



**** Tip - Move into your heart before working with a patient ****

1. Arm lock (versus non-arm lock)
2. Test to see what are the problems, and where in the body are they located
3. Test the strength/priority of the problems (0-1000 or distance)
4. Test solutions
5. Test what they are ready for, and not ready for
6. What support do they need - to start addressing problems and/or need additional support (Go back to the Roadmap to Health)
7. Test dose of each supplement, record findings.