

Resonance Tests for Optimum Supplement Dosing



Choose your supplements with Resonance Testing.



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Resonance Tests for Optimum Supplement Dosing

This article has been written with a disclaimer (bottom of page) and some important notices as follows:

IMPORTANT: Do not exceed the recommended dosage for any supplement without first consulting your GP or a fully qualified medical practitioner. We recommend that all your nutrients are obtained in food form and that supplements are natural, organic and food based. We do not recommend artificially created chemical supplements.



Balance for Good Health

We believe that good health is created by achieving balance; physical, emotional and spiritual and that all imbalances can be greatly helped by:

- eating mainly raw, organic, alkaline-forming foods
- limiting toxins, both internally and externally
- keeping hydrated with mineral rich alkaline water
- getting plenty of sunshine on bare skin, without burning
- moving frequently or taking regular exercise
- managing stress levels and grounding
- laughter

We have also seen that most imbalances can be reset using healing.

In this respect, it is not necessary to use supplementation to achieve good health.

However, we appreciate that some of you reading this article may wish to use supplements and therefore this article is written with you in mind.



Why Use Resonance Tests to Determine Supplement Dosage?

It occurred to us many years ago that, since we are all unique individuals, with different height, weight, muscle mass, and biochemical requirements that recommended supplement dosages may not be ideal for everyone. Furthermore, there are so many conditions that lead to similar symptoms that people may wish to treat using health supplements, that choosing the right supplement can be a bit hit and miss.

Through our own personal experience we began to discover that, just because a supplement is recommended to treat a specific symptom or range of symptoms, doesn't mean that this supplement is effective.

The founder of Armichi, Sarah Diggins, has used resonance testing successfully for over 15 years to determine which homeopathic remedy was right for her and realised a while ago that this same method may well work for supplementation. She found it worked really well for her own use and has since been using the method successfully for more than 6 years.



Which Supplements are Best?

The first step is to work out which supplement(s) are best for you at this current moment since there is no panacea when it comes to supplementation and you will quite likely find that there will be more than one that is of benefit to you.

The best starting point is, after you have taken advice or done your own research, to filter using your intuition: which ones are you most drawn to? Your soul always knows what your body needs!

Now, make a short list of supplements and try to keep your initial short list with 10 or fewer supplements. Since supplement quality varies by manufacturer, we recommend sourcing 4 or 5 different options for each of the 10 supplements. You may want to do more research so that you understand the most bio-available form of the supplement and if any co-factors are required to enable full metabolism of this supplement.



Vitamin C is not Ascorbic Acid

For example, if you are taking Vitamin C, then your research would show that this is not in fact ascorbic acid, despite this commonly being sold as Vitamin C.



Vitamin C Complex: Ascorbic acid is merely an extract of the Vitamin C biological complex and needs its other components to work as nature intended; these include rutin, bioflavonoids, Factor K, Factor J, Factor P, tyrosinase and ascorbinogen. In fact, you may discover that taking ascorbic acid long term can cause much damage, despite its impressive ability to destroy viruses in the short term.



GMOs in Vitamin C: Your research may also reveal that ascorbic acid is often extracted from genetically modified corn, which you may wish to avoid due to the proven detrimental effects of GMOs on health.



Heat and Vitamin C: Other research into vitamin C will show that starts to denature (be destroyed) at temperatures over 30 degrees C (86F). This is why pasteurised fruit juices are not a good source of vitamin C, despite once having contained Vitamin C.



Best Source of Vitamin C: After researching you may decide that the only way to ensure you get adequate Vitamin C is to ensure you are eating a large* quantity of fresh, raw salad, vegetables and fruit every day. *By large, we mean between 500g - 800g per day. If you still want to supplement, then low temperature dried organic amla and acerola are some of the better natural sources.



1. Using Resonance Tests to Determine which Supplement

So now you are fully informed on the supplements on your short list, and you have a set of photos of potential candidates you can use these images for your resonance testing. Starting with the first supplement, and the first option (brand), look at the picture and state following:

- *On a scale from 0 - 10 (10 being maximum), this supplement is beneficial to me more than 0.*

If this is a positive result, then repeat this statement, increasing the number by 1 each time until you get a negative result. Then you know that the supplement in question scores the highest positive result. For example, let's say that you get a negative result on 5, the supplement you are testing is beneficial to level 4.

Anything that scores 7 or more is worth keeping on the short list. Discard anything that scores 6 or less since it currently is only of average or minor benefit. This situation may change as your vibration shifts and new requirements emerge.

Now the next step depends on your budget and your health needs since it will be up to you to decide how many supplements you want to take. We have observed that if you take only one at a time, then you can monitor the effects much more easily. Often it can take 6 months for the effects to become visible in the macro physical environment (cell change happens more quickly) and this is why you may prefer to take more than one supplement simultaneously.

IMPORTANT: Please check to see if there are any contraindications of taking your chosen supplements together or consult with a medical GP beforehand.

Now you have determined the best supplement(s).



2. Using Resonance Tests to Determine the Dosage

Starting with your highest scoring supplement, the one that is of greatest benefit, use the following statement to determine the quantity of capsules / pills / grams in each dose:

- *The optimum dosage size is 1 capsule / pill / gram*

If this tests negative, then repeat the statement, increasing the amount by 1, until you get a positive result. So the next statement would be:

- *The optimum dosage size is 2 capsule / pill / gram*

Then repeat for an amount of 3, 4, 5, etc until you reach a positive result.

We have often been surprised by the quantity that tests as optimum in our testing as it can be far higher than the recommend dosage. The founder of Armichi, Sarah Diggins, has taken much higher dosages of natural, food based supplements than recommended for her own personal use, with no ill effects.

IMPORTANT: If your resonance test result indicates a higher dosage than recommended, you must consult with a GP or medical practitioner such as a qualified nutritionist BEFORE taking a higher dosage than advised on the supplement label.

Now you have determined the supplement dosage.



3. Using Resonance Tests to Determine the Frequency

Next you can use resonance testing to work out what is the optimum frequency for taking this supplement.

Let's say that your resonance testing showed that you need 2 capsules in each dose. Now use the following statement to determine the frequency of taking the these 2 capsules:

- *The optimum frequency is to take 2 capsules every 1 hour.*

If this tests negative, then repeat the statement until you get a positive result. The next statement would be:

- *The optimum frequency is to take 2 capsules every 2 hours.*

Then repeat for 3, 4, 5, 6, 7, 8, 9, 10, 11, 12 (hours), 1 day, 2 days, 3 days, 4 days, etc until you reach a positive result.

IMPORTANT: If your resonance test result indicates a higher frequency of supplementation than recommended, you must consult with a GP or medical practitioner such as a qualified nutritionist BEFORE taking the supplement more often than advised on the supplement label.

Now you know the dosage and frequency of this particular supplement.



4. Using Resonance Tests to Determine which Other Supplements to Take

You can repeat the process and use steps 1-3 to resonance test other supplements you may wish to take.



5. Using Resonance Tests to Determine if Supplement is Still Beneficial

What you will find is that, as your health improves, the dosage and frequency reduce. It's a good idea to make daily checks for the first 2 weeks so you can get a feel for how your body is responding to this supplement. After the first 2 weeks of daily tests, you can then reduce to twice a week and then after 4 weeks of testing twice a week, you can reduce the tests to once a week as you begin to discover your own pattern and how your body is working with this supplement.

To check if the supplement is still beneficial, you simply repeat steps 1-3 for the supplement you are taking.

Our experience shows that it can be anything from a week to 6 weeks before the resonance test changes and the results may increase if you become out of balance during the time you are taking the supplement. For instance, at Christmas time when many of our celebrating, our supplement requirements may increase for a short while. Or during times of adversity, stress or poor diet, our supplement requirements may temporarily increase.

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