

BEH PODCAST – EPISODE !8

IS LAB TESTING NEEDED WHEN YOU START BEH PROGRAM

Participant: Another question I had, is there another kind of body scanning or testing that you would recommend that would help you to customize the program for the individuals?

Dr. Miller: Well that's a good question. The answer is yes and no. The reason I say yes is that there's a lot of testing you can do. The reason I say no is that, and this is especially true for someone like you, you've just been doing the program a little over three months, so you're doing a lot of things now to take care of your health. You're doing things with oriental medicine, through the acupressure, the color therapy, the exercises, the microcurrent stimulation, the supplements and being mindful of stress. All these things can have a huge effect on your health beyond your eyes, just make you overall healthier.

I would want to wait until you'd been doing the program a little longer, maybe six months, and then when we talk to see where things are at. Are there things in your health overall that you feel need more attention? Then we can talk about testing that might help us figure out what else you need. But right now, it would be a little premature, because it's very likely that if we did testing we might find things that were off, but the things that we'd find that were off might correct themselves from all the things you're already doing. To really see what this program will do and what you need, we will wait six months and then talk about testing.

There are some easy testing with urine that is used a lot in professional sports, just to look at your metabolism. That is a very easy test where we can simply send you a kit and you could do it.