

SERVICES

One of our primary goals is to help people live a healthier, more productive life. In order to do that we offer several different services which will help you on the road to better health. **MOST SERVICES CAN BE DONE THROUGH THE MAIL, TELEPHONE AND INTERNET.** All you have to do is contact us for a test packet (or download from pdfs on Canary watch - in this section), fill it out, enclose a tiny saliva sample, method of payment and send it back. Results usually are available within 24 hours after receipt at the Bio Data office. **NOTE PRICES AND SERVICES MAY VARY BETWEEN DIFFERENT BIO DATA CONSULTANTS.**

OUR INFORMATIONAL SERVICES WHAT ARE YOUR CHOICES?

#2	#3	#4	#5	#6	#7	Health Screenings (HS 2-7)
\$35	#51	\$74	\$118	\$195	\$118	Cost
	X	X	X			Food Level & Environmental Pollution
X						Basic Herbal food needs, (no
						paperwork)
	X	X	X			Herbal Food Needs
	X	X	X			Structural Imbalances
	X	X	X			Homeostasis Level
	X	X	X			Acid Index Level
	X	X	X			Sugar Index Level
	X	X	X		X	Chemical sensitivity analysis
		X	X			Photo Analysis of Posture
		X	X			Magnetic Therapy - self help
		X	X			Nutritional Supplements
		X	X			Hand & Foot Reflexology - self help
		X	X			Lymphatic Massage - self help
		X	X			Screening your Personal Nutrients
			X			Acupuncture (or pressure) if relevant
		X			X	30 Minute Phone Consultation
			X	X		70 Minute Phone Consultation
			X			Graphical HEALTH PROFILE
				X		Graphical food compatibility screening

X Awareness - Long term weaknesses

EXPLANATION OF THE ABOVE TERMS

Most of the following is done using the saliva sample you sent in
IT IS NOT SUGGESTED THAT THE “HS - 3” SCREENING BE DONE THE FIRST TIME DUE TO THE FACT THAT IT DOES NOT INCLUDE A HELPFUL PERSONAL CONSULTATION.

Food Level - Do you know what foods to eat and which to avoid? Due to our environment, our life style, our own personal health, there is an amazing variety in our digestive ability and needs! We will analyze your saliva sample to determine your digestive ability. Plus some of your chemical sensitivities. This is an indispensable tool on your road to good health.

Environmental Pollution - Are you CHEMICALLY OR ELECTRO-MAGNETICALLY SENSITIVE? This screening will point you to the correct program to understand what is happening in your area and what nutrients or action can help you to endure a little easier. This service is most helpful to the Canaries - those who are very sensitive (MCS, ES)

Basic Herbal Food Needs - This brief screening can be used occasionally when retesting for reformulating your herbs.

Herbal Food Needs - Read the newspaper and it will tell you the bad news. Our reports are the opposite, we find the good news, what you personally can do to change your health for the better! This screening will identify which of about 80 different herbal food blends will be of advantage to you. With this vital information and with your direction, we will then formulate a specific blend of herbs for you. These may come in tablets, powders, or encapsulated, as you choose and as is available.

Structural Imbalances - Good health also depends upon a healthy spine. Pinched the spinal nerves and you have PAIN, HEART PROBLEMS, DIGESTIVE DIFFICULTIES, the list is endless. We will draw out for you several areas on your spine that you can work on to help yourself, and assist your chiropractor in correcting.

Homeostasis Level - What's more fun than getting a good grade in school? Watching your Homeostasis Level climb uphill as you get healthier! This is

an incentive that you will be wanting to watch over the months to come.

Acid Index Level - An important, relative index, showing your ability to properly digest and utilize acid forming foods. When the body is too acidic, ones health usually suffers.

Sugar Index Level - This non-medical, relative index, helps you to see your ability to digest and utilize most high sugar content foods. This screening along with the “Acid Index“, are directly connected to the “Chemical Sensitivity Analysis”

Chemical Sensitivity Analysis - Is your house getting you down? Are the soaps, sprays, and other chemicals you commonly come in contact with harming you excessively? This analysis may help you to pinpoint problem areas.

Photo Analysis of Posture and Exercises - Are you standing up straight, or are you an old slouch? Do you want good health, then you will need to do this analysis about once a year. The exercises are utterly unique and most helpful for your body. You will need to call for specifics.

Magnetic Therapy - Do you want to wear a magnet? Our analysis will show whether your body can handle the electro magnetic energy, and if so, exactly where to put the magnet.

Nutritional Supplements - Hundreds, thousands, no - millions of bottles of supplements are on the market shelves, Which one is for you? We have approximately 200 different supplements in our testing kits from different companies. These were chosen from the ‘best of the line products,’ and we use them to see if there is anything in the line of vitamins, minerals, enzymes, amino acids and more, that will help you.

Hand and Foot Reflexology - Do you have dirty feet? You may want to wash them before you try this beneficial therapy. Rubbing of specific points on the feet and hands can have a beneficial affect on the body, when the rubbing is done in the correct direction and location. We will mark special areas for you to work on.

Lymphatic Massage - Sewer pipe clogged up? Really stinks doesn't it? If the lymphatic drainage gets stopped up, you might stink from rotting cells! Most of us need to work on this system just to keep it moving in our sedentary life style. It only takes a few moments a day. Try it, IT IS WORTH THE EFFORT.

Your Personal Nutrients - Did you know that occasionally some drugs (medicines) actually test to be good and helpful for a person? When you send in your health screen (#4 or #5), you can also send us up to 15 properly prepared samples of nutrients. We will evaluate your body's response to these.

Acupuncture and Acupressure - If you are going to an acupuncturist, or you know how to do acupressure, please note this in your questionnaire. We will supply you with some helpful points to stimulate according to the analysis of your saliva sample.

Phone Consultation - Isn't it awesome the amount of information that we can glean from one tiny drop of saliva? Now, how can you digest it all? Instead of coming to our offices, just give us a call. Set up a consultation time, prepare some questions you want to ask. The #4 health screen is allowed 30 minutes (free) consultation. The #5 health screen is allowed 70 minutes of (free) consultation. If you need more time, there may be a small charge (\$5 per 15 minutes).

Graphical Analysis HEALTH PROFILE - Do you want to know what you look like on the inside, from an electromagnetic energy viewpoint? Then this vivid graph will be exciting to you. This graph is "User Friendly" as it shows you a readout of energy flow on over 40 different areas of the body. This handy tool will assist you and your health consultant to better understand your strengths and weaknesses. It will be an excellent tool for you to see the progress that you are making during the months to come. (Most alternative health doctors charge \$250 to \$350 for this one service alone)

Graphical food & chemical screening - This graphical screening covers over 200 foods and a great many chemicals and high quality store bought supplements. It will give you a massive amount of useful information as to which foods and chemicals (soaps, perfumes, amalgams, etc.) not to touch, some items which are just a little bad, and then the good things to eat and use

around the house. AN EXCITING EYE OPENER!

Awareness screening - This screening is getting at the long term difficulties often due to genetic glitches. It is designed to help you find the foods, herbs, supplements that can cause you difficulties or that are okay to use. Then it also indicates areas of the body that need special consideration, these may be life long weaknesses that may not change quickly. With this information you will be able to better visualize what you need to do to overcome some stubborn problems and why they are there to begin with.
