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) Hmmm…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.

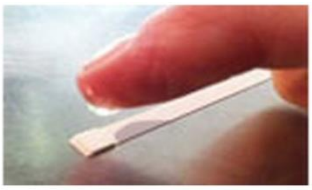
Saliva: 6.8 to 7.2 | Urine: 6.4 to 6.8

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

Nitric Oxide Testing

The deeper the red on the test strip, the more Nitric Oxide you have in your body.
http://www.Neogenis.com

Step 1 – Wash hands.



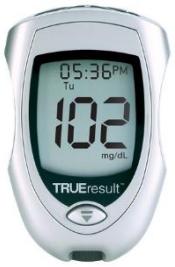
Step 2 – Place saliva on test strip.

Step 3 – Compare test strip to color indicator.

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)

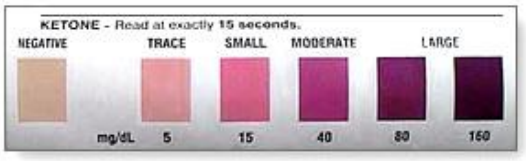
1. **Wash your hands.** Invisible debris on your fingers can result in erroneous readings.
2. **Avoid the use of alcohol hand cleaners/sanitizers,** especially if you're checking regularly. It can dry your fingers and cause calluses.
3. **Rinse your fingers** under warm water to increase blood flow to 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:

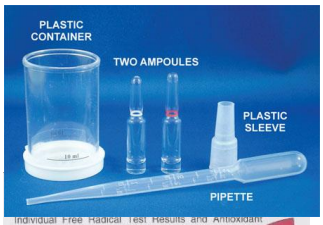
- **TrueResults** – my desktop model: http://www.drritamarie.com/go/TrueResultStarterKit
- **True2Go** – portable: http://www.drritamarie.com/go/True2GoPortableKit
- **TrueTest Test Strips** – use for both Glucose Meters http://www.drritamarie.com/go/TRUEtestTestStrips100

Ketones

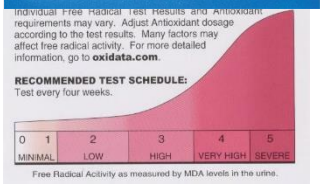
1. Remove test strip from vial and close vial immediately. Put date on vial the first time you open it.
2. Do not use if past the “use by” date printed on bottle or if 2 months past the “opened” date.
3. Firmly hold end farthest from test pad. Pass test pad through urine stream or collect urine in a 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 ampule.
3. Wait five minutes
4. Hold ampule up to evaluation chart to match colors.
5. Record your reading.
   http:///www.drritamarie.com/go/OxidataTest



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Urinalysis

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

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									