

Carbohydrate 1.9**Ideal: 1.5 - 2.00**

Carbohydrates are in the ideal zone if all other numbers are in their ideal zones. Otherwise this reading is a compensation and is indicating a pattern of possible hypoglycaemia when all other numbers are taken into account. This may at times lead to lack of oxygen and glucose in the blood and to the cells and brain. Some of the more common symptoms that you may experience with this pattern at times are: Nervousness, anxiety, muscle and joint pains, irritability, exhaustion, faintness, dizziness, tremor, cold sweats, weak spells, depression, drowsiness, headaches, digestive disturbances, forgetfulness, skin irritations, sugar cravings, carbohydrate cravings, worrying, and insomnia to name just a few. 1.5 to 2.0 is still the best range to keep your carbohydrates in however, while all other numbers come into their ideal range.

Suggestions

Eat frequent small meals

Balance your intake of proteins, fats and carbohydrates

Reduce or eliminate added sugars and simple carbohydrate foods (white flour, alcohol, soft drinks, lolly's, chocolate etc)

Eat more low GI foods such as cooked vegetables and healthy salads

Check with an experienced Bicom Therapist for any food sensitivities or intolerances

Support liver and pancreas function with appropriate supplements

Carry non sugar snacks to ensure that you can eat before symptoms become severe (nuts, dried and fresh fruit, seeds- it is best to alternate your snacks. Have small regular meals (i.e. 3 main meals with morning and afternoon snack) but not necessarily increasing the amount of food in any one day.

Urine pH 6.9**Ideal: 6.20-6.60**

Urine pH is moving towards alkaline and indicates that for the time of the samples supplied you were unable to take up all of the vitamins and minerals that were in the foods that you ate. Continuing in an alkaline state leads to tension, contraction and stagnation. This can then lead to the body becoming a breeding and feeding ground for parasites, yeasts, fungi, moulds and bacteria and is not a good state to be in. The ideal zone for the urine pH is 6.2 to 6.6 and moving towards this and bringing all other numbers into their ideal states will lead to much more balanced energy and vitality.

Recommendations

Calcium Formula containing balancing Calciums, Magnesium and Potassium

Rest

Cooked vegetables and salads

Saliva pH 7.6**Ideal: 6.20-6.60**

Saliva pH is alkaline and indicates that for the time of the samples supplied you were unable to adequately start the digestive process in the mouth. This indicates that both liver and pancreas may be stressed. Staying consistently in an over alkaline state will lead to contraction of muscles, constipation and stagnation and the bowel becoming a breeding and feeding ground for parasites, bacteria, yeasts and fungi. Moving towards the ideal zone of 6.2 to 6.6 and bringing all other numbers into their ideal states will lead to more energy and vitality. Ideal digestion takes place when the pH for both urine and saliva are consistently in the ideal zone of 6.2 to 6.6.

Recommendations

Support your liver, pancreas and kidney support through cooked vegetables, vegetable juices

Green vegetables for the liver

Rest

Have fresh pineapple or paw paw (not canned) each day to increase the uptake of enzymes

Cell Debris 0.40M ++

Cellular debris of 0.4++ is a measure of the cellular debris showing in the urine and indicates that there is a lot of visible debris (wastes and dead cells). This is good as it indicates that your body is cooperating with your cleansing and letting go of a lot of wastes. This also indicates that there are a lot of wastes still to release.

Recommendations

- Regulate water intake

Salt 14**Ideal 6 -7**

Salt reading is high and indicates a deficiency of fluids for your body leading to the retention of salts and toxins beyond what your body is able to cope with for optimum health. On a day-to-day basis to keep this balance at a stable level you need to drink the right amount of water for your body. Your body needs about 33 millilitres of water per Kg of bodyweight. Your water intake needs to be balanced: therefore too much or too little water will affect your electrolytes and consequently your energy. Preferably choose filtered water.

Recommendations

Increase water intake to the ideal amount based on your bodyweight
Reduce salt in foods and as a condiment

Nitrate 3**Ideal: 3****Indications:**

Your Nitrate Nitrogen level is ideal provided that all other numbers are in their ideal zones; Otherwise when other numbers are not ideal it is an indication that there is insufficient detoxification from the upper body. This is an indication of possible potassium deficiency, as potassium is needed to stimulate the detox process. A Nitrate number of 6 to 9 is normal during the rebuilding stages. The Nitrate Nitrogen Numbers indicate how well your body handles the digestion of proteins and detoxifies wastes from the upper body. The higher or lower the Nitrate Nitrogen Number the weaker the liver and/or the production of pancreatic enzymes. This then leads to unwanted amino acids building up in the blood and tissues where they may interfere with the building of new cells.

Recommendations

Supplement with potassium rich foods

Foods high in Potassium:

Apricots, Avocados-raw, Bananas-raw, Beets- raw, Brussel sprouts, Cantaloupe, Citrus fruits, Kiwi fruit-raw, fish, greens, Lima beans, Meats, Mushrooms, Nectarines, Oranges, Pears-fresh, Poultry, Potatoes-baked, Peanuts-dry roasted, Spinach-cooked, Strawberries, Tomato products, Vegetable juice, Winter squash, Yogurt plain

Ammonia 8**Ideal: 3****Indications:**

Your Ammoniacal reading is over two times ideal. This indicates that there are wastes and toxins accumulating in the lower body and the need for a detox and cleansing program. This indicates that your body would benefit from an elimination diet and detox.

Recommendations

Bowel cleansing

Parasite cleansing

Detox - check with your health practitioner concerning the appropriate method of detoxification

Water

Drinking filtered, spring or steam-distilled water at the rate of 33ml per kg of your bodyweight daily is important.

Cal 5 Formula**To help stabilise your pH and ensure a more efficient digestion and assimilation of nutrients**

Calcium, Magnesium and Potassium are needed by the body to maintain many different functions. These minerals will work to help stabilize your body and mind. They are also important to help your body maintain its correct pH balance so that digestion and assimilation are kept in the ideal zone. Your pH levels for the first analysis indicate that you will benefit from a range of Calciums to support your liver in bringing your body back to balance. This is in powder form available from here and can be used to help shift your pH levels closer to ideal. The Calcium Lactate and Calcium Gluconate in this formula will help move you into the ideal zone and at the same time will help relax your muscles and move your body closer to optimum health.

Parasite cleanse

A blend of natural herbs traditionally used in Asia, Europe, America and India to help the body control unhealthy organisms and to support a healthy digestive function. This should be taken over a 30 day period.

Nervous System support

Homeopathic symptomatic relief of stress and nervous tension

Pancreatic enzymes

To enable the body to better digest and assimilate nutrients from the foods eaten. Essential to help stabilise your blood sugars, improve digestion and assimilation and to ensure that your cells and tissues get the maximum benefit from your food and supplements. Takes pressure off your liver and pancreas and allows them to rest more as healing takes place.

Liver Herbal Supplement

A blend of medicinal herbs that are known for their beneficial effects on the liver and digestive system. It works gently on the system to restore health and is also used to treat digestion and assimilation imbalances.

Hi Jo

Here is the step by step plan we suggest you follow for the next 4 weeks

Increase water up to 2.4 litres per day

Balance your carbohydrates

Cal 5 - one teaspoon each evening, *then Cal 4 as tested by therapist.

Liver support

Digestive Enzyme

Parasite and bowel cleanse refer to your practitioner for guidance

On completion of 4 weeks we suggest you do a follow up test

WHY DO I NEED A FOLLOW UP TEST?

The information provided by regular Whole Body Analysis can be your guidance system back to optimal health. This analysis is like a snapshot of your metabolic functioning at a moment in time. As you make changes to your diet and take supportive supplements, repeating the analysis on a bi-monthly basis will confirm whether your body is responding, highlight areas where more focus is needed and help your health practitioners assist you to better health and wellness.

The dietary and supplementary changes are important. Take one step at a time.

It is important for us to know if your body is responding to the program. Sometimes the body's chemistry over corrects or is slow to correct the imbalances and in these cases, there would need to be an adjustment made.

*The initial Calcium formula you are recommended in most cases is temporary. This one is designed to bring your Ph levels back into balance. When this happens the recommendation will be to move you onto a calcium formula designed to maintain long term stability. This will be determined by your practitioner.

Once you have started on the program and changes have begun Whole Body Analysis can monitor and indicate variations as needed. The conditions that you are faced with started some years ago and are as a result of disharmony in the body. The more that you can do to return the body, mind and spirit to harmony and balance, the easier it will be to rebuild and heal. This program is based on allowing your body the opportunity to firstly clean out the old wastes and to then rebuild your digestive function, at the same time picking up and stabilizing your energy. By doing this you are getting to the causes of the conditions rather than just treating the symptoms.

From the team at Lifeworks Health Assessments