



## **INSTRUCTIONS FOR B.E.V. TESTING, LABORATORY AND DARKFIELD EVALUATION**

B.E.V. stands for Bioelectronics according to Vincent. It is a laboratory procedure that measures the pH (acidity/alkalinity), oxidation/reduction potential (hydrogen pressure), and resistivity (mineralization) of your blood, saliva, and urine as well as samples of your drinking water. From the results of the B.E.V. test, we can determine the general condition of your biological terrain and obtain useful information for nutritional and remedial recommendations.

At this appointment, your specimens will be collected and analyzed. The results obtained will be entered into our computer and processed. A discussion of these results will take place when all the intake procedures are complete.

Take nothing by mouth except water for the 12 hours before your visit. Drinking water is allowed up until 2 hours before your visit. Take any prescribed medications as prescribed.

Do not wear lipstick, use mouthwash or brush your teeth with any dentifrice on the morning of our visit. If your appointment is after 2:00 PM, you may have a glass of juice before 8:00 AM. (If you are diabetic, maintain your regular regime).

Collect and bring the first morning urine in a clean, dry, glass container. Please refrigerate the urine specimen if you are not scheduled to be at the office within 2 hours. You may be asked to provide another specimen at the time of your test for comparison.

Bring a sample of your drinking water for testing. Use a clean, dry, glass container. Rinse the container 3 times with the water to be collected. Then collect the sample, filling it to the very top, place plastic wrap over the mouth of the jar and then screw the cap on tightly. Fill out the attached information sheet. If you are bringing a filtered water sample, then also bring a sample of regular tap water, collected in the same manner and at the same time as the filtered sample.

5. Inform us of any medication you are taking when you come for the test. Some medications may affect the interpretation of the results.

6. Bring a snack to eat after your test is finished.

7. Bring any supplements and/or medications you're taking with you.

**8. Please do not wear perfumes, scented hair spray, cologne, deodorant, after shave or clothes with these items on them. Anyone accompanying you should refrain also.**