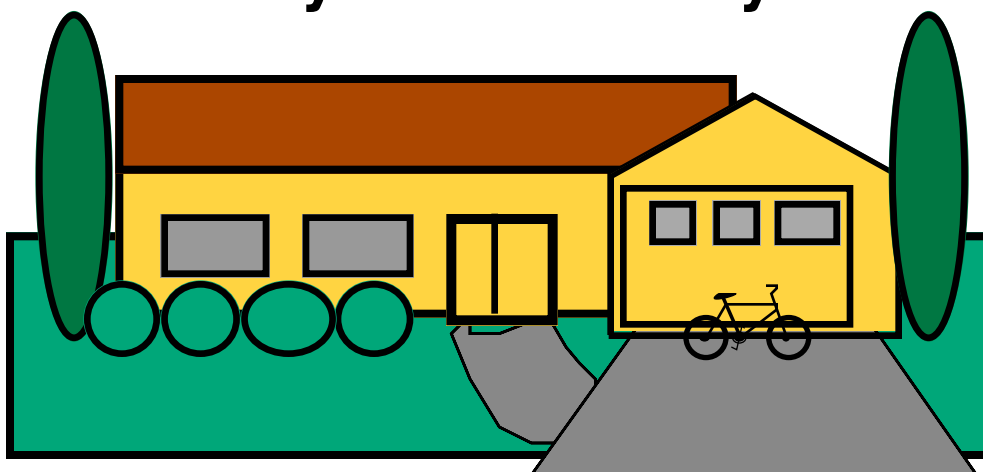


Do your own Lifestyle Testing right at home for yourself and your family



Lifestyle Testing gives you the assistance to make intelligent lifestyle choices, for prevention, rebuilding, and increasing energy. To use it effectively, it requires the expertise of a trained professional.

You can now have the convenience and economy of a Lifestyle Testing expert right in your own home using your own personal computer and a modem.

What can the Vitality tell you?

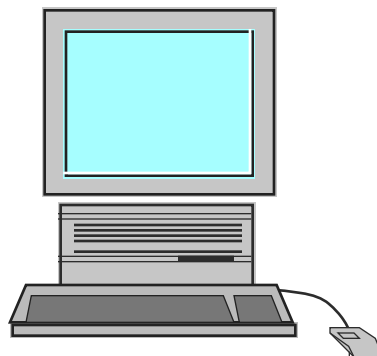
The *BLD's Method of Evaluation* is used to measure the vitality (or physical energy) of your body, and what is interfering with it. It also shows how well your body is handling its lifestyle. It differs from other forms of testing in that it does not concern itself with “**symptoms**”. Quite simply, it shows how tired the body is and where it is tired.

The key to maintaining a high vitality and staying healthy is living an *ideal lifestyle*. Lifestyle Testing can help you do this!

What will I need to get started?

- A Lifestyle Testing Kit
- *BLD Expert System* access software or testing results can be sent by e-mail and resulting profile sent back by Biochemist in PDF format by e-mail to you for \$10.00; and if desired, Biochemist consultation fee of \$ 35.00/1/2 hour
- A Windows or MacOS computer, and a modem

The cost for the *Body Life Expert System* access software license fee of 395.00 + Lifestyle



Profiles are \$10.00 each.(Consultation at an additional fee of \$ 35.00 per 1/2 hour is available.)

- The **Testing Kit** is \$400 (includes S&H) and includes a Testing Manual, 2 hours of personal training, and the following equipment:

Refractometer - measuring carbohydrates.

pH meter - measuring acids/alkalis.

Salt meter - measuring salts.

Urea Kit - analyzing proteins.

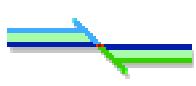
- A **optional Training Course** is now available to give you a thorough understanding of the underlying theory and methods required for testing and evaluating the results.

The Testing Kit when purchased together with the Training Materials is \$720 and includes the *Body Life Expert System* access software with 5 free Lifestyle Profiles.

- You will be able to test your urine and saliva in the privacy of your home and send the results by E-mail to the *BLD Expert System* access software and the results will be sent to you by E-mail. BLD will be retaining your database for tracking and providing previous profiles for comparison.

To order or for more information contact:

Donald Kraus
Biochemist/Lifestyle Consultant
Body Life Direct
616-824-9628
bodylife@att.net
www.bodylifedirect

Body Life  **Direct**®

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 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. This is also called the *Bank Account* or *Mineral Reserves*. The Potential should be 100% for 120 years of life. If it is less than 100%, then proper supplementation can produce a direct increase in the Potential, and in turn, the Vitality.

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 and cell nutrition to any part 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 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.

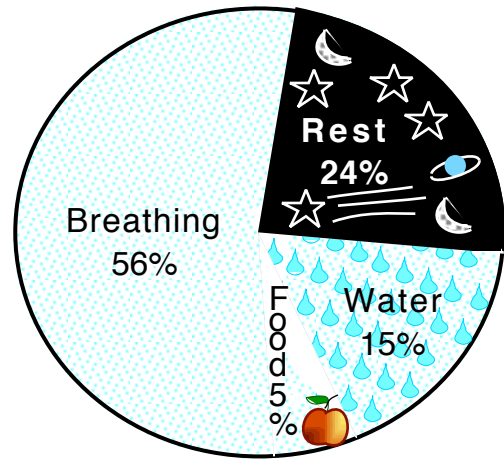
***Note: This method is not used to diagnose, treat, or prescribe for any disease, but to offer lifestyle consulting for education and prevention. It is the body, through its Creator that heals.**

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 graph.)

Breathing(56%)
Water(15%)
Rest(24%)
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 sections for:

- Lifestyle Profile:** Personal information like name, location, and phone.
- Range and Zone Chart:** A graph showing metabolic patterns with axes for Actual and Potential vitality.
- Food Lifestyle Recommendations:** Lists of foods to eat or avoid, categorized by metabolic type.
- Food Lifestyle Recommendations (cont.):** Further detailed food lists and instructions.
- Lifestyle Support and aids for cleaning:** Specific instructions for maintaining health.
- Personal Information:** A table with fields for age, sex, weight, and other metrics.
- Vitality = Potential - Obstructions:** A calculation showing current vitality levels.
- General Recommendations:** Broad advice on diet and lifestyle.

- 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.

You can purchase the following materials without the *This Body Life Expert computer System (BLD)*:

1.) Training Materials: Includes Training Correspondence Course that will give a thorough understanding of the underlying theory and methods required for testing and evaluation on how a clients body is keeping up with their lifestyle. Include Training Manual and Video support. **Cost is \$350.00 + S & H;**

2.) Testing Kit and Procedures for Testing: This Testing Kit includes a manual, 1-2 hours of instruction; and the following equipment: Refractometer for measuring Carbohydrates; PH meter for measuring Acid/alkaline and resistance; Salt meter for measuring salts/Conductivity; Ureas for analyzing proteins. **Cost is \$400.00 + S & H.**

A testing kit can be purchased (# 2.) for Testing yourself, family or friends; and e-mailing the results to *Body Life* and receiving by e-mail a testing Profile for \$10.00 each test. A Phone consultation with the Bio-chemist/Nutritional will cost \$ 35.00 per ½ hour regarding each test.

To Order or for further information:

Contact Body Life Direct/Donald Kraus at 616-824-9628 or Bodylife@att.net.