

## WHICH TEST KITS SHOULD I BUY?

New customers often wonder which test kits they should buy first. There's no single answer to this, but below is some guidance:

### **Do you have a method for correcting any problems you find?**

If not, the first thing I suggest you do is buy the *Energy Mismatch* book and read that. (To use this book you need to have some method of testing, e.g. kinesiology or EAV.)

### **What type of people are you working with?**

If the answer is children, you may look at buying Food Additive A, Food Additive B and Vaccination kits. If you mainly work with women, the best kits to buy are probably Personal Care, Hormones and the Body Biochemicals test kits, and perhaps the Medicinal Herbs for Women kit.

### **What interests you?**

There are probably lots of different ways to achieve the same results with people, even just thinking in terms of test kits. So, if you are fascinated by allergy problems, think about buying the Food Test Kits, Food Additives A and B, Chemical and Inhalants, Industrial and Environmental kits and the Personal Care and Fragrance Kits. If you are interested in 'bugs', consider the Parasite, Virus, Bacteria and Fungi test kits. If you like working with flower remedies, check out Maui, and the Earth Energies.

### **Do you feel that some particular factor is crucial to good health?**

If you feel that no matter what the problem, it is important to get nutrition sorted out, choose Digestive Enzymes, Nutrition 1 and 2 and the Common Metals Kits. If your training and reading emphasise the importance of Candida, you will probably want to buy the Candida kit. You may view parasites as particularly important or some other factor, so choose the appropriate kit.

### **Are you drawn to a particular test kit?**

Sometimes people say they feel drawn to a particular test kit without being able to explain why. If you feel this way, it is recommended you buy the kit whatever it is.

Occasionally people will spend months trying to decide which test kits to buy, rather than taking the plunge and buying 1 or 2. If you have any queries please do not hesitate to call or email.

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Life-Work Potential Limited, United Kingdom

Tel UK: 01392 916 390; Tel from outside UK: +44 1392 916 390

Email: [contact@lifeworkpotential.com](mailto:contact@lifeworkpotential.com)

[www.lifeworkpotential.com](http://www.lifeworkpotential.com)