



JOYFUL LIVING SERVICES

Home Health Tests

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The following are tests you can have your clients take themselves at home or you can help them with when they see you for consultations. Begin practicing these tests on yourself to be sure you know how to use them. Find out where you stand with your health and begin working towards better health. Once you feel comfortable with the tests yourself, have your friends and family take them and see how they do. Then move on to clients and help them with their daily health regime.

Acid/Acid Balance

Use Nitrazine paper to determine the pH of the fluids of the body. A reading of 7.0 is neutral on a scale of 1.0 to 14.0. The normal pH of the body is slightly acid 6.3 to 6.8.

Procedure for Testing:

1. Take urine or saliva sample and test before meals or at least two hours after eating.
2. Check color of test strip with chart supplies with Nitrazine paper and determine the pH.

Interpretation of Test:

1. If reading is above 6.8, the body is too alkaline and the person should be put on a diet of more acid-forming foods.
2. If reading is below 6.3, then the person is too acid and should be put on a diet including more alkaline foods.

Adrenal Gland Function Test

The systolic blood pressure is about 10 mm higher when a person is standing than when he is lying down.

Procedure of Testing:

1. Lie down and take the blood pressure.
2. Stand and take the blood pressure.
3. Rest for 6 minutes lying down.
4. Stand up and immediately take the blood pressure.

Interpretation of Test:

If the blood pressure is lower after standing, suspect adrenal gland weakness.

The greater the drop in blood pressure the greater the degree of adrenal dysfunction.

Allergy Test (food)

Food allergies or reactions occur when a person consumes foods to which the person has an intolerance.

Procedure for Test:

1. Take pulse reading after resting for five minutes in order to determine the base number of beats per minutes (normally 70 beats per minute).
2. Consume food to be tested and wait for twenty minutes, and then retake the pulse.

Interpretation of Test:

If there is an increase of 12 beats or more per minute over base reading, the person is considered to have an allergic reaction to the food consumed or tested.

Bladder/Urinary Tract Infections

Simply purchase a "Dipstick" test kit from your local pharmacy and use the test strip to test a urine sample. If the strip changes color, then it is an indication of an infection. Be sure that the urine collection procedure is clean and not contaminated with germs from some other source.

Blood Flow Test

There are three test points on the legs used to check circulation. These points may be a good indication that there is either sufficient or insufficient circulation.

Procedure for Test:

1. Check top of foot by applying light pressure to the skin.
2. Check the point on the inside of the ankle.
3. Check the point behind the knee.

Interpretation of Test:

Normally the test points mentioned are points where the pulse in the artery can be felt. If the pulse is not evident, then it is an indication that the artery supplying blood to the leg is narrowed and appropriate steps should be taken.

Breast Self Test

See literature provided by American Cancer Society – men can get breast cancer the same as women and should take the self-test also. Note: Lumps that are stationary, asymmetrical and hard should be given special attention.

Cancer

The type of cell produced in cancer and the type of cell produced in pregnancy has been known for almost a century. Therefore, a home pregnancy test kit can test for the presence of cancer cells in an individual. Naturally, due to the relationship of pregnancy and cancer, you cannot test pregnancy women. Others that you cannot test are women on estrogen replacement therapy, women at time of ovulation, women on birth control pills, individuals using chemotherapy or radiation therapy, individuals showing albumen or blood in the urine, those bedridden or who have lost 15% of his or her weight as well as those with a badly depleted liver. A test on these individuals is invalid and misleading.

Procedure for testing:

1. Use a clean, one-gallon glass jug. Do not clean with soap or detergent.
2. Get a home pregnancy test kit from the drugstore that will detect the HCG hormone (E.P.T. by Warner Lambert). Do not use a kit that tests for LH hormone.
3. Collect all urine voided in a 24-hour period in the gallon jug, and keep in a cool, non-refrigerated place. Mix well by shaking. During the waking hours of the collection period (if the person does not have glaucoma or is subject to bleeding) take orally one-100 mg. Niacin tablet every two hours so your skin will flush, indicating that the blood vessels have been dilated.
4. Pour a sample of urine in the cap provided in the test kit.
5. Place 20 drops of urine in the test tube with a dropper being careful not to touch the glass tube with the end of the dropper. Shake for 20 seconds.
6. Add the reagent from the plastic vial or bottle to the test tube. Place the plug in the vial and shake for 20 seconds or more.
7. Place the test tube in the support and let stand undisturbed for 24 hours. Watch for dark brown sediment to appear in the mirror, which is placed under the test tube. Check tube every two hours with a flashlight and magnifying glass. This is helpful since the longer it takes for the dark brown sediment to appear the less involvement there is with cancer.

Interpretation of Test:

1. Negative: a translucent, tan fluid with no dark brown sediment after 24 hours is considered negative. No HCG showing in the urine is the same as a negative pregnancy test.
2. Early Detection: A thin, dark brown deposit appearing at any time, and taking many forms such as a hair-thin circle, a thin star or straight line.
3. Advanced Stage: A thick, dark brown ring appearing during the 24-hour period as pictured in the test instructions or any other dark brown formation such as a double ring, broad spot, etc.

Diabetes Self Test

There are two types of diabetes: juvenile or insulin dependent diabetes commonly known as Type I; and adult-onset diabetes commonly known as Type II. Type I diabetes should be determined with a blood test kit which can generally be purchased from a local pharmacy. Type II diabetes can be simply checked by testing a person's ability to determine sweetness.

Type II Testing Procedure:

1. Fill five glasses with 8 oz. of water. To one glass of water add $\frac{1}{2}$ teaspoon of sugar. To the second, add 1 teaspoon of sugar; to another, add 1-1/2 teaspoons of sugar; to another, add 2 teaspoons of sugar; and, to the last, add 2-1/2 teaspoons of sugar.
2. Mark the glasses with a random code and rearrange the glasses in a random order.
3. Ask the person being tested to taste each glass with a straw and rinse the mouth between testing. Place the glasses in order of their sweetness.

Interpretation of Test:

1. Individuals with type II diabetes will generally not be able to taste less than 1-1/2 to 2 teaspoons of sugar. Those who are normal should be able to distinguish between $\frac{1}{2}$ to 1-1/2 teaspoons of sugar in a glass of water.
2. Digestion
3. Most natural health practitioners will agree that most chronic health problems begin with a digestive problem. Lack of hydrochloric acid produces a deficiency that affects the vital assimilation of nutrients necessary for life.

Procedure for Test:

1. Purchase Nitrazine paper used for testing.
2. Test the first urine in the morning.

Interpretation of Test:

1. Compare the color on the test strip with the chart supplies by the manufacturer.
2. A reading of 7 is neutral; a reading above 7 indicates alkalinity and a reading below 7 would indicate acidity. If the reading is 6 or above the person can be subject to many illnesses from improper digestion. For optimum health the reading should be between 5.00 to 6.0. Should the reason be too high, the person should supplement with HCL and enzyme tablets.
3. Note: Do not pay any attention to the test taken at any other time of day in determining digestive activity.

Heart Function Test

Check pulse beat the first thing in the morning before arising. This pulse should be under 60 after a night's rest. If the pulse is over 80 the client should be advised to make changes in diet and lifestyle.

Stomach Acid Test (for those experiencing heartburn)

Take a spoonful of apple cider vinegar or lemon when a person is experiencing heartburn. If this makes the heartburn go away, then you need HCL. If the heartburn gets worse, then the person has too much HCL and should not take any HCL.

Thyroid Test

The following test can be used to detect a deficient thyroid. Take the oral daytime temperature with a regular fever thermometer. It should read 98.6. If below 98.6, it could indicate a hypothyroid. Shake down the thermometer before going to bed and place on nightstand. Upon awakening in the morning, and while still in bed, check oral temperature. If 97.6 or below there is a deficient thyroid. Normally, iodine supplementation will normalize the thyroid condition.

Ulcers

See Stomach Acid Test.