

# The BEST System

## FACTSHEET

### **BEST stands for Bio Energetic Stress Testing.**

The BEST system is used to take readings from meridian (energy) points on the fingers and toes to evaluate the strengths and weaknesses of the specific organs. Once I have an overall picture of the state of the organs, the system allows me to further identify more specific health issues that are causing the various symptoms. The system identifies problems such as food sensitivities, eg wheat or lactose intolerances, hormonal imbalances, underlying infections, digestive problems etc.

The idea behind testing in this manner is that root causes are identified and treated, rather than just treating symptoms.

This system is based on the idea that while the human body functions via a myriad of biochemical reactions and interactions, it is also true that the body is clearly not just a biochemical machine; in fact many chemical reactions of biological importance are mediated by the internal electromagnetic fields. The EM interactions are fundamentally important and not just at a molecular level but at all levels of biological organization ranging from the cellular to the whole organism.

The BEST technology is based on another idea that the human body has an intense desire and ability to heal itself providing it has the vital building blocks it needs to do so.

Are there other systems similar to the BEST SYSTEM? The answer is yes. The Electrocardiogram (ECG) and the Electroencephalogram (EEG) have been used by medical science for years and are similar to the BEST SYSTEM but with one difference. The ECG and EEG take readings from only one specific area or organ in the body, the ECG monitors the activity of the heart and the EEG records the electric potential of the brain cells. The BEST SYSTEM gathers records and displays energy readings from every system and organ in the body.

By evaluating these various energy levels the BEST SYSTEM can assist in identifying what is causing imbalances in the body and also aids in identifying specific remedies and supplements needed to restore and maintain balance in the body.

### **This holistic, yet scientific treatment can be used for:**

#### **Chronic Illnesses:**

By evaluating specific energy channels throughout the body, this system can aid in the diagnosis of possible acute and chronic illnesses.

#### **Allergies and Sensitivities**

It can identify whether or not there are any underlining allergies or sensitivities by suggesting what could be harmful to your body's balance or health.

#### **Nutritional Deficiencies**

Because BEST evaluates each individual organ and system throughout your body, it will determine the correct nutrients and supplements that you require

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### The Body's Energy Fields and the BEST SYSTEM.

Electro Magnetic (EM) energy fields may either originate inside the body or be active outside the body. The external EM fields may affect the human organism either promoting health or causing an imbalance, which could eventually lead to illness.

The body's biological energy is well organized and ordered. For example the body's energy flows through a great number of specific energy channels or meridians that are precisely organized. These meridians link up hundreds of electrically active points in the body i.e. the acupressure points (AP). The location and function of these AP points are well known and were accurately described thousands of years ago. In recent times, thanks to modern medical electromagnetic research, it has been shown that these points have some very unique characteristics.

Firstly they have a lower electrical resistance when compared to the surrounding skin and secondly, the electrical activity varies at an AP point depending on the state of health of the organ or system served by the point. Therefore careful measurements have to be taken so that useful information of the health status of a client can be derived.

The next important breakthrough centered on the discovery that the body has the electro-magnetic ability to recognize both what it needs and what is harmful to its balance or health. Every substance on earth gives off its own unique EM signal. These EM signals of thousands of various items have been incorporated into the BEST SYSTEM'S computerized database. The EM signals can therefore be included in the EM field of the client's body without the client having to swallow it or have it injected into them. The reading at that point then shows whether a particular substance is right or wrong for the body at that particular time.

### Understanding the BEST Readings

In assessing a client, the technician places the probe at the AP points on the hands and the feet while the client holds the electrode in one hand. A reading is then recorded on the computer.

A reading between 48 and 52 on a scale of 0 to 100 is taken as the optimum, indicating that the organ of physiological system associated with that particular AP point is in balance at time of examination.

Any reading above or below these levels is regarded as out of balance or in an ill state of health. The lower readings often suggest a more chronic problem by which the organ or system is weakened or overworked and the higher readings are more indicative of an acute inflammatory or toxic process in a particular system of the body.

### The Test

A full clinical history will be taken from the client before the actual test is done. This simply captures their personal details and they are asked key questions, which will aid the technician in establishing the main reason for their visit. After the test a printout of the readings will be given to the client and the technician will discuss with them what needs to be done.

Should you not be able to come and see me, I am able to do hair analysis testing, which would require that you send me a hair sample and I will do a telephonic and / or email consultation.