

# Mineral Testing

GETTING STARTED...

Determine your mineral balance.

1. SWEET
2. PLEASANT
3. NO TASTE
4. Hmm... TASTE SOMETHING
5. SO...SO
6. DON'T LIKE IT
7. PRETTY BAD

Here's how to do it:

1. Using Reverse Osmosis or Distilled Water - pour 8 oz into 9 different cups.
2. Starting with #1, add the dosage of each mineral to an individual cup.
3. Taste each mineral and establish how it tastes with the guide below.

There are 7 taste responses --

Starting with #1 (Potassium), pour some of the water & Potassium mixture into your mouth but do not swallow. Swish it around, swallow, then find the number that best fits how that mineral tastes.

A score of 1 or 2 means that you need that mineral, you are very deficient. If you record a 3 -- no taste -- just plain water, that means you are deficient as well, but not quite as deficient as 1 or 2. A score of 4 means that you currently have some of that mineral -- but you can add a bit more. A 4 is ideal.

A score of 5, 6 or 7 indicates you currently have too much of that mineral (at this time). You should not take any of those - for now. However, you should keep testing every few months because leaving those minerals out from your daily mineral drink eventually induces a change in your taste response.

The ones with a 5, 6, or 7, will, over time, change, and you will need them. Learning what you don't need is very important.

Repeat this process for each mineral. Test and record your numbers on a regular basis (once a month is good, weekly is great).

## Taking Your Daily Liquid Mineral Drink

If your test says you need #1, put in the dosage on the front of the bottle, in this case 13 drops of Potassium. Proceed down the list #2 through #8, add in each one as indicated on the bottle until you have added all the ones that scored 1, 2, 3, and 4. Mix them all together with a pinch of powdered vitamin C if you would like to increase bio-availability.

If you would like to increase your minerals at a faster rate -- you can use the below recommendations, but you must test often.

**To increase the rate:** For those minerals that register 1, 2, or 3 add them in at 3x the portions. For example, if your testing showed that you need (#1) Potassium -- add in 3 times (39 drops), for (#2) Zinc (21 drops), etc. However, for the 4s -- singles only -- no triples. Even if you take your minerals two or three times a day, only one portion for the 4s. And of course, leave out the #5, #6, and #7s. Again, triple the doses for #1, 2 and 3, singles for #4 daily, and nothing for the #5, 6 and 7s.

**(#9) Iodine** is different. The RDI for Iodine is 3 drops/day. However, according to Dr. David Derry (The Little Red Book), that's not enough to raise your base Iodine needs. He recommends 2.4 mgs. of Iodine daily, that's 36 drops. Add in 36 drops daily to your drink (again, only if you're testing). Your limit for Iodine is 36 drops per day, never any more. If your taste changes to a 5 or more, cut the portion in half (18 drops), and cut it again (9 drops) if your taste tells you to.

It's best to take all of them together with vitamin C, orange and grapefruit juice already have C. Using 1/2 juice and 1/2 water will reduce your sugar intake and still provide a bit of C. If you use only water, instead of juice, add in 1/4 tsp. of BodyBio Vitamin C Crystals.

## Taking Your Daily Liquid Mineral Drink

If the drink tastes different (odd), then test yourself. You be the judge. Make sure you only take the minerals that pass your taste test. Minerals will change as you build up your body's store for each one. Testing helps you to know what you require.

## What Should I Do First?

The first thing you need to do is test yourself. Identifying what minerals you need -- and which ones you don't need is an essential component to your liquid mineral program.



### NOTE:

Taste testing is a normal function we do naturally as we choose our foods (or should, since that's how we got here). However, some will feel more secure having their Health Care Professional help them through the steps of mineral testing, which is a very good idea. For others, self-management of health is an empowering feeling.