

B's Before Balance

by Jan Cole, MEd

Years ago, 1976 or 77, I heard the-not-yet-famous, Sheldon Deal, D.C., speak at a National Health Federation meeting in Denver. I was impressed and intrigued when he muscle tested the volunteer prone on a table for vitamins and minerals during the demo. Later, I shared a bit of this information at a Shaklee Christmas party. During the evening, Nancy, the hostess, dressed in a beautiful red plaid-skirted, white-bloused dress, volunteered to lie on the floor (since we had no table) to be tested for vitamins. A little crazy! Remember this is the way I had seen Dr. Deal do the tests - with the client prone. Checking the few points I learned from him, Nancy tested strong with two - three C's etc. Assuming from other lectures and studying I'd done, that she was deficient in B's. because of her heavy smoking, we placed six/seven B's on her abdomen resulting in a weak muscle response. I added more. Still weak. More—still weak. Finally - the whole container, 25 or more of the B's—still weak! All these people gathered around watching, including the pastor of her church who solemnly claimed it "the work of the devil". Couldn't get that arm strengthened. "Well, Nancy, " I proclaimed, " you are so deficient you don't have enough B's in your house to get that arm strong."

What's wrong with this scenario? Plenty!

1.) Laying someone on the floor especially in their fancy clothes, is inappropriate; it's preferred to test for nutrients/food in a standing or sitting position.

2.) Diagnosing -telling her there weren't enough vitamins to correct her deficiency.

You can have the person observe and count what they see without telling them exactly. It is then their decision what to do with this information.

3.) Didn't know the body would check weak not only on a "lack of" but, will show a muscle indicator weakness AS SOON AS THERE ARE TOO MANY vitamins/minerals, etc.

Over the years, I learned more about doing this sort of testing, including the Riddler point chart and thought it important to share in the classes I was teaching. In one of the first Touch for Health classes, I taught, we tested a woman at the beginning of class for several vitamin points. Her need for B's, (touching the tip of the tongue), was eight cold processed tablets. "Have you been under a lot of stress?" I asked.

Her response, "How did you know?" (B's are one of the known stress relieving vitamins, which among other systems helps the functioning of the nervous system.)

Eight is a substantial amount when testing in the moment. At the end of the evening, after exchanging a TFH balance with her partner, we retested her need for B's. She muscle checked weak with eight, six, four ...even one tablet! The balance had erased her need for this stress-handling nutrient...at least until...she was under high stress again, ate inappropriately, etc. Amazed, and continually amazed by the results of what we do, I often include vitamin/mineral checks in any balancing session.

The following are several recent results using RePatterning as the balancing technique:

CURT tested:	<u>Before</u>	8 B complex	<u>After</u>	2 B complex
	<u>the</u>	4 Cal-Mag	<u>the</u>	2 Cal-Mag
	<u>balance</u>	6 Vit.C (500 mg)	<u>balance</u>	2 Vit C (500 mg)

ELAINE tested	<u>Before</u>	2 B complex	<u>After</u>	2 B complex
	<u>the</u>	4 Cal-Mag	<u>the</u>	2 Cal-Mag
	<u>balance</u>	3 Vit. C (500 mg)	<u>balance</u>	1 Vit. C (500 mg)
		4 Vit. E		4 Vit. E
		2 Formula I (Shaklee)		1 Formula I
		1 Multi		1 Multi
		4 Echinacea		2 Echinacea
		3 Blood builder		3 Blood builder

These significant changes in nutrient need were made after two different types of balances; in the first story with a basic 14 muscle balance, the following two were RePatterning balances. My contention is that any of the balances we do with the many differing Kinesiologies will produce similar results, whether it be a TFH balance, PKP, Health Kinesiology, Biokinesiology, Transformational Kinesiology, Behavioral Kinesiology, Applied Physiology, Educational Kinesiology, Blueprint, or any other kinesiology I've failed to mention.

Why take and test for vitamins and minerals? Ideally, all vitamins, minerals and other nutrients obtained should be obtained from our food intake. However, because there is a big difference between optimum health and merely the absence of illness, stress levels, workloads, rest, exercise, food intake, environmental pollution, genetics, attitudes, emotions are factors to consider in your supplement support for health maintenance and illness prevention. As we are constantly changing, so do our needs and although we won't likely be 100% "nutritionally fit" at any given moment, muscle testing can serve as a guide to usage since:

a. Getting all the necessary nutrients from food is unlikely.

Several reasons are:

Picking produce too early doesn't allow it to develop the way nature intended; long food storage causes deterioration of some nutrients. A study in the American Journal of Clinical Nutrition showed 40% of B6 is lost in

freezing, 67% in canning. Processed grains lost as much as 94% B6 and 74% pantothenic acid.

Various food preparation methods interfere - intense heat can destroy nutrients, boiling causes some to leach into the cooking water. Processing not only causes destruction of many nutrients, but strips others such as in refined white flour - 86% of seven vitamins tested were lost and 13 minerals depleted. Drinking soft drinks, coffee, some teas, alcohol, smoking, pesticides, insecticides, herbicides, fungicides, bacteriocides, virocides, disinfectants and other chemicals used in growing food, irradiation, OTC drugs and many common medications cause extra nutritional demands on us. Research has shown 90 of the 100 most prescribed drugs can interfere with nutrition metabolism - Ex. the antibiotic tetracycline decreases absorption of calcium, iron, magnesium, xylose, amino acids and fat and increases urinary loss of Vit. C, B2, nitrogen, folic acid and niacin.

In addition to all these reasons the nutrient content of fresh food varies enormously depending on soil, weather and time of harvesting.

b. Often people don't take enough to support unbalanced conditions that exist or are developing.

According to the US Dept of Agriculture, the average American consumes about 50 tons of food in a lifetime - a large portion of it fat and sugar. "The leading nutritional problem in the United States today is overconsumptive undernutrition," or the eating of too many

empty-calorie (junk) foods, says Jeffery Bland, Ph.D., a biochemist and nutrition expert from Gig Harbor, WA. Statistically, studies have concluded that almost two-thirds of an average American's diet is made up of fats and refined sugars having low or no nutrient density necessary for good health.

There are more than 40 nutrients essential to health. In a land of plenty, the sad truth is too many Americans are ill-nourished. One study by the U.S. Dept. of Agriculture with 37,000 men, women and children demonstrated five "problem nutrients". A third of the study consumed less than 70% of RDAs (which are generally too low to assure maximum health) for each of five essential nutrients. Approximately half the group consumed too little vitamin B6; 42% received inadequate calcium and nearly a third were lacking in enough iron or magnesium.

Balancing your diet is easier said than done. Generally a "balanced" diet consists of meat, dairy, fruits and vegetables, cereals and grains. Consumption of fruits/vegetables and cereals/grains have declined and food and beverages with no nutritional value has increased significantly. Inadequate intake of proper nutrients can lead to marginal deficiencies which can reduce the body's ability to resist infection and disease. The role of vitamins in the immunological system has been well-documented. Attacks by a number of bacterial and viral infections have increased due to marginal deficiencies of key vitamins. Further, inadequate nutrition affects overall emotional and physical performance and health status, as well.

c. It's possible to overdose with these substances, which can create allergies in the body. There are about 4,000 cases of vitamin overdosing each year in this country. High doses of vitamins A, D, and B6, as well as niacin, iron, zinc, copper and selenium and others have been shown to be toxic. For example, overdosing on Vit. A can cause dry, scaly skin, headaches, loss of appetite and hair, nosebleeds, tiny hemorrhages and swelling of the retina, increased brain and spinal fluid pressure, blurred and double vision, liver damage and birth defects of the brain-spinal cord-urinary tracts of infants of overdosed mothers. In children, it can cause

inflammation of membrane covering of long bones, causing extreme painful, tenderness and abnormal bone growth.

Carol Smith from Orlando read a book claiming B6, acting as a diuretic, could ease the swelling she was experiencing from a foot injury and surgery. As recommended by a health food store clerk, she took 100 mg a day with no changes to her foot, but ended up with a form of nerve damage called "peripheral neuropathy" caused by excessive intake of B6. It took her nine months before most of her symptoms of severe painful shocks running through her body to disappear. She still felt weak and now suffers from food allergies she didn't have before.

d Testing can help determine individually the best choice or brand for each person.

Yes, the brand you use matters! Although most supplements are safe, some can cause negative reactions. Different amounts will test differently between the various brands even though they may be the same number of milligrams. A friend tested for seven "all-natural" 500 mg vitamin C tablets with a brand she was using, but only four of another "all-natural" cold-processed brand 100 mg tablet. A difference of only three tablets, but 3,500 vs. 400 mg is an incredible 3,100 mg difference!

The government says that a vitamin can be called natural even if it contains very little natural ingredient. An entire label potency might be made from the synthetic chemical vitamins. That means you can have a synthetic Vit. C, add 3% wood pulp (when an additive named methyl cellulose) and it can be called a natural vitamin. Other "natural" items that can be added to make it "natural" are sugar, talcum powder, chalk, shellac, etc.

Most vitamins are produced by one of three processes:

1.) ***Lyophilization*** (cold) process which preserves the Life Force energy and whole food value for better assimilation. Suggested first choice.

2.) ***Crystallization*** (heat and/or pressure) destroys the Life Force and rendering

enzymes nearly biologically inactive. Source in natural foods, but vitamin is isolated by distilling, heat or solvents. Usually a cheap source as 98% of product is thrown away. Augmenting factors are gone so no balance. Not wholly assimilated. Second choice.

3.) *Synthetic* (chemicals) almost no assimilation. Not food. Avoid if you can. A chromatogram, an assaying technique which identifies components of a solution through colors and patterns on special filter paper, will show three distinctly different patterns between these processes. In photos, the lyophilization process displays a vibrant spray effect while the synthetic shows "deadened" concentric circles.

e. Will show how useful a balance can be besides feeling better, which in turn can reduce supplementation costs.

When should I take them? A rule of thumb with meals, but there are exceptions. One exception, to get the most out of a mineral supplement, it may be advisable not to take them with a high fiber meal because fiber has a tendency to bind the minerals preventing absorption. Some experts like James and Phyllis Balch, authors of *Prescription for Nutritional Healing*, indicate that fat soluble supplements, like vitamin B and C, should be taken just after meals. Again, differences of opinions and a plethora of information can be confusing. Test, test, test.

To review testing for vitamins and minerals:

1. Choose an indicator muscle to use for testing. PMC s or LATs work well.
2. Check and correct for neurological disorganization (switching)
3. K27's, water, zip up/down, etc. There are varied of ways of doing this.
4. Have the client touch the particular vitamin point (using Riddler's chart, Accurate Muscle Testing for Food and Supplements by the Barhydts, Three in One Concepts Genetic Nutritional Chart, Vitamin Manual by Victor ?? or other)
5. Muscle check for a weak or strong response.
6. Have client hold correct correlating supplement one at a time muscle checking after each one until you obtain a weak muscle response.
7. Have client observe and count. Do not prescribe.

Process:

- A. Muscle check each vitamin point and determine amounts shown.
- B. Balance the person with a Touch for Health balance or other.
- C. Retest the vitamin points to note changes.

Riddler Points

