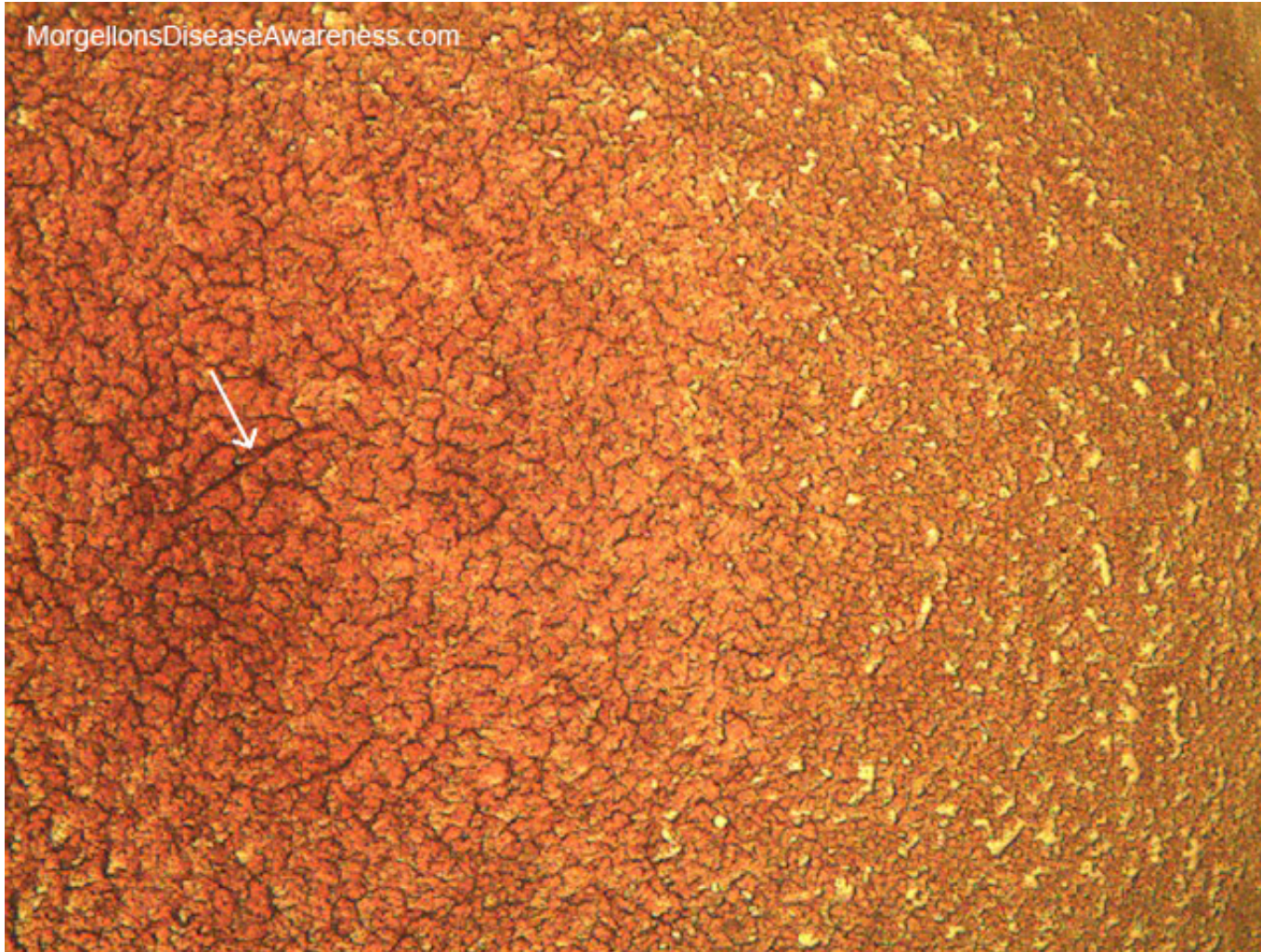
Above: Neutrophils You go guys! The 'garbage collectors' doing a valiant job of gathering yeast and bacteria. They were very active, a good sign. At least there is some good news. My immune system is working.



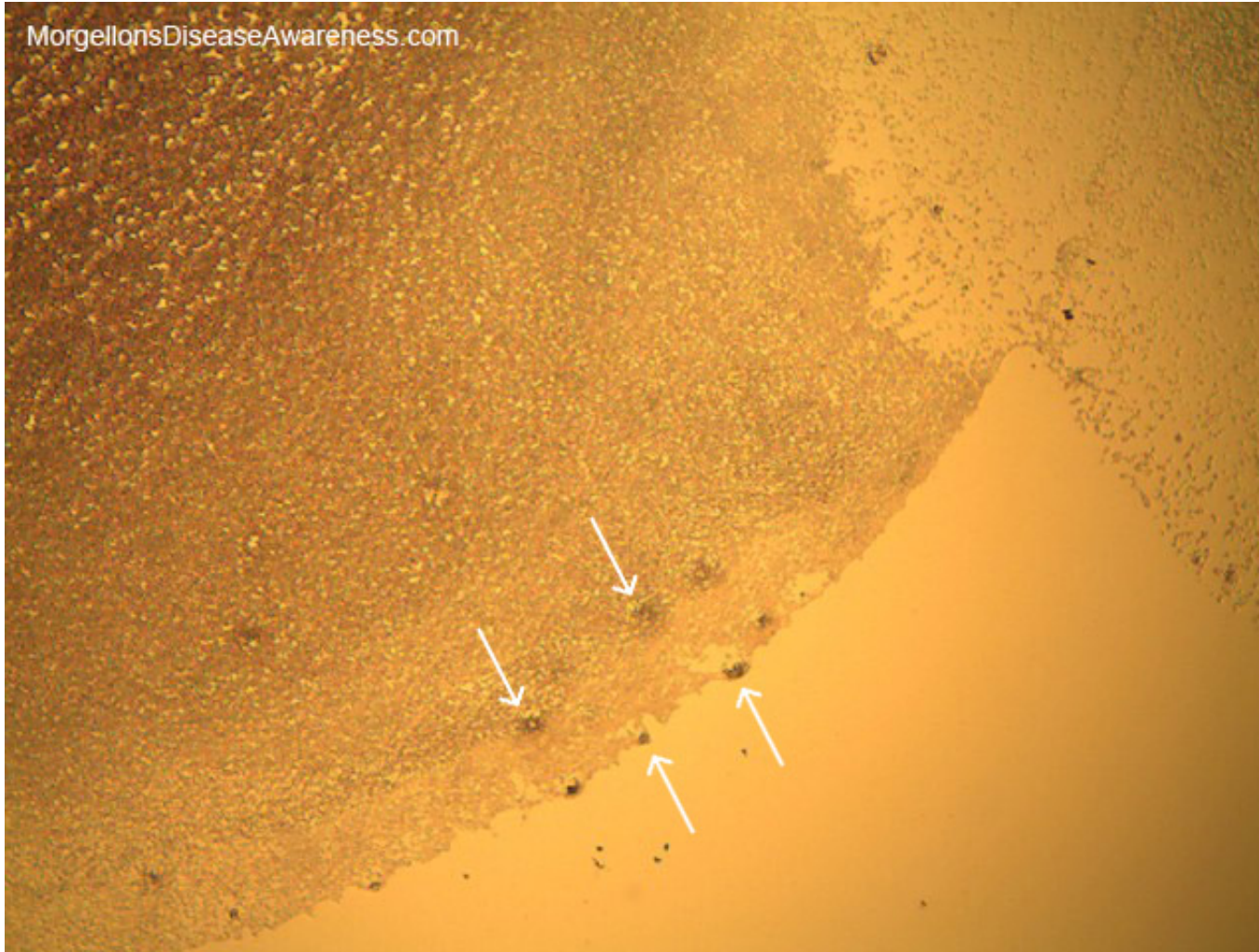
Above: Yeast The arrow on the right is showing yeast being pushed from the red blood cell. The other arrow is free-floating yeast, and you can see there is quite a bit of it in the blood. This is due to acid imbalance. Top right you can see **heterogeneous symplasts** forming.



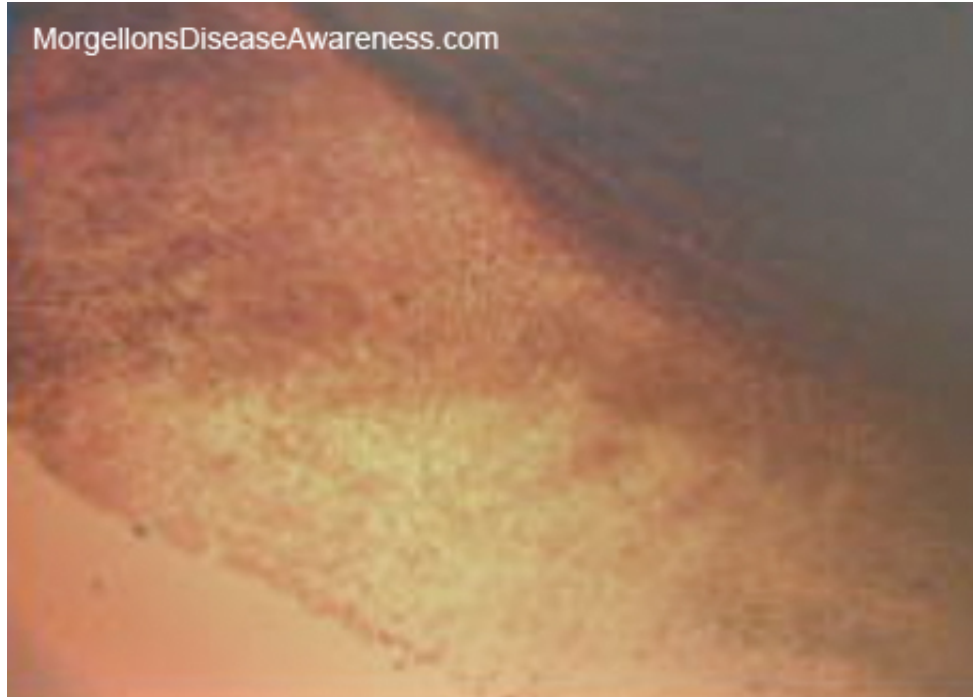
Above: More **Rouleaux**. Sticky, sticky blood, red blood cells stacking



Above: Sugar intolerance Those short lines should be continuing throughout the blood and are not—which indicates sugar intolerance.



Above: Black particles are **heavy metals**



Left:

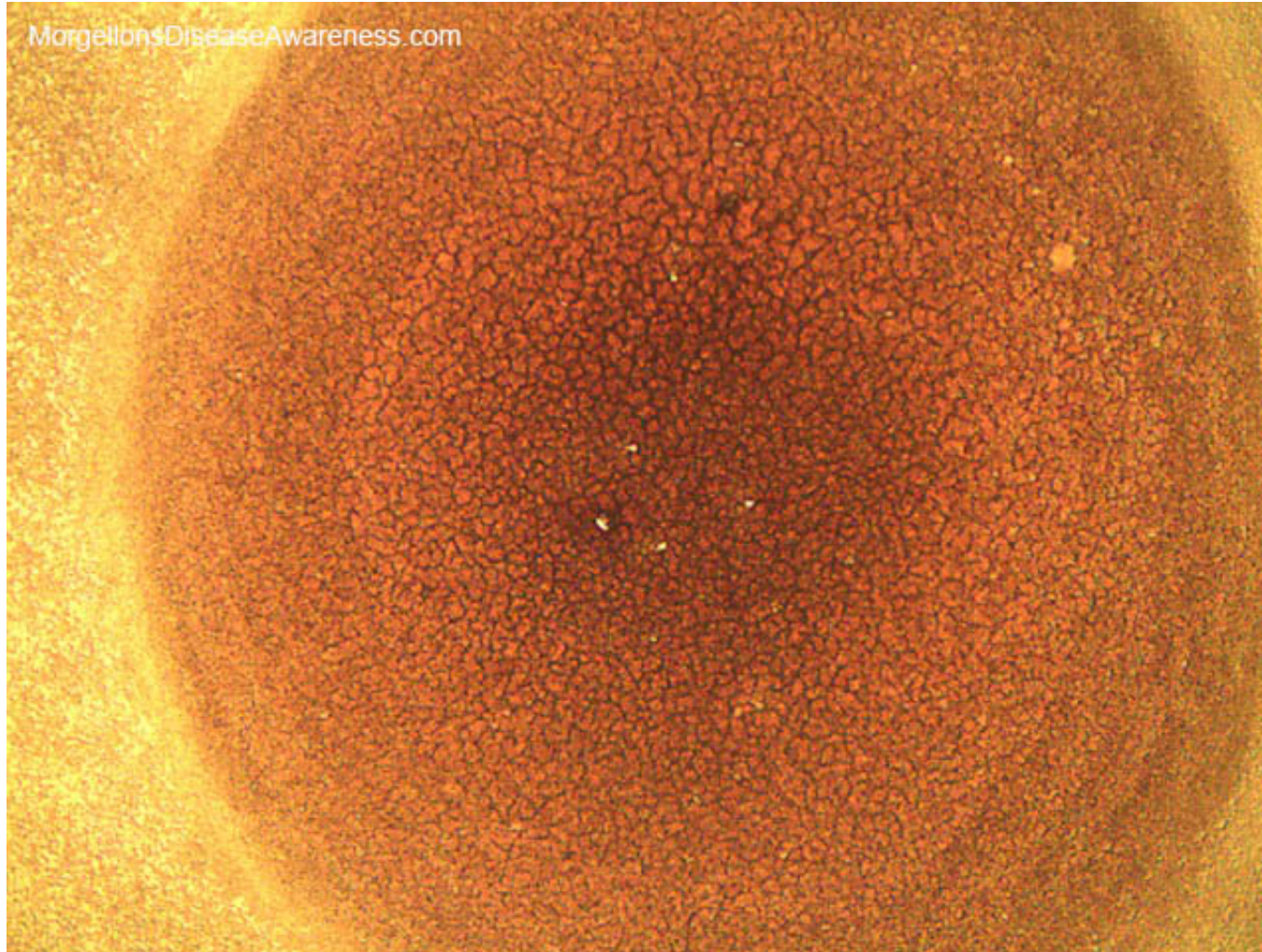
Low alkaline buffers

That whole pale ridge should have snapped to the darker edge.

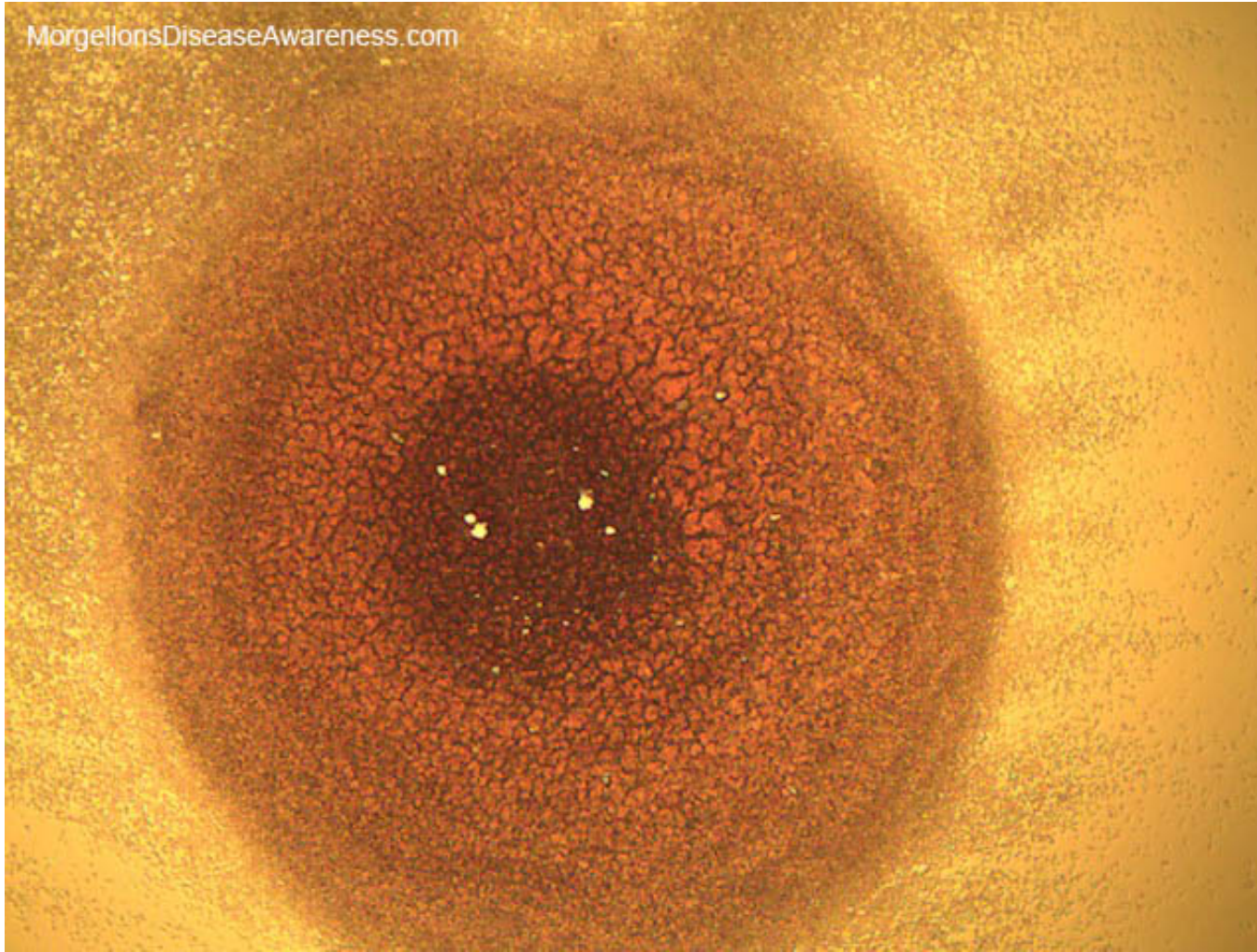
"Low alkaline buffers means that you don't have enough of the alkaline minerals (sodium, magnesium, potassium and calcium). Sodium bicarbonate (baking soda) is the most important and most effective alkalizer your body makes to try and keep alkaline balance. When you consume baking soda into digestive system, much of it simply neutralizes your hydrochloric acid in stomach whereas when you take it sub-lingual (under the tongue) it neutralizes acids in the body tissues—mostly carbonic acid from carbon dioxide."



Above: This tiny section of the blood is how all the dried blood would look if it were healthy. There is very little ledge. That's what we are aiming for.

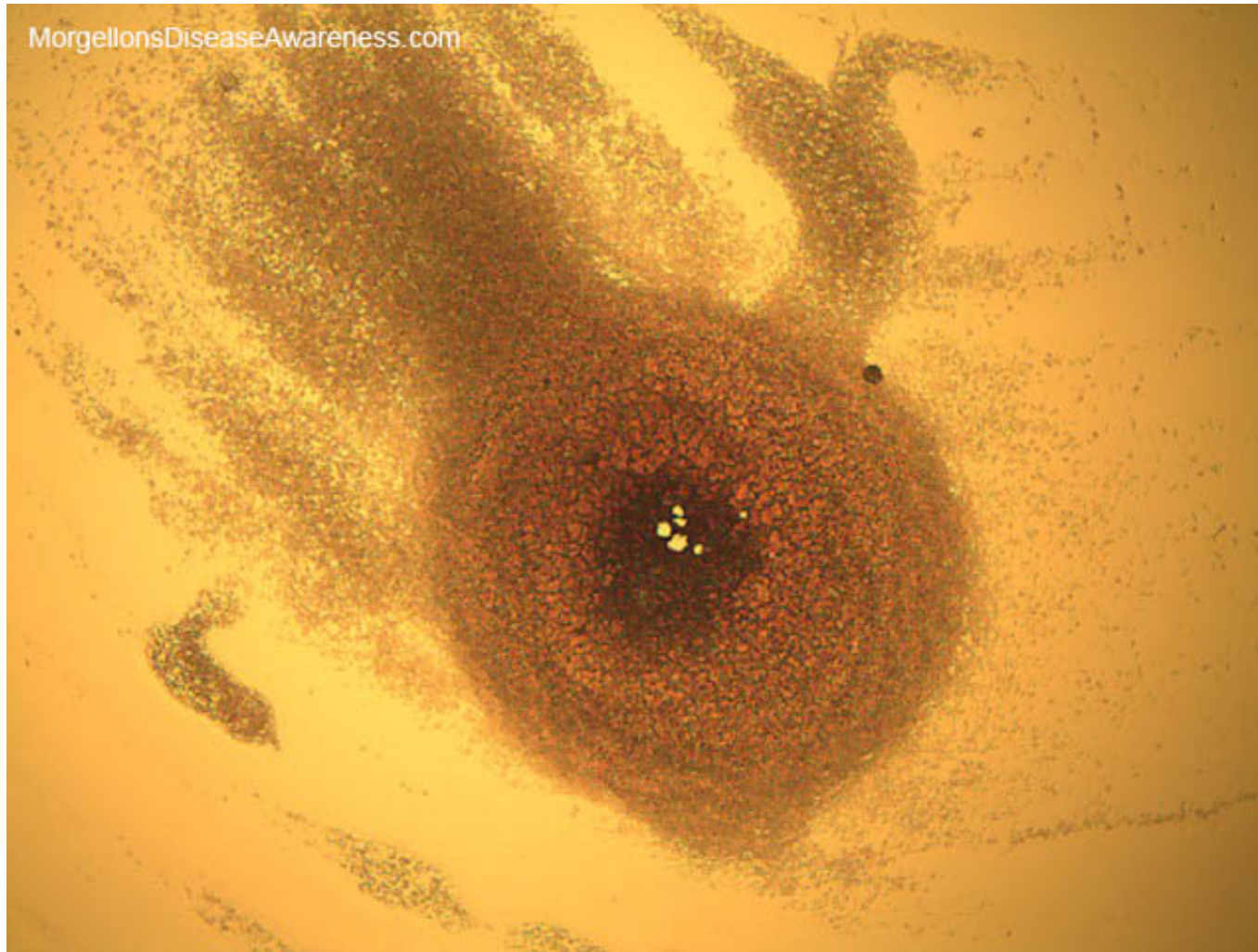


Above: Little white dots in the center are liver stress probably due to the fermentation taking place inside the body because of the alcohol, not that much to worry about there.



toxicity. More of that in image **below.**

Above: White dots in the middle is **bowel**



I left the consultation with some really good pointers. I'm going to purchase a **GoldFox water ionizer** as per his recommendation. This is not the greatest water filter but what it does is alkaline the water, so instead of drinking water that is pH 5 or 6, I'll be drinking water with a pH of 8-10 giving the body a running start on staying alkaline.

The benefits of this water are its antioxidant properties which nullify free radical scavengers, plus the extra oxygen in the water is supposed to give energy and boost alertness and memory.

Candida detox Next on the plate is to tackle the candida with caprylic acid and olive leaf extract (for about 2 months). I'm just going to take the recommended dosages on the bottles adding in one teaspoon of l-glutamine powder per day. The glutamine assists in strengthening the gut wall and helps patch any holes left by the yeast (which could lead to leaky gut syndrome and the problems it leads to, such as food allergies and parasites)

Respiration *"The biggest acid you make everyday is carbonic acid. Every cell in your body is producing carbon dioxide from the bottom of your feet to the top of your head that is also surrounded by water and the carbon dioxide plus water makes carbonic acid, that's a very simple thing to keep in mind. By looking for acid based balance the amount of acid produced per day must be equal to the amount excreted or neutralized per day. Not happening in your case. The thing that is happening is, if your body can't neutralize or eliminate the acid you stay at that level, you can't go beyond that level of health. If we can get you to learn how to eliminate more acid and neutralize more acid then it frees you up to get to the next level of health.*

Blow out the acid, expand the upper rib cage and take long deep inhalations to breathe in more oxygen to neutralize the acids."

Rick demonstrated one of the finest ways of getting more oxygen into the body is to expand the rib cage practicing with a harmonica (which he pulled out and played). *"You are respirating—you are doing lung pushups. You are taking the chest cavity, ribs and the lungs and trying to get them to be fantastic. Anyone who plays harmonica is going to have really good lung functioning. Breathing is so much more important than what you are eating. Do 10 deep breaths a day 3x's a day (with long exhalation), in one month you are going to have a respiratory function that is 10%-15% better than you have now. Which means 10%-15% more energy and 10-15% less fermentation because fermentation only takes place where there is no oxygen. CO2 is the biggest acid, focus on the exhale to get that acid out. It's the greatest tool you have and it's free."*

Alkalizing with baking soda *"The methods of getting rid of acidity from the body are respiration, perspiration, defecation and urination. Those are the four channels. If you can't eliminate the acids it's a really good idea to neutralize the acids. Take a 1/16 of a tsp. bicarbonate of soda every hour, and take it under the tongue so it bypasses the digestive system."*



These past few months I've been slacking on checking and maintaining my body's alkalinity, so I'm back on it. Rick gave me a great little tool (from the vet) that allows me to carry the soda in my back pocket making it more convenient to take. The little 1/16 tsp. of baking soda will help the system remain in range more than the one tsp. a day method. According to my calculations, there are approx twenty-two 1/16 servings to a tsp. of baking soda, so one can easily be popping it throughout the day.

Bentonite clay taken internally in the morning upon rising to detox. This is problematic for those of us taking supplements upon rising which are not supposed to be taken with clay.

However, I'm trying to fit it in somewhere along the line.

Magnesium oxide also called **Oxy-Mag** (NOW makes it). Helps with alkalinity and to oxygenate the system. I'm using it as a detox to clean/improve bowel function. The process of oxygenating the bowel breaks down and eliminates solidified waste lodged in the large and small intestines. This is much like a colonic without the cost. Beware, if you take it (up to one teaspoon at night in water with the juice of 1-2 lemons), you must leave time the next morning to eliminate fully. In this way, this process is much like having an enema. Stool will be watery, even explosive. Rick says that eventually this watery stool will cease when the body is cleaned of accumulated waste. Make sure to repopulate with probiotics. I try and do this once a week.

Food During our session together I became increasingly confused about food. Rick pointed out that although my diet was pretty good, it was still heavily carbs. All those veggies will eventually turn to sugar so they have to be balanced out with oils and proteins. I was told by Nancy that each meal should have a carb, oil and protein and have been following that for some time. Rick has said the same thing and suggested I start the day with a chia smoothie.

"The perfect breakfast would be 2 tablespoons of chia seeds, ground to be chia meal with 2 tablespoons of chlorophyll, (spirulina, chlorella or grass powders (greener grasses, alkavision greens). Ground flax seeds can be added."

"Chlorophyll is very cleansing and is a blood builder and it has a molecular structure that looks almost identical to red blood cells. It instantly gives nourishment to the blood. When you take the chia seed and the flax seeds which are 28% protein 40-50% omega 3 fatty acids, that's very little carbohydrate there. The greens are 100% carbohydrate and when you mix them together, now you have carbs that burn like paper and you've got fats and oils, with proteins that don't really burn. The fats and oils are like the charcoal—now you have a sustained burn going on and then you don't ferment the sugars because the coal, the fatty acids, are there. So that breakfast with the chia seeds or flax seeds, or both, and any of those chlorophylls you are using can be a very beneficial superfood breakfast. So easy and so fast to make. Use a lot of water (12 ounces of water), let this all sit for 10- 20 mins. and keep shaking it up to make sure the water is absorbed. Add the chlorophyll products and it will thicken up. They time release and give it back to you so you have have nice long sustained energy with oils, proteins and carbs all day. You'd be surprised, you don't need a lot of food, what you need is the right food."

Rick suggested the more chia seeds used, the less hungry one will be. He mixes 1/4 cup chia seed in with a quart of vegetable juice and that is his favorite breakfast.

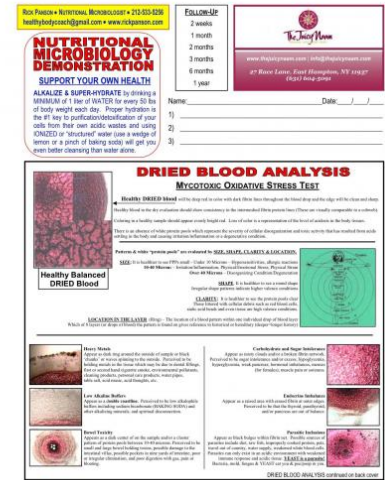
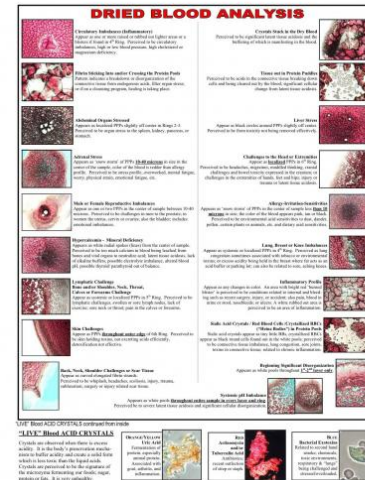
From: <http://www.chiaseedsdirect.com/cs5.html>

Chia seed benefits include:

- **High In Omega-3 Acids.** Chia seed has higher levels of alpha-linolenic acid (ALA) than flax seed. ALA is an essential acid because it is not produced by the body. In fact, chia seeds have the highest known whole-food source levels of Omega-3 acids, as measured by percent of weight.
- **Rich In Antioxidants.** Chia is a great natural source of antioxidants, including chlorogenic acid, caffeic acid, myricetin, quercetin and flavonols.
- **Full of Important Nutrients.** Chia is an excellent source of calcium, phosphorus, magnesium, potassium, iron, zinc and copper. Chia contains six times more iron than spinach.
- **Low In Sodium and Cholesterol-Free.** Chia contains less than half the sodium of flax seed, per serving. This is important to those with high blood pressure and concerned about sodium intake. As a plant-based source of Omega-3, chia seed is cholesterol-free.

- **Promotes Hydration.** Chia soaks up water and this promotes hydration and electrolytes retention.
- **Helps in Weight Loss.** Chia is very filling. As more Chia is eaten, there's less room for fattening foods.
- **Good Source of Fiber.** Chia is about 40 percent fiber. A daily serving of chia seeds contains about 11 grams of fiber. About five percent of this fiber is soluble, which can help reduce cholesterol.
- **Builds Endurance.** The Mayan word for Chia is strength. Chia builds stamina and endurance because it steadily releases slow-burning glucose into the bloodstream.
- **Gluten-Free.** The protein in chia seed is gluten free. Chia seeds are also nonallergenic.
- **Provides All Essential Amino Acids.** Chia provides all eight essential amino acids. Since essential amino acids are not produced by the body, it's important to get amino acids from nutrient-rich sources like chia seeds. The amino acid leucine is abundant in chia seeds. Research suggests leucine may help regulate blood sugar levels and aid in muscle recovery after exercise.
- **Stays Fresh.** Unlike flax seed, chia seed stays fresh for extended periods of time. Chia seeds stay fresh for 24-36 months when stored in proper conditions (cool and dry).

Rick supplied the following charts for those that want to download them. To the right, [Visual Reference Guide to Live Blood Analysis.](#)



Download the chart below by clicking on it.

DRINK IONIZED WATER FOR HEALTH
pH FOOD CHART

pH Chart by:
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