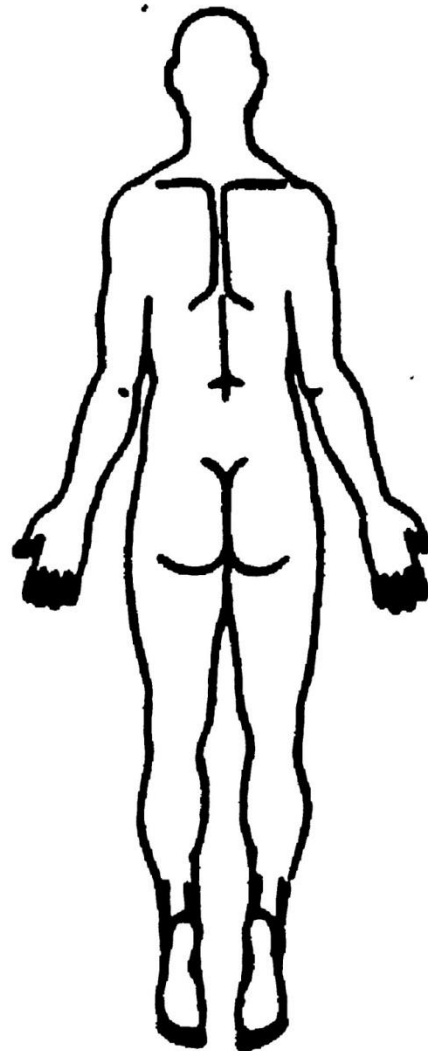
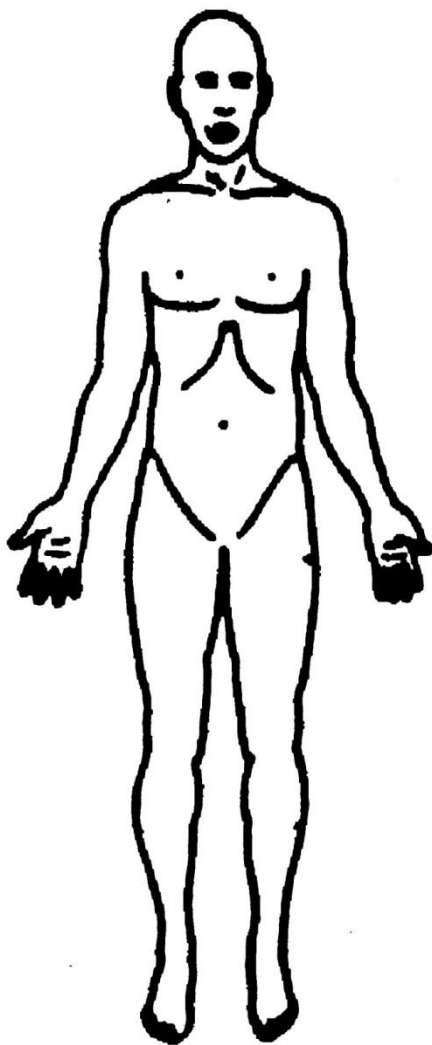


Body Scan

Mentally scan yourself from top to toe and pinpoint things that may be out of balance or not functioning as well as they could be. Scan your eyes, ears, nose, head, neck, chest, back, arms, and legs. Mentally scan and identify any areas that are bothering you in some way. A point of concern might be tight, painful, itchy, congested, or in some way not functioning as it should.

Mark areas you found on the diagram below. Also, note any areas of **rash, skin tag, discoloration, bumps, bruises, moles, or other abnormalities** of your skin.



Nutritional Evaluations Home Tests

Body Bio Mineral Testing Process

Mineral deficiencies are almost epidemic in today's world. Our soil is depleted, food processing removes vital minerals, and stress depletes your reserves.

The test kit from **Body Bio**, www.BodyBio.com, uses a taste testing process to determine if you have a deficiency or excess of any of the 8 minerals listed below.

- Potassium
- Zinc
- Magnesium
- Copper
- Chromium
- Manganese
- Molybdenum
- Selenium



Pour a small amount of the mineral solution from the test bottle in a glass or cup and sip. Record the number that best fits how that mineral tastes.

RATING	BOTTLE	MINERAL
	1	Potassium
	2	Zinc
	3	Magnesium
	4	Copper
	5	Chromium
	6	Manganese
	7	Molybdenum
	8	Selenium

④ is the goal. Your body is telling you that you are getting adequate amounts of this mineral.

RATING

1) Sweet

2) Pleasant

3) No Taste

4) Hmm...Taste Something

5) So...So

6) Don't Like

7) Pretty Bad

Vitamin C

- Test strips (10mg per 100mL to 100mg per 100mL)
- Vitamin C Calibration aka Flush



pH Testing

Acid/Alkaline Balance

A good way to measure your average body pH is to measure the pH of your first morning urine. When your first morning urine is between 6.5 (slightly acidic) and 7.5 (slightly alkaline), it indicates that the overall cellular pH is appropriately alkaline. The best time to check pH is in the morning. Urine pH is tested on a specimen of your first morning urination.

You can also test your urine pH later in the day, and this will indicate the impact of foods and supplements which you have taken earlier in the day. You should check your morning saliva pH immediately after arising, before you think about or eat your breakfast, and while in a calm state of mind. After a meal, your saliva should normally become alkaline. Checking saliva pH after a meal can indicate whether or not this normal mechanism is intact. Optimal range for first morning saliva pH is 6.8 to 7.2.



Urine pH

- Cut off a 1 or 2-inch piece of pH paper.
- Collect your first morning urine (or the urine sample) into a clean container.
- Dip the pH strip into the urine.
- Hold the pH strip against the color chart in the package and compare to determine your pH level.
- Mark the time and date along with the pH reading on your chart.
- Alternatively, you can urinate directly onto the strip. If you plan to do this, cut a slightly longer strip (like 3 inches) and only hold in urine stream for a second or two.

Saliva pH

- Do not eat for 2 hours before the test.
- Cut off a 1 or 2-inch piece of pH paper.
- Fill your mouth with saliva twice and swallow to ensure your mouth is clean.
- Fill it up again, and this time spit into a spoon. Dip the strip into the saliva. Hold the pH strip against the color chart in the package and compare to determine your pH level.
- Mark the time and date along with the pH reading on your chart.
- Alternatively, you can spit directly onto the strip and read the results.

Saliva and Urine pH Tracking

Record your first morning's saliva pH and urine pH in the chart below. Wait at least one hour and record a second urine pH reading. Eating during this time is allowed. Record later in the day as well and compare to determine the effects of your current lifestyle on your pH.

Saliva: 6.8 to 7.2

Urine: 6.4 to 6.8

Date	Morning Saliva pH	1 st AM Urine pH	2 nd AM Urine pH	Afternoon Saliva pH (2 hours after food)	Afternoon Urine pH (before dinner)

Nitric Oxide Testing



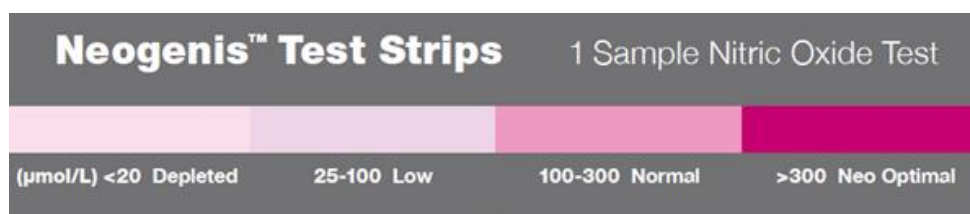
Step 1 – Wash hands.

Step 2 – Place saliva on test strip.

Step 3 – Compare test strip to color indicator.

The deeper the red on the test strip, the more Nitric Oxide you have in your body

<http://www.neogenis.com>



www.DrRitamarie.com

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Measuring Your Blood Glucose

Knowing how your body responds to a particular food, meal, activity, or even thought can be one of the most valuable skills you'll ever learn. Measuring your blood glucose will give you this feedback, and it's really easy to learn and do.

All you need is an inexpensive glucose meter (approximately \$10 - \$20 at most US discount pharmacy chains). The replacement strips can be pricey, so before you decide which meter to buy, check out the price of the strips.

The meters I personally use for myself require the *TrueTest* brand strips. If you purchase them locally, the cost is about \$48 for 50 strips. Online, you can find them for under \$20 for 100 strips.



Directions for Measuring Blood Sugar (Estimated time, start to finish: Less than 2 minutes)

1. **Wash your hands.** Invisible debris on your fingers can result in erroneous readings.
2. **Avoid the use of alcohol hand cleaners/sanitizers**, especially if you're checking regularly. It can dry your fingers and cause calluses.
3. **Rinse your fingers** under warm water to increase blood flow to the area.
4. **Prepare your supplies.**
 - a. Spring loaded device with sterile lancet for sticking your finger
 - b. Glucometer
 - c. Test strips
 - d. Tissue paper or cotton ball for blotting blood
5. **Choose a location to get a blood sample.** Rotate areas to prevent calluses.
 - a. Back of your hand
 - b. Fingers near your nails
 - c. Between the first and second joints of any finger
 - d. Fleshy pads of your fingertips
6. **Collect blood sample.**
 - a. Cock the spring loaded device and prick any finger. Follow the specific instructions provided by the manufacturer.
 - b. Gently squeeze your finger. Avoid using a pumping action.
 - c. Touch the blood to the test strip.
7. **Obtain the glucose reading.**
 - a. The Glucometer will blink or count down once the blood has been absorbed by the strip.
 - b. Record the number from the Glucometer on your form.
8. **Cleanup.**
 - a. Discard used lancet.
 - b. Discard any blood soaked tissues or cotton balls by flushing down the toilet to prevent contaminating any others with your blood.

Here's info on the ones we use:

- **TrueResults** – my desktop model: <http://www.drritamarie.com/go/TrueResultStarterKit>
- **True2Go** – portable: <http://www.drritamarie.com/go/True2GoPortableKit>
- **TrueTest Test Strips** – use for both Glucose Meters
<http://www.drritamarie.com/go/TRUEtestTestStrips100>

Ketones

1. Remove test strip from vial and close vial immediately. Put date on vial the first time you open it.
2. Do not use if past the "use by" date printed on bottle or if 2 months past the "opened" date.
3. Firmly hold end farthest from test pad. Pass test pad through urine stream or collect urine in a clean, dry container and quickly dip the test pad into urine.
4. After 15 seconds, match test pad to color chart on bottle.



Oxidata

1. Place urine in cup and draw up one milliliter with the dropper.
2. Break top off of ampoule and squeeze urine from dropper into ampoule.
3. Wait five minutes
4. Hold ampoule up to evaluation chart to match colors.
5. Record your reading.

<http://www.drRitamarie.com/go/OxidataTest>



Urinalysis

- | | |
|--------------|---------------------|
| 1. Glucose | 7. Blood |
| 2. Ketones | 8. Specific gravity |
| 3. Bilirubin | 9. Leukocytes |
| 4. Protein | 10. Urobilinogen |
| 5. Nitrite | |
| 6. pH | |



1. Remove test strip from vial and close vial immediately. Put date on vial the first time you open.
2. Do not use if past the "use by" date printed on bottle or if 3 months past the "opened" date.
3. Collect urine in a clean, dry container and quickly dip the strip into urine.
4. Remove immediately and hold strip to edge of container to allow excess urine to run off.
5. Blot the lengthwise edge of the strip on a paper towel to further remove excess urine.
6. Compare each reagent to its corresponding color block at times specified. Proper read time is critical to results.



Tracking Sheet for Evaluations

Date and Time									
Nutrients									
Potassium									
Zinc									
Magnesium									
Copper									
Chromium									
Manganese									
Molybdenum									
Selenium									
Vitamin C									
Chemistry									
pH - Saliva									
pH - Urine									
Nitric Oxide									
Blood Sugar									
Ketones									
Oxidata									
Urinalysis									
Glucose									
Ketones									
Bilirubin									
Protein									
Nitrite									
pH									
Blood									
Specific gravity									
Leukocytes									
Urobilinogen									

Exam and Lab Tracker				
				Name
DATE (mm/dd/yy):				
Digestion				Note scores or abnormal findings here
HCL Challenge				
Transit Time				
Bristol Scale				
Stool Test				
Blood Test: BUN				
Blood Test: Protein				
Blood Test: Albumin				
Blood Test: Globulin				
Stool Test				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Acne				
Dandruff				
Yellow discoloration below bottom eyelids				
Yellow/brown sclera				
Facial color: yellow				
Tongue irritation/redness				
Ulcerations or canker sores				
Red tongue tip				
A "cottage cheese" growth or coating on tongue				
Scalloped edges and teeth marks on tongue				
Chronic coating and/or "furry" tongue				
Splitting cuticles				
Excessive vertical ridges on nails				
Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)				
Bad breath				
Urine-like breath smells				
Red and inflamed lips				
Excessive vertical ridges on nails				
Pitting of nails				
Deep horizontal ridges (Beau's lines) on nails				
Yellowish, bulging, bending, breaking nails				
Hemorrhoids				
TOTAL Digestion				
Blood Sugar				Note scores or abnormal findings here
MPG: Range of your peak blood glucose, about 45 minutes after eating				
Blood Test: Fasting Glucose				
Blood Test: Hemoglobin A1C (HbA1C)				
Blood Test: Fasting Insulin				
Blood Test: Insulin 45 minutes after eating				
Blood Test: HDL				
Blood Test: Triglycerides				
Blood Test: HDL/Triglyceride Ratio				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Acetone-like breath smells				
Excessively shiny or smooth tongue				
Skin tags				
Wounds that take a long time to heal				
Waist/hip ratio: males - if ratio is >1, select score of "3" (otherwise "0")				
Waist/hip ratio: females: if ratio is >.8, select score of "3" (otherwise "0")				
TOTAL Blood Sugar Dysregulation				
Adrenal				Note scores or abnormal findings here
Blood Test: Sodium				
Blood Test: Potassium				
Blood Test: Chloride				
Saliva: Cortisol Sum				
Saliva: Cortisol AM				
Saliva: Cortisol Noon				
Saliva: Cortisol Late Afternoon				
Saliva: Cortisol Bedtime				
Saliva: DHEA				
DUTCH				

Exam and Lab Tracker				
				Name
DATE (mm/dd/yy):				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Rib margin tenderness				
Brown or black discoloration below eyelids				
Dark gray or reddish back of tongue				
Ulcerations or canker sores				
Bad breath				
Rough, red, flaky cuticles				
Blood Pressure: Choose the # that best describes the change in blood pressure from lying down to standing.				Blank = +10, 1 = same, 2 = -10 or less, 3 = -10 or more
Pupil Response: Choose the number that best coorelates with the number of seconds your pupil maintains constriction when a bright light is shone in.				Blank = 20 seconds or more, 1 = 10-19 seconds, 2 = 5-9 seconds, 3 = under 5 seconds
TOTAL Adrenal				
Thyroid				Note scores or abnormal findings here
Basil (first thing in AM) Body Temperature (average across 3 days)				
Daytime Body Temperature (average across 3 days, 3 times/day, 3 hours apart, start 3 hours after awakening)				
Blood Test: TSH				
Blood Test: Total T4				
Blood Test: Total T3				
Blood Test: Free T4				
Blood Test: Free T3				
Blood Test: Reverse T3				
Blood Test: TPO Antibodies				
Blood Test: Antithyroglobulin Antibodies				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Scalloped edges and teeth marks on tongue				
Loss of Lateral third of eyebrow				
Cold hands				
"Goose flesh" at the backs of arms or thighs				
Eyes "bug-out"				
Scalloped edges and teeth marks on tongue				
TOTAL Thyroid				
Sex Hormones				Note scores or abnormal findings here
Blood Test: Estrogen				
Blood Test: Progesterone				
Blood Test: Testosterone				
Blood Test: DHEA				
Blood Test: Pregnenalone				
24-Hour Comprehensive Steroid Panel (Meridian, Genova)				
DIUTCH Test				
Saliva Hormones				
Saliva: Estrogen				
Saliva: Progesterone				
Saliva: Testosterone				
Saliva: DHEA				
Saliva: LH				
Saliva: FSH				
Cycle Mapping				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Breast swelling, lumps, or discharge				
Pelvic swelling				
Vaginal discharge				
Vaginal bleeding				
Pelvic pain				
TOTAL Sex Hormones				
Organs and Body Systems				Note scores or abnormal findings here
Kidney Panel (see lab results handout)				
Liver Panel (see lab results handout)				
Electrolytes (see lab results handout)				
Lipid Panel (see lab results handout)				
NOTICE: The information contained here-in is not to be construed as medical advice. This is an educational program designed to empower you to take charge of your own health and learn to understand the signs your body is giving you. The responsibility for the consequences of your use of any suggestion or procedure described hereafter lies not with the authors, publisher or distributors of this program. This is not intended as medical diagnosis or health advice. To give you a full interpretation would require a comprehensive assessment. We recommend consulting with a licensed health professional before changing your diet or supplementation program. Except for personal use, no part of this program may be reproduced or distributed, in any form or by any means, electronic, mechanical, photocopying, or otherwise, without prior written permission from Dr. Ritamarie Loscalzo				