

Test all foods and clothing (including even \$100 shirt collars), and supplements, this easy and free way, before they make you sick now or in the future. A person who didn't, died before they should have with toxic mineral levels higher than was healthy.

Toxin Testing, called Bi-Digital O-Ring Testing in Asia where it originated, or Muscle Testing, is used extensively in Asian countries. In Japan all doctors are trained in it and have to pass a test before getting a doctor's licence. It should be known and used by all people, doctors and specialists worldwide. In Japan, doctors toxin test the compatibility of all medicines for each patient before finally prescribing what's best for them, ie., has no side effects, which is a system sadly lacking here. Unfortunately, some people react very badly to some medicines, so some stop taking them. Specialists have said that ALL drug type medicines have some side effects. I Google for 'side effects' in all, and have stopped taking some, those reacting, especially antibiotics like Clyndamycin which is extremely toxic and bad for me, causing extreme diarrhoea, while the antibiotic Amoxycillin has no bad effects.

All the Japanese I have met, in five agricultural consulting visits there, and who came here, know about Toxin Testing and use it.

I use it by checking and avoiding what is even slightly bad for me. This includes even bought waters. Some are dreadful. NZ Natural Pure Water from Kaiapoi is perfect and has been for years.

You can do your own very accurate toxin testing to check if you are allergic to town water, bought waters in plastic bottles (some containing toxic water from taps from cities), medicines, supplements, foods, vegetables, fruits, foods, gluten and drinks, although some people can't do it, but mostly it is because they are not using a heavy enough weight. It needs to be hard to lift while holding nothing in the other hand, and impossible to lift when holding a really toxic item. An item good for you and needed, makes it easier to lift. The tips of your fingers and thumb must be firmly against the item or container.

A quarter (25%) of the hundred people in NZ I have tested, suffered from gluten intolerance, but most didn't know it. Toxin Testing reveals items, including gluten, that are toxic to the person testing it. Read [Gluten in Human Health](#).

How to do it

With your stronger arm, lift off the top of a table anything that weighs at least 0.7 kg per kg of your weight, so if you weigh about 60 kg, use about 4 kg, if you are 70 kg, use 5 kg, if 90 kg, use 6 kg, or if 115 kg use at least 8 kg, etc. Strong people need more. Some women, office people and the elderly are likely to need less than the above examples, farmers and other active people need slightly heavier weights. The weights must be hard to lift, because you need to be working your muscles - but be very careful to not strain your muscles by lifting something that is too heavy, or too often. Your arm lifting the weight must be stretched out dead straight stiffly, and be kept exactly straight (important). This is your "test" lift. Don't lift it more than about 30 cm, and not too often at any one testing.

Next, with the other hand, hold the item to be tested, ensuring that the **tips** of all your fingers and thumb, which are the body's sensing points, are against the item being tested, or are against the container, so all your **finger tips and thumb** are touching the container firmly where the items are inside it. Or take them out of the container and have you finger tips and thumb hold as many as possible. You can place an item like bread flat on a table and touch it with your open finger tips and thumb. Liquids can be in a mug or glass. Place your fingers about two cm into it. Medicines and supplement tablets and foods can be held in your hand with the finger tips and thumb tip firmly against them.

While touching with your finger and thumb tips, wheat, bread or any gluten food with one hand, lift the weight with your stronger arm. If it is more difficult (or impossible) to lift off the table, you are allergic to that item (so avoid it), or are already getting an excess of it, in which case reduce its intake. I've taken magnesium since 1990 to prevent cramp, avoid strokes and heart attacks, holding magnesium made lifting easier. However, when applying magnesium sulphate to my back to reduce the dreadful shingles pain, I could not lift the weight, showing that I had enough magnesium in my system, so I reduced taking one Thompson's Organic Magnesium tablet a day, to half. I weigh only 64 kg so need only half a tablet a day.

This system can also reveal allergies and toxins in unripe fruit, sprayed fruit, bad or rancid foods, bad supplements and toxic medicines, ones containing bad heavy metals or something else to which you are allergic. If lifting is noticeably easier, it indicates that the item is good for you, and you need more of

it.

If toxin testing is not working for you, you may not be lifting as much weight as is possible with your hand and arm, or not having your arm out straight and/or are not holding the items in your other hand with the finger tips against the item or items, pills, in the water being tested, etc. Many reconstituted plastic containers contain toxins from what was previously in them, so must have the items removed and held in your hand. Clear plastic, like plain glass, used by Lewis Milk is usually new virgin plastic, so is toxin free.

Another way to test, is to hold your strong arm out straight and stiff, horizontally. Then have someone press down on your wrist steadily with their hand. They must press gradually, increasing steadily, not jerkily (which can damage muscles and is not accurate). You must try to prevent them from pushing it down. You are not pushing upwards against them, but holding it horizontally. Do a test run first, holding nothing and your arm should not go down, although if you are slight and the other person big and strong, they should not press so hard. Their using just two fingers might be enough.

Over eating an item for years or decades, even if initially good for you, can change to being not good for you, showing that the body reacts against prolonged excesses, confirming 'moderation in all things'.

Toxin testing doesn't work the same in all people, sometimes because some lucky ones are strong, healthy and don't have allergies. The bodies of people who perspire a lot emit more toxins than their spouses on identical foods, who don't perspire. Those who perspire expel some toxins.

Two very good, highly successful, New Zealand doctors, one in Auckland and one in Hamilton, had their doctor's licences wrongly taken away by an NZ medical court (all doctors) for using toxin testing on their patients. I sat through one of the cases and was ashamed at the dishonesty of the medical system and the Waikato Times biased reporting, always backing the 'establishment', as the media usually do to not upset their advertisers. The result is that toxin testing is illegal in New Zealand, while in Japan (and no doubt China and some other countries) it is used nationally to help doctors diagnose problems. Both the expelled doctors above, still use toxin testing to identify allergies and ailments to successfully cure thousands of doctors' failures. They and Chris Rhodes often have waiting lists of months.

Many of us use toxin testing almost daily to measure fats which hold bad metals much more than other parts of foods do, and toxins in foods and in supplements. If you eat bread with oil seeds such as sunflowers and linseeds, they can go rancid, so place your fingers on the split seeds to see if you are allergic to them when lifting a weight. Different people react differently. All oils in foods and supplements go rancid (bad), so should be kept in the fridge. This includes some oil based supplements. We now keep breads, oil containing supplements and mueslis in the fridge.

Toxin testing foods and supplements before purchasing: In supermarkets, you can load one or more water, juice or milk containers of the required weight into your trolley and use them to toxin test foods as you go around. Measuring through packaging is not as accurate, but works in most cases, certainly with items strongly unsuitable to you or good for you, but not as well if the plastic is white or coloured, recycled plastic, and previously had toxic items such as Roundup, rather than clear, new virgin plastic.

This system can also warn some people off foods, drinking waters or other drinks containing toxic items, if you are allergic to them. With some people, green fruit will make it harder to lift, so don't eat fruit until ripened preferably in the sun.

When toxin testing in a shop be careful that your fingers are not touching the bottle near the small dehydrator packet inside some. These have a toxic content which will give you a negative reading when the food or supplement itself may be good for you. If hard to lift, turn the bottle around and measure again.

Naturopath Chris Rhodes can test you and products for gluten and all known items. See Human Health Specialists for his details and address. Sadly he has moved from Hamilton to Gisborne, but fortunately he can measure good and toxin levels in bodies or brains, from an egg cup full of hair posted in an envelope or urine in a small clean glass bottle.