

# FATS

## *The Essential Fatty Acid Test*

(Part Two)

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When I first started working in this field as a consultant to doctors, measuring patient's pH (urine and saliva) was a big deal. Most everyone doing what is now called Complementary and Alternative Medicine (CAM) was doing it and using the data, at least in part, to arrive at a treatment protocol. A little known Biophysicist [Cary Reams] became world famous due to a system of measuring urine and saliva pH which he developed and promoted. Using data from these measurements, a health care provider was supposed to be able to diagnose various serious health conditions that were in the development stage and design a protocol that would eliminate them. He was eventually discredited by the popular media. Since then, I am not aware of any individual making an issue of pH measurement.

A few network (Multi-Level) marketing companies are currently publishing information regarding the "horrors" of altered pH (other than DEATH I suppose), and their products' ability to provide us all with the correct pH for life long health.

Coming back into the credible arena, Dr. George Goodheart has said that patients presenting with a decreased *saliva* pH (let's be clear about which pH we are measuring), may be deficient in essential fatty acids. This issue of e-Bytes is about a test that you can use to determine *functional* essential fatty acid need in your patients. Through neuro-lingual testing, you can determine which specific essential fatty acid supplement will be best for each individual patient. I LOVE IT!!!! During my entire career, I have always been keenly interested in methods of individualizing the therapy to the patient. This test will allow you to do just that. And...a little added benefit, the screening test is simple. A staff person can do it for you.

### THE SCREENING

Using saliva pH measurement tape (consider 6.0 – 8.0), check the patient's oral pH. Ideally, this should be done no less than 30 minutes after consuming food or drink; 2 hours after meals is more accurate. Patient's with an oral pH below 7.2 are good candidates for further testing for EFA deficiency.

## THE TEST

Fat is the primary energy source of the body in an aerobic state. In this test, we stimulate an aerobic condition in the muscles using a repeated muscle challenge. The muscle should be able to withstand 20 challenges in a row at one challenge per second with consistent intensity. With the patient supine, position a postural muscle so that it is shortened. Apply pressure to the joint to lengthen the muscle until a "locking" is noted. (Instruct the patient to resist as you apply pressure.) If the muscle and joint do not lock ("spungy" is NOT a lock), or do not lock 20 times in a row (muscle collapses), this may indicate an essential fatty acid need. (Do not allow the patient to "recruit" other muscles, this is not a strength contest.)

Patients whose muscles withstand 20 challenges probably have adequate EFA's in their diet. Those who do not should be tested further. Allow the patient to remain supine. Have them *taste* one of the fatty acid sources below for 30 seconds. Then, with the patient still tasting the source, begin the muscle challenge again. If they complete a greater number of challenges tasting the source than they did in the clear, recommending that supplement would benefit them. However, it is not the optimum unless they completed 20 challenges. Keep testing the patient with different sources until they can complete 20 challenges.

## THE CO-FACTORS

A percentage of patients tested will taste all of the fatty acid sources and still not be able to withstand 20 muscle challenges. A Co-Factor is indicated in these cases. Notice that the Co-Factors are products directed at enhancing liver and or gallbladder function. To test a Co-Factor, have the patient taste the source and the Co-Factor at the same time for 30 seconds, and then with the patient still tasting the supplements perform the test again.

Patients should rinse their mouth out between tasting various supplements. Patients testing positive for Beta TCP or Beta Plus as Co-Factors should also be given Hydrozyme as part of their supplement regimen to optimize digestive hormone activity. (Do not have patients chew or taste Hydrozyme as part of the EFA Test.)

### FATTY ACID SOURCES

*Flax Seed Oil*  
*Black Currant Seed Oil*  
*Evening Primrose Oil*  
*Biomega 3*  
*Mixed EFA's*

### CO-FACTORS

*Beta TCP*  
*Beta Plus*  
*Phosphatidylcholine*  
*Inositol*  
*Bio-6-Plus*  
*Livotrit Plus*

**Available from Viotron International, Ltd**  
**(800) 437-1298**