

FAQs - Clinical Questions and Answers

What does the range number mean?

I tell clients that the range indicates their general stress level. I like to see this range number between 3 and 10. If it is too low then the overall energy can be low, or medications may be suppressing their reaction to stressors. A low range indicates a lower overall resonant frequency in the body. Yet if all reactions are lower (under 15) and the range is between 2 and 5 that is a signal of a relatively healthy person.

A high range over 10 indicates a higher resonant frequency, with a greater general vibration in the body. When someone has a high range they will generally be dealing with more internal stress and may over react to many items. Children tend to have higher ranges.

How is the range number determined?

The first time a stress test is done during a new session a range number is created. 35 non-specific items are tested and the average reading for these numbers creates the range number. This range number gives you a picture how generally stressed your client is.

What is the difference between positive and negative numbers?

This is the most common question. I used to say that negative dR readings indicate that the item creates a fatigue reaction, or makes the person more tired. A high positive reading indicates that item stimulates them, or makes them over-react, also stressing their system. For example, a high positive reaction to coffee indicates that it can be over-stimulating to their system. I am not sure this distinction between positive and negative is really true.

Now I usually tell clients that both high positive or high negative dR readings indicate a stress response. We have resonant frequency that is normal for us (around their range reading), and these high reactions are the ones that cause our frequency to use up extra autonomic nervous system energy to help heal us. We send energy to the areas of our body that needs healing, and high reaction readings show where our body wants to focus right now. We over-react to items that potentially will cause us stress.

What does a negative reading mean for a food? Or a nutrition item, or hormone reaction compared to a positive response?

A negative food reading indicates that food could make you more tired if you eat it. A high positive food reading indicates that food is very stimulating which means it could be stressing if you eat too much. For nutritional items or hormones a negative dR reading may indicate a lack of that item. A high dR for a nutritional item or hormone usually indicates a need to balance that item – by improving absorption.

To help figure that out you can do a Potency Scan on Stressors biosurvey. This biosurvey lets you choose the items you want to potentize. By potentizing stress items you can discover if that food, nutritional item, or hormone is physically needed, or has an energetically stressed reading because of mental or emotional factors.

What is a high reading?

A high reading is relative to the range value. I often consider high readings those over 20. Yet if all dR readings are under 20 then I look at the highest readings for that person as the areas where they are directing their energy. Some readings will be extremely high, over 100 or even over 1000, and depending on how many there are you can determine where your client's energy is going and how they react to stress items. Some people only have high reactions for a few items. Other clients will have high readings in certain categories. These are the categories to pay attention to. Look for patterns in the items that are out of range. The more relationships you find between common stressed items will show you a better picture of where to focus. That is one reason to use the Cause of Stress report.

How can I determine if the reaction is a current problem or not?

When a client asks if a certain stress item is a real issue I will do a Potency Scan on Stressor biosurvey. This biosurvey lets you choose the stress items you want to potentize. Doing this will give you a potency number relating to that stressor. When the potency is low, under 24X you know that it is a physical reaction. So for a food it shows that there is a current reaction to that food and it should be avoided. For microbes a low potency shows a current reaction to that item. For example for a potency of 3x for candida you would look for a remedy that balances acute candida to improve extracellular tissues quickly where it is currently stressed.

What do zero reaction readings mean?

Zero readings do need to be looked at. First if there are many zero readings then the client may have low reactions to many items indicating suppressed energy. When there are zero readings for organs, those organs may need support to increase energy. If there are zero readings for foods, chemicals, or immune reactions the client may have that item directly affecting their energy. For example, a client came in with obvious poison ivy, but her poison ivy reading was 0. This indicates that her baseline reading matched the poison ivy reading, and in homeopathy "like cures like" so her energy matched the poison ivy item. If the zero items are areas of concern, you can retest that stress item by using the reassess+ circle and retest it. When it changes to a higher dR on the second test you can now reassess that item as a stressor. I call that second layer testing.

Under the Metabolism Factors of the report, am I correct in interpreting a 'Dehydration - 18' to indicate a need for more water? Is this indicative of tissue dehydration or cellular dehydration?

In the Metabolism Factors section I watch the dehydration reading as a cellular dehydration reading. I do have moisture tester in my office and test clients on their wrist to see if tissue dehydration is showing up with the cellular dehydration, and sometimes it does and other times it doesn't. But this dehydration reading of -18 is a good indication of low cellular moisture. Questions to consider - Are they constipated? Stiff? Dry skin? Poor reactions to supplements?

What is the correlation between the positive and negative values on your Organs & Reactions scan to the Autonomic Nervous System?

The correlation between positive and negative values for the Organs and Reactions report do correlate to what our Limbic System is reacting to. This is part of the Autonomic Nervous system. So the overall level of dR readings indicate the level of limbic stress, or our nervous system's reaction to these common stress items and shows held patterns of stress when there are repeated high reaction readings.

I still call the testing I do Limbic Stress Assessment. It used be called that by Zyto too. Here is definition of the Limbic System:

The limbic system is a group of brain structures including the amygdala, hippocampus, and hypothalamus that are involved in processing and regulating emotions, memory, and sexual arousal. The limbic system is an important element of the body's response to stress and is highly connected to the endocrine and autonomic nervous systems. The limbic system is also responsible for processing the body's response to odors. (From the DNA Learning Center <http://www.dnalc.org/view/2103-Limbic-System-.html>)

On your Organs & Reactions scan, what is the significance of Vitamin B12 changing from +23 in a test done twelve months ago, to -16 today?

This change in dR from positive to negative and being reduced slightly also depends on the other overall readings. Have all the dR readings come down a little? Or is B12 the highest nutritional imbalance in either test? I do not look at only one reading, but compare it to other related items. How are the readings for the other B vitamins and especially folic acid, and how is the methylation reading?

If this is an average stress item that you are watching (and I do watch B12 closely for various reasons) I would consider that supplementing with B12 may be necessary. I am assuming the range was under 10, so anything over the range is one of the items to be balanced in the balancing section. When readings change from positive to negative and continue to be higher than the range then it is still out of balance. I tell clients that either positive or negative readings are stress reactions since they indicate the difference from a baseline reading.

Also you can do a Potency Scan on Stressor scan to see if B12 is needed (a low potency under 24x), or if it needs to be absorbed better or combined with other factors (a higher potency reading.)