

BodyBest

Health & Fitness Weight Loss Program



The BodyBest™ Breakthroughs in Ketogenic Low-Carb Diet Program

7 Easy Test Steps To Discover If You're Body Is Able To Burn FAT

Note: You must own a blood pressure unit to do this test.

1. The person being tested lies comfortably on their back. Place the blood pressure cuff on the left upper arm and take the blood pressure. Leave the cuff on the arm for the second test. Record the blood pressure: _____. Go to step #2.
2. The person being tested now stands up. Take the blood pressure a second time while standing and record the blood pressure again: _____. Go to step #3.
3. Analyze the results by looking at the two **systolic** pressure (the **high** number) readings. The systolic blood pressure number recorded while lying down should come up 6 to 8 points when standing up. When the systolic blood pressure number comes up 6 to 8 points on the second standing blood pressure check that means that person is in pretty good health. However, if the systolic blood pressure number stays the same or even goes down when standing, that means there is a health problem. Go to step #4.
4. When the systolic blood pressure number **stays the same** on the second blood pressure check when standing up, the person has potential health problems, usually meaning the kidneys and adrenal glands are stressed and need a cleansing treatment. Go to step #6.
5. If the systolic blood pressure number **goes down** on the second blood pressure test when standing, that usually means the adrenal glands are near exhaustion and are extremely stressed. That usually means the person has potential serious health problems. That person is usually already experiencing fatigue, stiffness in their joints,

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possibly even chronic pain. Also, the immune system is weakening; even multiple allergies may be present. Go to step #6.

6. With the kidneys and adrenal glands are stressed, one must clean the kidneys to turn back on the adrenal glands that sit atop the kidneys. The kidneys are the blood filters of the entire body. When those important filters start to get clogged the adrenal glands share the same pollutants and must be cleansed. Research has shown that when the kidneys are not cleansed one's multiple health problems will remain unresolved until the kidneys are cleaned and the adrenal glands are then turned back on. Once the adrenal glands are turned on the energy increases, pain goes away and the immune system strengthens. The success of one's kidney cleansing program is simply measured by the blood pressure coming up 6 to 8 points when standing and also a remission of one's symptoms.
7. In chronic conditions repeated kidney cleanses, called **Renacom** may be needed until the blood pressure comes up when standing. Two additional nutritional supplements are recommended to take during and after the kidney cleanse to maintain your energy and help support the adrenal glands. One is a natural herbal adrenal support called **Adaptacom** and the second is an essential fatty acids (**EPA/GLA**).

You can receive **FREE** the *12 Stress Breakthroughs in Weight Loss* and purchase the Renacom, Adaptacom, EPA/GLA supplements and your own automatic blood pressure monitor today by visiting a web site at <http://www.drrossdc.com> and click **Products** or call 800-386-3929.

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