**How to Muscle Test**

**Worksheet and Personal Guide**

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| --- | --- | --- | --- | --- | --- | --- |
| **FOODS** | **Does my body want this?** | **Is this good for me?** | **Can my body digest this?** | **Can my body absorb this?** | **Will this harm my body?** | **What are the vibrations?** |
| Tap water | No | No | No  Only 13% | No  Only 15% | Sorta  33% harmful | 5 |
| Music treated Filtered water | Yes | Yes | Yes | Yes | No | 934 |
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| **Supplements** | **Does my body want this?** | **Is this good for me?** | **Can my body digest and absorb this?** | **Will this harm my body?** | **Orally/ Topically/ Energetically** | **How many per day** |
| Vitamin D | yes | yes | yes | no | orally | 6 - 3x/day  morn/noon |
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| --- | --- | --- | --- | --- | --- | --- |
| **Household Items** | **Is this safe for me?** | **Will this harm my body?** | **Does my skin/hair… want this?** | **Is this good for my skin?** |  |  |
| Natural  Deodorant | Yes | NO | Yes | Yes |  |  |
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