



Simple At-Home or In-Office Assessments

- 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*.



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 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



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

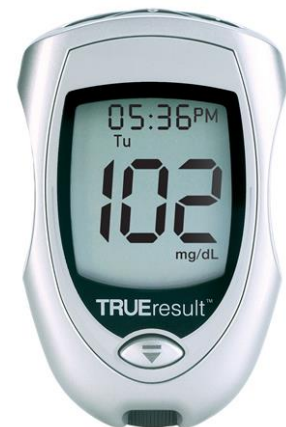
All you need is an inexpensive glucose meter (approximately \$10 - \$20 at most US discount pharmacy chains).

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.





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