

Simple Strategies for
Self-Testing &
Using the Pendulum for Better Health
A Workbook for Video 6

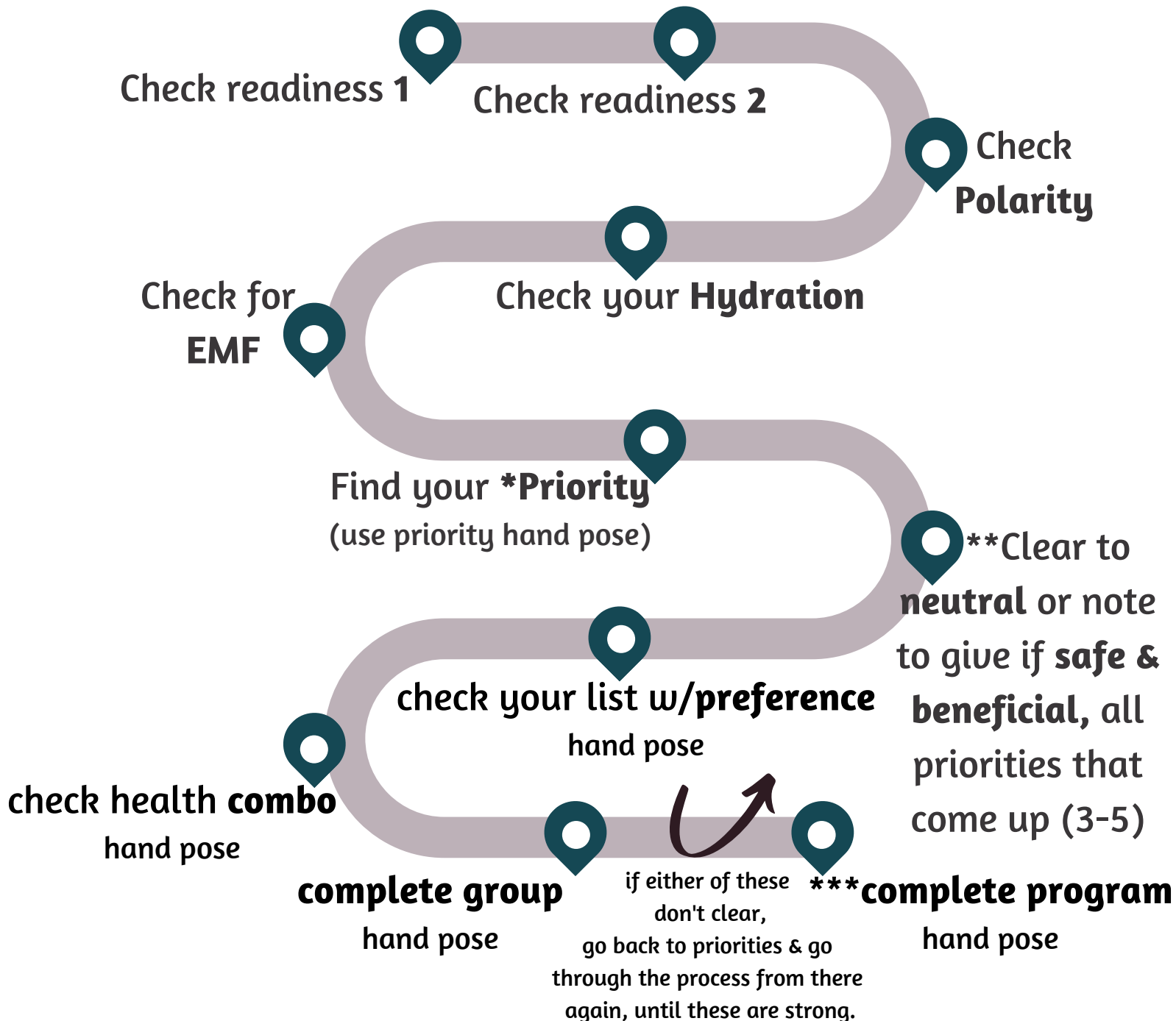
Self-Testing
Technique



Self-Session
Flow chart, cheat sheet, hand poses & positions
By Cece James

Self-Testing Technique

Self-Session Flow Chart



*Priority can be found by specific issue or by basic body check

**write down all the supplements, remedies or therapies that come up when clearing your priorities

***what ever supplements, remedies or dosed therapies that are left at safe beneficial is now your new program!

Self-Testing Technique

Self-Session Cheat Sheet

READINESS TEST SUPPORTS

RT1:

HYDRATE
ADD GOOD ELECTROLYTE IF NEEDED
TRY CROSS CRAWLS

RT2:

MOVE HEAD IN FIGURE 8 MOTION
RUB PROTRUDING BONES BEHIND EARS

RT3 (POLARITY):

TRY THE FINGER EAR SLIDE
RESCUE REMEDY

PRO TIP:

IF YOU ARE STUCK AT ANY READINESS TEST TRY ;
1. ELECTROLYTES &/OR
2. RESCUE REMEDY

Check:

Hydration/water quality
EMF (see lists below)

HYDRATION CHECK LIST & SUPPORTS

DRINK MORE WATER

DRINK AT LEAST HALF YOUR WEIGHT IN OUNCES DAILY

CHANGE IN WATER QUALITY

FILTERED WATER; RO, BERKEY, SINK FILTER, OTHER

DRINKING VESSEL; GLASS/ STAINLESS STEEL

CLEAR; TAP WATER, PLASTIC WATER BOTTLES, OTHER

HYDRATION CHECK LIST & SUPPORTS

CHECK, CLEAR OR SUPPORT IF NEEDED ABSORPTION

CHECK, CLEAR OR SUPPORT IF NEEDED ASSIMILATION

ASK ABOUT ABSORPTION & ASSIMILATION (SUPPORT..)

*CHECK ELECTROLYTES (TEST SUPPLEMENTS IF LOW)

TEST LEMON, SEA SALT &/OR CUCUMBER TO WATER

TEST WATERMELON OR TOMATO W/SALT OR
COCONUT WATER W/OR WITHOUT SALT

EMF CHECK LIST & SUPPORTS

IF YOUR BODY GOES WEAK W/EMF CHECK/SUPPORT;

CELL PHONE, LAP TOP, WIFI

ELECTRONICS, ELECTRICAL OUTLETS

POWER LINES, CELL PHONE TOWER

REFRIGERATOR, MICROWAVE, OTHER

SERUM AMYLOID PROTEIN & MITOCHONDRIA

EMF CHECK LIST & SUPPORTS

CLEAR WITH; MAGNET/ MAGNET CARD

NEUTRALIZER(S)

HARMONI PENDANT, QUANTUM PENDANT
OR OTHER JEWELRY

REGULAR NATURE/EARTH GROUNDING PRACTICE

GEM STONES/CRYSTALS, ESSENTIAL OIL(S) (BLENDS)

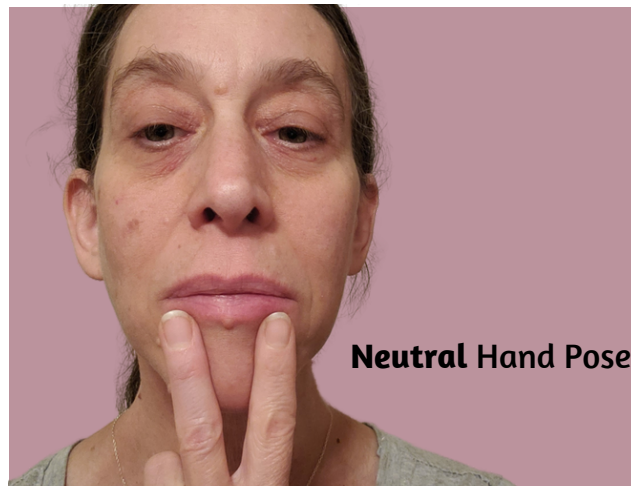
MAGNESIUM, VIT D, ELECTROLYTES, NITRIC OXIDE

*I like to use Coco Hydrate electrolytes by Purium. Did you know that you can try a couple of containers of Purium's wonderful Pineapple Coco Hydrate for about \$25.00 and shipping? Just go to ishoppurium.com, put in your cart at least \$75.00 worth of Coco Hydrate then use the code happyhealthyliving.com at checkout and you will have a \$50.00 discount applied on your first order. Just like that, a few months supply of the best electrolytes to try for only \$25!

Self-Testing Technique

Hand Poses & Positions

you will need



QUICK NOTES

Self-Testing Technique

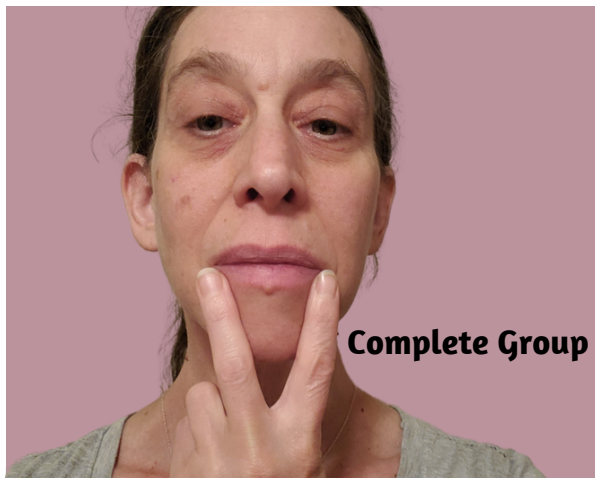
Hand Poses & Positions you will need



**Preference
Hand Pose**



**Health
Combination
Hand Pose**



Complete Group



**Complete
Program**

QUICK NOTES

Your Action Steps

First, I want to say yay, you made it to the end, and thank you so much!

I am so excited because it means that we were probably meant to meet.

Second, if you got this far and want more, I am doing the happy dance!

Nothing would make me happier than to connect with you through our weekly echats.

So your final action steps are;

to share with me how I can make this relevant for you...questions, confusions, clarifications...

Email me at healingandholisticliving@gmail.com, how can I make it easier for you "to get" then practice, experiment, take chances, make mistakes, learn, grow & get to know you and your true BFF

You should be your own Best Friend for Life.

When you learn the BFF (Body Feedback Formula), that is exactly what you get, the opportunity to find your true BFF...You! Read more about the Body Feedback Formula below.

ROOT CAUSES & OTHER ISSUES

CHECK DIGESTION/ELIMINATION

SUPPORT W/DIETARY CHANGES, DGL, SLIPPERY ELM, PURIUM'S BIOME MEDIC &/OR ALOE DIGEST

TEST HEAVY METALS & CHECK; UNFILTERED WATER, VACCINES, MAKEUP(ESP. LIPSTICK), TATTOOS, DENTAL WORK, LARGE FISH, ALUMINUM CANS/ COOKWARE/ DRINKING VESSELS & PARKS

HELP W: CHLORELLA/CILANTRO, CHELATION, HEAVY METAL DETOX SMOOTHIE(MEDICALMEDIUM), SAUNA

CHECK HIDDEN INFECTIONS IN; ORAL BIOME, GUT BIOME, EBV, SHINGLES, LYME, HERPES, PARASITES

SUPPORT W: MEDICALMEDIUM INFO. PURIUM'S BIOME MEDIC, BINDER, PARASITE CLEANSE, DETOX FIT IT PLAN, ANTI-VIRAL/INFLAMMATORY DIETS & NUTRIENTS

CHECK FOR HORMONE IMBALANCE

SUPPORT W/ SEED CYCLING, MOVEMENT, LYMPH MASSAGE, EMOTIONAL CLEARINGS, RESCUE REMEDY, LIVER HELP & ADAPTAGENS

SEE ENVIRONMENTAL TOXINS IN BODY CARE, TEST ALL PRODUCTS YOU USE & AVOID ALL THAT WEAKEN YOU

ENVIRONMENTAL TOXINS IN CLEANING PRODUCTS, TEST HOME PRODUCTS & AVOID ALL BLOW OUTS

HEADACHES? TEST; ARNICA, MAGNESIUM, FEVERFEW, BOSWELLIA & GIVE IF ANY TEST SAFE & BENEFICIAL. TEST GLUTEN & CHOCOLATE, AVOID IF WEAK ETC....

INSOMNIA? TEST; LAVENDER ESSENTIAL OIL, MAGNESIUM, CHAKRAS, EMOTIONAL CLEARINGS, MELATONIN, NIGHTY NIGHT TEA, RESCUE REMEDY, PURIUM'S APOTHECHERRY JUICE,

References:

Most of what I speak about here, comes from decades of my own experience in the field of energy work, holistic health, my education as a certified advanced wholistic kinesiologist (+other various certifications) & my years of work one on one with clients. I reference Dr. J Dunn's book, Wholistic Kinesiology A quick and Easy System for Optimizing your Health, Verbal Questioning Skills for Kinesiologists by Jane Thurnell-Read & The Practical Pendulum Book by D. Jurriaanse. If you want to know more about EMF see Nick Pineault "the EMF guy" & his book The Non-Tinfoil Guide to EMFs
American society of dowsers <https://dowsers.org/dowsing-history/>
National Library of Medicine Estimating the accuracy of muscle response testing: two randomised-order blinded studies - PubMed (nih.gov)
Kendall FK, McCreary EK. Muscles: Testing & Function. 4. Baltimore: Williams & Wilkins; 1993.
Estimating the prevalence of use of kinesiology-style manual muscle testing: A survey of educators - ScienceDirect
The accuracy and precision of kinesiology-style manual muscle testing: designing and implementing a series of diagnostic test accuracy studies - ORA - Oxford University Research Archive

Resources::

cecejames.com, Where you can find quality supplements in the shop, health related support & resources throughout the website along with direct access to **puriu**m superfoods & **barefut** quality **essential oils**.

Check out Thrive Online Health Food Market. This is an affordable way to have healthy food delivered straight to your door. Even meat! There is actually several really cool things about this company you may enjoy!

DO CHECK IT OUT AND USE THIS LINK HERE [HTTP://THR.V.ME/TPPH6O](http://thrv.me/TPPH6O) TO GO DIRECTLY THERE.

Disclaimer: The statements & products discussed throughout this video series have not been evaluated by the US food & Drug Administration & are not approved to diagnose, treat, cure or prevent disease. The information here is not intended as a substitute for advice from your physician or other health care professional. It is meant for educational purposes only.



Thank you and keep in touch

Cece James BS, HHP, CAWK
**Creator of the Body Feedback Formula*

***The Body Feedback Formula is my 90-Day flagship program where we explore how to decipher your bodies inner knowing and wisdom for your optimal health and well being.**

I personally guide you through identifying *your* best self/muscle-testing technique and how to use that effectively to learn about a variety of holistic products, strategies, modalities and DIY-therapies

Together, we will Navigate The Holistic Living & Whole Food Aisles and how to be your own daily doc...well at least most of the time.

**I would love for you to join us on a 90 day adventure that lasts a life time.
Learn to self/muscle-test.**

Find out more at cecejames.com or email me directly @ healingandholisticliving@gmail.com