

# Achieve a Well-Balanced Body

## What can Bio-Energetic Testing tell you about your health?

The following information found in this document was included for the purpose of providing a basic explanation of the history of bio-energetic testing, instructions for proper supplementation usage, and information regarding what should be expected during the detoxification process. The contents of this document should be thoroughly reviewed and completely understood before starting a suggested protocol.

### Bio-energetic Testing

Bio-energetic testing is the product of a 30-year evolution of bio-feedback research started by Dr. Voll in the 1950s. Dr. Voll was a German physician who became disgruntled with the traditional model of medicine and started to look at alternative methods that would address the “root” issues of his patients rather than masking a symptom. He used the Chinese meridian system theory to determine energetic imbalances using an ohmmeter. His research proved to be very effective and has evolved into what has been termed: Biofeedback, Electro Dermal Screening, Bio-energetic Testing, and Meridian Stress Analysis. This method of evaluation continues to advance and has proven to be a valid method for determining disturbances within an individual’s energetic field.

By using this testing method, alternative practitioners are better able to support the areas of the body where there is improper energy flow and provide balancing energy signatures to help restore proper energetic communication to the energetic field of the body.

### How to take Recommended Supplements

#### Getting started with your evaluation recommendations:

*Client Schedule:* The Client Schedule is a guideline. Some individuals may not be able to take the products at the times suggested. An important point to remember is that homeopathic remedies and herbs should be taken apart from meals. Vitamins/supplements can be taken with meals unless otherwise noted. You should stay on recommendations until you are re-evaluated unless otherwise noted. Do not take colon cleansers or fiber at the same time you take pharmaceuticals or other nutritional supplements. If you are uncertain about taking supplements with medications, consult your primary care physician.

#### Rules for taking Homeopathic Products (The following rules do not apply to the product **EnerSync**.)

1. Do not take anything by mouth (other than water) 20 to 30 minutes prior to and following the dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, etc.
2. No caffeine in any form, such as colas, coffee, chocolate, etc. 30 minutes prior to and 30 minutes following the drops
3. No mint in any form, such as candy mints, mint toothpaste, mint mouthwash, etc. 1- hour prior to and following dosage
4. No camphor, such as in muscle and joint rubs
5. No dental drilling
6. No breathing of strong smells, such as paint thinner, eucalyptus, cigarette smoke, etc. 1 hour prior to and following drops. Avoid moth ball fumes
7. Avoid raw garlic 2 hours prior to and following a dosage

\* If a person has alcohol sensitivities: Put the dosage of drops into a glass of 2 ounces of hot water. Allow about 5 minutes for the alcohol to evaporate.

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## How to take Homeopathic Products:

1. Refer to "Rules for Taking Homeopathic Products" above
  2. Refer to Client Schedule for dosage
  3. It is best to put drops under the tongue. However, you can mix them with water and drink.
    - Spring or purified water is best. You can mix all drops together as long as they are all listed under the same column on the Client Schedule
  4. If you are unsure about something regarding your products, please contact your technician for further information
- \*Remember, do not take anything by mouth, other than water, 20 to 30 minutes prior to and following the drops.

## How to take Herbs:

1. Refer to the Client Schedule for dosage
2. It is best to put liquid herbs under the tongue. However, you can mix them with water and drink
  - Spring or purified water is best. You can take homeopathic drops with herbs as long as they are all listed under the same column on the Client Schedule

## How to take Vitamins or Supplements:

1. Refer to the Client Schedule for dosage
2. Vitamins/supplements should be taken with FOOD (unless otherwise directed)
  - If you have difficulty swallowing capsules, you may open and put in food or drink. If caplet, then you can crush and mix it with food

## If using a Homeopathic Detoxifier:

1. Drink no less than 6 to 8 glasses of water per day
2. If you are not sure if you are doing a detox, ASK YOUR TECHNICIAN
3. If you are doing a detox, you must stay on a drainer. ASK YOUR TECHNICIAN WHAT THE DRAINER IS FOR YOUR DETOX

The detoxifier and drainer work together. The detoxifier pulls toxins out of the cells and the drainer helps to flush and remove toxins from the body. It is not abnormal to experience flu-like symptoms, headaches, or nausea during detox. However, if the symptoms cause too much discomfort, reduce the dosage by half. Stay on this dosage for a few days and then bump up your drops by 1 drop and move up slowly until you reach the desired dose on your Client Schedule.

\*REST AND DRINKING WATER WILL REDUCE THE DISCOMFORTS OF DETOXIFICATION.

BY FOLLOWING THESE GUIDELINES, YOU WILL GIVE THE RECOMMENDED PROTOCOL THE GREATEST OPPORTUNITY TO SUCCEED.

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## What to expect when you Detox:

### Symptoms that may occur when you detox:

Headaches, fever and/or colds, breakouts on the skin, a possible short interval of bowel sluggishness, occasional diarrhea, tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity, mental depression, frequent urination, etc.

The majority of people find that their reactions are tolerable. The body first begins the process of retracting. The emphasis is on the elimination or breaking down of tissue. The body begins to remove the "garbage" deposited in all the tissues. People that have periodic skin rashes or eruptions, will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes and eruptions.

Please understand that these reactions are normal, even though they may be unpleasant at the moment. These symptoms are a part of the body's natural restoration process. The symptoms will vary according to the waste being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available.

**THE MORE YOU REST, SLEEP, AND DRINK WATER WHEN THE SYMPTOMS ARE PRESENT, THE MILDER THEY WILL BE.**

One of the greatest misunderstandings in the field of nutrition is the failure to properly understand and interpret the symptoms and changes which follow the beginning of a better nutritional program. When the quality of the food coming into the body is higher quality than the tissue of which the body is made, the body begins to discard the lower grade materials and tissues and make room for the superior materials that it uses to make new and healthier tissue. This is the plan of nature. The body is very selective and always aims for improvement for better health. The body always tries to produce health and always will, unless our interference is too great. Only then do we fail to recover and we degenerate further into dis-ease.