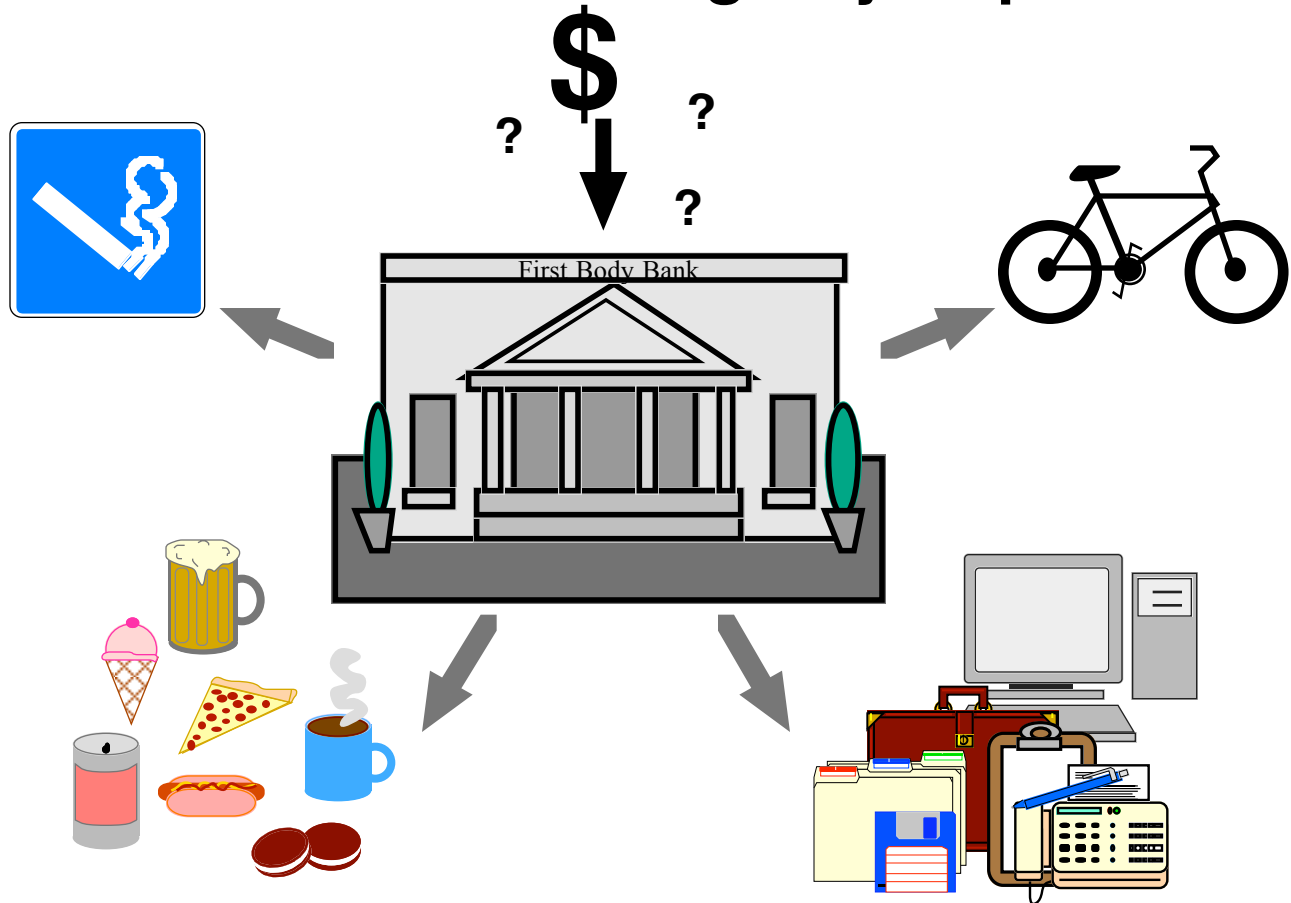


Can you keep making withdrawals without ever making any deposits?



Can you continue to withdraw from your bank account forever without ever putting any money back in? No, not without running out of funds!

Your body works the same way. Stress, work, bad food and water, lack of sleep, and poor breathing habits can rob your body's Bank Account of its reserves. And when you run out, your body has nothing left to give back!

The measure of your Bank Account is your body's **Potential**. This reveals how much reserve energy is available to support one's *lifestyle*. And your lifestyle determines how much you are withdrawing from your bank account.

What can the Vitality tell you?

The *BLD's Numbers* are used to measure the *vitality* of your body, and what is interfering with it. They also show how well your body is handling its lifestyle. It differs from other forms of testing in that it does not concern itself with "**symptoms**". Quite simply, it shows if the energy going in is replacing the energy

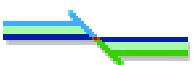
going out.

The *BLD Numbers* are taken from tests performed on the urine and saliva. They work together in harmony to give an overall picture of the energy in the body. Each number indicates specific information about the body. But, it is the whole of these numbers together which show even more information about the body. However, if one number differs from the "Ideal Level", then the whole body chemistry is out of balance.

The key to maintaining a high vitality and staying healthy is living an *ideal lifestyle*. The *BLD's Numbers* can help us evaluate our progress!

For testing times or for more information contact:

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How is Vitality Measured?

$$V = P - O$$

An *ideal* lifestyle will provide 100% vitality. This is determined from the equation:

$$\text{Vitality} = \text{Potential} - \text{Obstructions}$$

Vitality measures the oxygen/energy the body currently has available to do the work required by an individual's lifestyle.

Potential is the amount of energy the body has in reserve to do its work. It includes **rest** reserves available for crisis care (immune resistance), and blood and tissue **mineral** energy reserves. The Potential should be 100%. A **Loss in Potential** can be due to **Smoking, Surgery, or Drugs**

Obstructions are anything that prevent the energy in the Bank Account from being used when it is needed. They mainly include salts and undigested protein molecules that interfere with the circulation of the blood oxygen/ nutrition getting to the cells of the body.

With an ideal lifestyle, the body will have 100% potential and no obstructions! Each cell will be able to fully utilize the maximum oxygen/mineral reserves without any interference. Thus the Vitality should be 100% at any age.

Your *Lifestyle Profile* will give you a complete analysis of your vitality and all lifestyle recommendations to complement it.

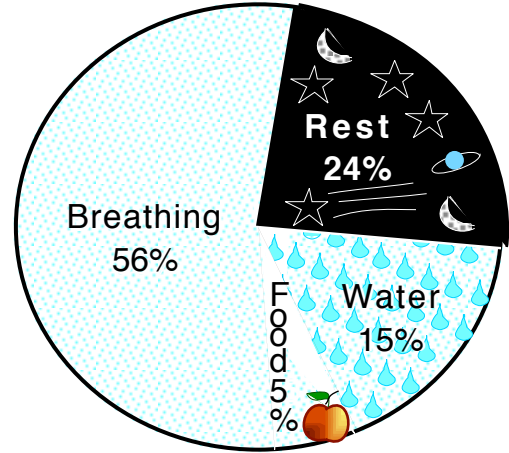
Note: This method is not used to diagnose, treat, or prescribe for any disease, but to offer lifestyle consulting for education and prevention. It is the body, through its Creator that heals.

What affects the Vitality?

The body both gains and uses energy. The sources of energy and the percentage that comes from each source is: (See Energy cycles of the body)

Breathing(56%) **Rest(24%)**
Water(15%) **Food(5%)**

Only 5% of the the energy comes from food, but a lot of energy goes to **processing** the food. However, the food does supply 95% of the raw materials that the body requires for cell replacement.



Where does our energy come from?

The body also uses energy. First priority goes to **stress**, then **work**, then **digesting** foods, and finally the energy left over goes to the **elimination** organs in the following percentages: **Kidneys- 92%; Bowels- 6%; Lungs and Skin -2%.**

The Lifestyle Profile from the BLD Expert System.

The screenshot displays a comprehensive report from the BLD Expert System. It includes a 'Lifestyle Profile' section with personal information, a 'Range and Zone Chart' showing metabolic patterns, 'Food Lifestyle Recommendations' with tables for protein, fats, and other nutrients, and 'Lifestyle Recommendations' for various health aspects like vitality, energy, and elimination. The report is detailed and structured for easy navigation.

- Graph of the **Metabolic Pattern** — Individual body chemistries generally fall into one of 7 distinct types or Metabolic Patterns.
- Analysis of **Vitality** — showing **Potential**, **Losses in Potential** and their sources, **Obstructions** and their sources, and **General Lifestyle and Mineral Recommendations**.

- **Supplementation Recommendations** — including specific prioritized procedures, amounts and times for: lifestyle support, cleansing the body and rebuilding of tissues.
- **Food Recommendations** — showing which foods are compatible with the body chemistry, and if any allergies may be indicated.