Simple At-Home or In-Office Assessments With Glucose

- pH Challenge Test
- Minerals
- Blood Sugar

Salivary pH Challenge

The **Salivary pH Challenge** test is a dynamic measurement of your body's alkaline mineral reserves. These reserves are one of the systems your body uses to correct acid and alkaline imbalances.

During this test you will challenge your body with acid in the form of lemon juice to determine whether your body has the reserves to appropriately respond to an acid challenge. In an ideal situation, the initial acidity of the lemon juice will cause your saliva to become more alkaline in order to buffer the acidity of the lemon juice over the course of a few minutes. Your body does this by mobilizing the necessary alkaline minerals. This test also allows us to see how stress and sympathetic dominance impact minerals reserves in your body. Increasing levels of stress can cause the loss of your primary mineral reserves.

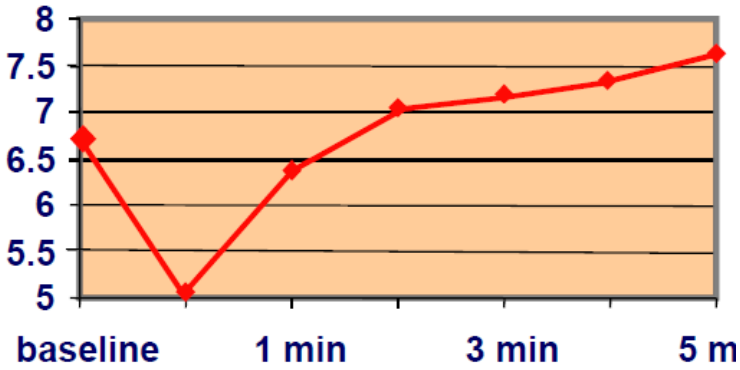
Materials

Fresh lemon juice, pH paper

Procedure

1. Cut seven 2-inch strips of pH paper and lay them out on paper towel.
2. Prepare your lemon juice drink: 1 tablespoon of fresh lemon juice and 1 tablespoon of water.
3. To take a saliva pH reading, make a pool of saliva in your mouth and dip half of the pH strip into this pool of saliva, remove, and compare the color of the dipped pH strip to the test indicator chart that comes with the pH paper. Do not put the whole strip in your mouth or hold it in for too long.
4. Record this first reading as a baseline on the *Saliva pH Challenge Tracking Chart*.
5. Drink the lemon drink, check your saliva pH again, and start timing.
6. Test and record your saliva pH every minute for 5 minutes.
7. Record all your results on the *Saliva pH Challenge Tracking Chart*.

Normal Result for Salivary pH Challenge



Salivary pH Challenge Tracking Chart						
Name						
Date	**Baseline**	**After 1 Minute**	**After 2 Minutes**	**After 3 Minutes**	**After 4 Minutes**	**After 5 Minutes**

Body Bio Mineral Testing Process

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

The test kit form ***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

Measuring 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.

Getting a Testing Kit

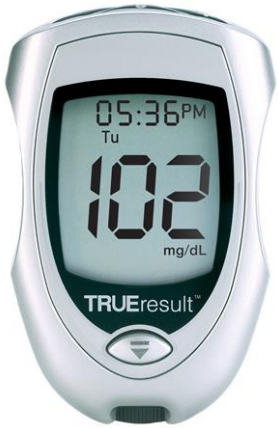
All you need is an inexpensive glucose meter (approximately $10 - $20 at most US discount pharmacy chains).

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 $23 for 100 strips.

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/TRUEtestTestStrips50 or
  http://www.drritamarie.com/go/TRUEtestTestStrips100



Directions for Measuring Blood Sugar

(Estimated time, start to finish: About 2 minutes)

1. **Wash hands.** Invisible debris on fingers can result in erroneous readings. Avoid using alcohol hand cleaners/sanitizers, especially if checking regularly. It can dry your fingers and cause calluses.
2. **Rinse fingers under warm water** to increase blood flow.
3. **Prepare supplies.**
   a. Spring loaded device with sterile lancet for sticking finger
   b. Glucometer
   c. Test strips
   d. Tissue paper or cotton ball for blotting blood
4. **Choose a location** to get a blood sample. Rotate areas to prevent calluses.
   a. Back of hand
   b. Fingers near nails
   c. Between the first and second joints of any finger
   d. Fleshy pads of fingertips

5. **Collect blood sample.**
   a. Cock the spring loaded device and prick any finger. Follow the specific instructions provided by the manufacturer.
   b. Gently squeeze finger. Avoid using a pumping action.
   c. Touch the blood to the test strip.
6. **Obtain the glucose reading.**
   a. The Glucometer will blink or count down once the blood has been absorbed by the test strip.
   b. Record the number from the Glucometer on your form.
7. **Clean up.**
   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.

Glucose Tolerance Test Home Version

The purpose of the glucose tolerance test is to see how your body responds to a glycemic load. It's usually done in a doctor's office and is very costly to do. After taking a fasting glucose reading, you would be asked to drink a sugar syrup concoction and your blood sugars would be tested for several hours afterwards. It's a great way to assess how your body handles a huge sugar load, but it doesn't measure how well your body handles your typical daily diet.

You can perform a glucose tolerance test of sorts at home with your glucose meter. Instead of glucose syrup, you'll test with a real meal…representative of the worst meal you'd typically eat in a week.

Home Glucose Tolerance Test Instructions:

1. Measure fasting blood sugar, first thing in the morning after about 12 hours of no food (water is permitted).
2. Eat a test meal. Write down the exact ingredients, including amounts of each food or beverage.
3. Measure blood sugar immediately after the test meal.
4. Measure blood sugar every 15 minutes for the first hour and a half after the test meal.
5. Measure blood sugar at 2, 3, 4, 5 and 6 hours after the test meal.
6. Be sure to write findings on "Glucose Tracking Chart".

Start with the worst meal you typically eat, including the most carbohydrate-rich foods you're likely to eat at a meal. Follow the process above with several representative test meals to see how your body handles different types of foods. This will guide designing the best diet for you.

In addition to measuring blood sugar, monitor how you feel and write it down. Record your symptoms, including light headedness, headache, dizziness, hunger, cravings, nausea, etc. Be sure to record the time the symptoms occurred.

Testing Individual Foods

It's helpful to know how your body responds to certain foods that you regularly eat or would like to eat. You can do a mini-test on each food. Simply:

1. Measure blood sugar before eating the food.
2. Eat the food.
3. Measure your blood sugar immediately after eating.
4. Measure your blood sugar again at 15 minutes, 30 minutes, 45 minutes, 1 hour, 1.5 hours, 2 hours, and every hour until your meal.

Blood sugar level should stay at 110 or below and return to, or close to, baseline by two hours. It should never go above 140, no matter what you eat. If it does, you are showing clear diabetic tendencies and need to take this process very seriously to get back into balance.

In an optimally healthy person, blood sugar rarely if ever rises above 100. That's a target to shoot for.

Rule of thumb: Avoid any foods that raise your blood sugar more than 25 points.

Daily pre-meal and post-meal glucose monitoring for a week is also a way to determine the foods that create glucose spikes.

Testing Individual Meals

It's helpful to know how your body responds to meals that you regularly eat. Testing meals is similar to testing individual foods. Simply measure your blood sugar before eating the meal. Note the time you started and finished the meal and list each food included in the meal. Quantities of each food are good to track too.

1. Measure your blood sugar right before you start eating. Note the time.
2. Eat the meal.
3. Measure your blood sugar immediately after eating, then again at 15 minutes, 30 minutes, 45 minutes, 1 hour, 1.5 hours, 2 hours and every hour until you next meal.
4. See "Testing Individual Foods" section above for guidelines on results.

If your readings are higher than desired, one or more of the foods is suspicious. Further testing is required to isolate the problematic food.

Other At-Home or In-Office Tests Described in the *Home Testing Handbook*

- HCL Challenge
- Bowel Transit Time
- Diet/Pulse Record
- Elimination-Provocation Tracking Chart
- Urinary Indican Test for Intestinal Malabsorption
- Konisburg Adrenal Fatigue Test
- Vitamin C Flush
- Zinc Taste Test and Zinc Challenge
- Iodine Patch Test
- OXIDATA™ Anti-Oxidant Test