

NAME	
DATE	Rec #

## OXIDATIVE STRESS TEST (OST)

Auditing of this test or process should be considered as pure research and education only and not relied upon as a diagnosis, assay or insurance reimbursable medical offering for the assessment or treatment of any health symptom, condition or disease.

PPP = Polymerized Protein Puddles. White, soft clot areas caused by excessive oxidative stress and general biochemical imbalance.

Layers 1 & 2, the largest layers, give more accuracy on the outside of the body; skin, lymph system, eyes, ears, nose, throat, mouth, headaches, brain, hips, feet.

Layers 3, 4, 5, give more accuracy for lung, breast, hormonal balance.

Layers 6, 7, 8, more accuracy for sex organs, kidneys, spleen, gall bladder, pancreas, liver, stomach, stress, allergic sensitivities.

Largest layers show shallow, acute, more temporary problems and the smaller layers show more deep seated, chronic, longer term problems.

## PPP OVERALL SCAN

List the layers where you see the following:

**T - TOTAL DISBURSEMENT** of large ppp in all rings. \\\ Something of degenerative nature, free radical stress, toxins. More widespread, systemic. [If crystals in puddles] = possible arthritis, gout, sore joints, bacteria, uric acid, parasites.

Layer(s) \_\_\_\_\_

**T2 - TOTAL DISBURSEMENT** of teeny ppp's like snowstorm. \\\ Possible allergic sensitivities - food; dairy, wheat, gluten, drugs. Inhalants; mold, cat dander, dust, pollen, perfume. Stress; lack of sleep, physical strain, tough job, overwork, Stress; mental, worry, lonely, anger, grief, guilt, non-acceptance.

Layer(s) \_\_\_\_\_

**C - 1 or 2 PPP's IN CENTER.** \\\ Men, Prostate problems, enlarged, pressing bladder, urinate more often. Women, Uterus/ovaries, cervix; hysterectomy, fibrous, bleeding, vaginal. Hormonal imbalance.

Layer(s) \_\_\_\_\_

**CC - CLUSTER PATTERN** of many large ppp's in center. \\\ Colon problems, jammed with impacted pockets. Bowel irritable, pH off. Constipation often? \_\_\_\_\_ How many bowel movements per day? \_\_\_\_\_ Small intestines, undigested junk.

Layer(s) \_\_\_\_\_

**CC2 - CLUSTER PATTERN** of 2 micron ppp teeny snowstorm in center. \\\ Possible allergic sensitivities. Food; dairy, wheat, gluten, drugs. Also stress; lack of sleep, physical strain, tough job, overwork, mental, worry, lonely, anger, grief, guilt, non-acceptance, etc.

Layer(s) \_\_\_\_\_

**CC30 - CLUSTER PATTERN** of small (30 micron) ppp snowstorm in center. \\\ Stress; lack of sleep, physical strain, tough job, overwork. Mental stress; worry, lonely, anger, grief, guilt, non-acceptance.

Layer(s) \_\_\_\_\_

**CC30few - CLUSTER PATTERN** but too few small 30 micron ppp's. \\\ Adrenal system inactive; wiped out, unexcitable. Depressed, listless, aimless, give up easier, less spunk.

Layer(s) \_\_\_\_\_

**OC - OFF CENTER,** 1 or 2 large ppp's. \\\ Kidneys weak; often spleen/bladder too if pot smkr. Gall bladder; stones, low bile salt, UFAs low. Removed? Liver; detoxing, stressed, ducts could be plugged up. Stomach problems; ulcers, acid, rumbles, gas, bloating.

Layer(s) \_\_\_\_\_

**OCC90 - OFF CENTER** cluster of ppp's 90 microns in diameter. \\\ Stones, kidney or gall bladder, undissolved gravel, toxins, drugs. Cysts, lumps under skin, fibrous areas, cellulite. Rectal hemorrhoids, soreness, fissures, bleeding. Gall Bladder; stones, low bile salt, UFAs low. Removed?

Layer(s) \_\_\_\_\_

**OCC100+ - OFF CENTER** cluster of 100+ micron ppp's. \\\ Colon problems, packed with impacted pockets. Bowel irritable, ph off. Constipation often? \_\_\_\_\_ How many bowel movements per day? \_\_\_\_\_ Kidneys weak, often spleen/bladder too, ever smoke pot?

Layer(s) \_\_\_\_\_

**P2 - PERIPHERAL** disbursement of 2 micron ppp teeny snowstorm. \\\ Possible allergic sensitivities. Allergies to inhalants - mold, cat dander, dust, pollen, perfume? Eyes, weep, blur, sting, dry, dark circles under, cataracts. Nose/sinus draining, infection, flu, cold, plugged up. Stress; lack of sleep, physical strain, tough job, overwork.

Layer(s) \_\_\_\_\_

## NOTES:

**RC= Round & Clear.** \\\ Inflammation, irritation, soreness, swelling.

**L= Localized** ppp's in an area. \\\ Localized difficulty, not systemic, not all over the body.

**LL=Linked** ppp's, interconnected \\\ Degenerative disease indications; free-radicals & toxins. Issue more widespread, systemic. [if crystals] = Arthritis, gout, sore joints, bacteria, uric acid, parasites.

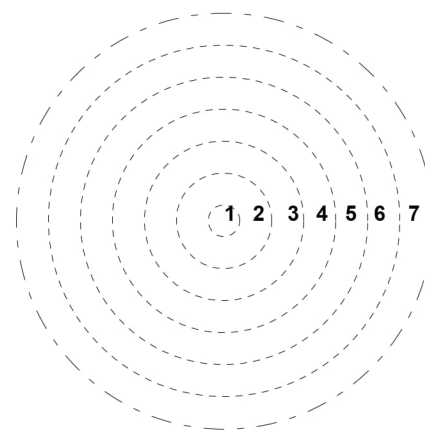
2 microns=Sensitivities/allergies

30 microns = Stress, mental/ physical strain

40+ microns = Degenerative, ragged shaped ppp, unless RC (round & clear)

The larger the ppp, the more degenerated and toxic the individual.

## RING OVERVIEW



**R1 or C - Men** prostate problems, enlarged, pressing bladder, urinate more. Women uterus/ovaries, cervix; hysterectomy, fibrous, bleeding, vaginal. Hormonal imbalance.

**R2&3/occ100+ - Kidneys** weak, often spleen/bladder too, ever smoke pot? Liver; detoxing, stressed, ducts could be plugged up. Gall Bladder; stones, low bile salt, UFAs low. Removed? Colon problems, packed with impacted pockets. Constipation often? How many bowel movements per day? Digestion protein poor; pockets in 9 yards intestine, pancreas. Stomach problems; ulcers, acid, rumbles, gas, bloating.

**R4 - Lung** problems; congested, flu, cough, bronchitis, asthma, breathing. Smoking, secondary smoke, past smoker. Hormonal imbalance. Women period if 1st layer only. Breasts; tenderness, cysts, fibroids, lumps, implants-leakage.

**R4L - one lung, one breast.**

**R5 - Lymph** system fighting, body/blood under attack, Ts excessive.

**R5L - Lymph** nodes; sludge, fascia congested, need drainage massage. Edema; swelling, water retention, toxic kidneys, on diuretics.

**R6 - Exercising** - not enough. Sweat easily? Get heart rate up? Get dry saunas to pop corks out of pores, let toxins escape.

**R6L - Headaches.** Migraines? Nose/sinus draining, infection, flu, cold, plugged up. Throat; sore, swollen tonsils, trouble breathing, cough, phlegm. Eyes, weep, blur, sting, dry, dark circles under eyes, cataracts. Ears; ringing, loss of balance, itchy, dizzy, wax, hard of hearing. Mouth; sores, bleeding gums, bad breath, don't floss, abscess, TMJ. Muddled thinking, slower reactions, more forgetful, Parkinson's. Feet, corns, swelling, numb, pain, hot, arches, sores, weird nails. Hips, pelvis; sore, pushed forward on one side, one leg shorter. Concussion. Head-bang injury, knocked out. Forceps delivery.

**R7 - Exercising** - not enough. Sweat easily? Get heart rate up? Saunas, dry.

## LAYER DETAIL

KEY: 1 =MILD to 5 = SEVERE. If not marked, condition not found.

**S1 - PERIPHERAL CELL ADHESION POOR** adhesion poor (or double coast). \\\ Vitamin C low, possibly also sulfur-based amino acids. Possible need for dry saunas to pop corks out of pores let toxins escape. Possibly not enough exercising.

1 2 3 4 5

**S2 - DARKENED FIBRIN RING AROUND PERIPHERY** Heavy metals. Metal/amalgam/gold fillings, bridges, crowns, bands, dentures. Metal toxins from cig. smoke, smog, table salt, pipe solder joints. Metals in fatty tissue, cells, spine, brain, CNS, Alzheimer, MS. Muddled thinking, slower reactions, more forgetful, Parkinson's.

1 2 3 4 5

**PERIPHERAL PROTRUSIONS** \\\ what might be called a lead bullet, something heavy (metals) spinning out. It is on the outer periphery. This relates to something on the outer extremities of the body. With this profile it could relate to the brain, neurotransmitter dysfunction, depression, lethargy, inner ear or labyrinth involvement, memory dysfunction, headaches. Head related things. Metals in mouth.

**GRAYISH WAVES OF FIBRIN AREAS** \\\ Metals in fatty tissue, cells, spine, brain, CNS, Alzheimer's, MS. Muddled thinking, slower reactions, more forgetful, Parkinson's.

1 2 3 4 5

**S3 - DARK CENTER AREA.** \\\ Poor digestion, malabsorption. Chew? Low on UFAs.. pancreas off, large bowel dysfunction, dirty.

1 2 3 4 5

**S4 - FIBRIN NETWORK POOR INTERCONNECTION** \\\ Hormonal imbalance. Thyroid out-of-balance; weight or hormonal changes.

1 2 3 4 5

**S5 - FIBRIN NETWORK LOW CONCENTRATION** \\\ Digestion protein poor; pancreas off.

1 2 3 4 5

**S6 - FIBRIN NETWORK BLACK BALLOONED OUT BULGES** \\\ Parasites. Weight loss? Deteriorating muscles, too thin, can't gain. B12, Folic Acid, fat soluble A&E Vitamins not being absorbed.

1 2 3 4 5

**S7 - ERASED FIBRIN IN ELONGATED DIFFERENT COLORED AREA.** \\\ Thyroid/parathyroid out-of-balance; weight or hormonal changes. Minerals low; magnesium, chromium, selenium, zinc, manganese, boron, calcium/phosphorus. Acid profile; ph low, tendency to ulcers, heartburn, disease.

1 2 3 4 5

**S8 - ERASED FIBRIN IN CIRCULAR DIFFERENT COLORED AREA** \\\ Heart problems; valves, arrhythmia, hi triglyceride. Blood pressure high. Clogged arteries, bulging veins, plaque.

1 2 3 4 5

**S9 - UN-ERASED FIBRIN IN WHITENED DIFFERENT COLORED AREA** \\\ Muscles; sore, flabbier, shrinking, losing strength? Legs; numb, rubbery, losing muscle size/strength, in pain. Myocytis, fatigue.

1 2 3 4 5

**S10 -RBC COLOR VARIATION INSIDE FIBRIN NETWORK.** \\\ Anemia; low on iron, low energy, tired.

1 2 3 4 5

**S11 - ELONGATED STRAND, FAIRLY STRAIGHT, WHITE OR BLACK.** \\\ Back/neck/shoulders; sore, numb, pinched nerves, spine curved. Whiplash from accident? Stiff back, neck, shoulders? Lumbar Dorsal? Tendonitis.

1 2 3 4 5

**S12 - WANDERING RIVERS CUTTING ACROSS FIBRIN NETWORK.** \\\ Circulation/oxygenation poor. Low energy. Cold hands/feet. Exercising enough? Sweat easily? Get heart rate up?

1 2 3 4 5

**S13 - PPP NARROW, ELONGATED, BENT, CURVED, LYING ASKEW.** \\\ Viral activity. Fatiguing. Oxygenation not good.

1 2 3 4 5

**S14 - PPP WHITE w/BLACK HALOS ENCIRCLING THEM.** \\\ Liver stress. Detoxing. Systemic toxicity.

1 2 3 4 5

**S15 - PPP GREAT LAKES, LARGE, WIDE, LINKED.** \\\ Degenerative disease indications; high free-radical stress, & toxins. Systemic infection, systemic circulatory insufficiency. Collagen diseases.

1 2 3 4 5

**S16 - MISTY CLOUD-LIKE RBC AREAS AGAINST A BROKEN FIBRIN NETWORK** \\\ Sugar intolerance. Hypoglycemic. (Diabetic, pancreas off). DIC

1 2 3 4 5

**S17 - SPOKES, RADIAL, BICYCLE LIKE.** \\\ Altered pH, electrolyte imbalance. Calcium/phos. ratio, cell's NaK pumps inefficient. Minerals low; magnesium, chromium, selenium, zinc, manganese, boron. Thyroid/parathyroid off.

1 2 3 4 5

**S18 - BRIDGES, THIN BLACK, ACROSS THE WHITE PPP LAKES.** \\\ Viral activity. Fatiguing. Oxygenation not good. Fatigue - chronic, EBVirus.

1 2 3 4 5

**S19 - SPIKES / SPICULE NEEDLE NETWORK VISIBLE OUT IN WHITE PPPs** \\\ Liver stress.

1 2 3 4 5

**S20 - BROKEN TISSUE LYING OUT IN CENTER OF PPP.** \\\ Degenerative disease indications; high free-radical stress, toxins. More widespread, systemic.

1 2 3 4 5

**S21 - SIALIC ACID ROUND BEADS STUCK OUT IN WHITE PPP.** \\\ Same as S-20.

1 2 3 4 5

**S22 - EXPLODED CELLS (HEINZ BODIES) LIKE PEPPER OUT IN CENTER OF PPP.** \\\ Same as S20.

1 2 3 4 5

**S23 - GREEN TINGE AROUND EDGES OF PPP OR OVER FIBRIN.** \\\ Same as 2-20, localized issue.

1 2 3 4 5

**S24 - CRYSTALS/GLASS STUCK OUT IN CENTER OF WHITE PPP.** \\\ Arthritis, gout, Sore joints, uric acid, collagen diseases. Systemic circulatory insufficiency.

1 2 3 4 5

**S25 RED CELLS OUT IN CENTER OF PPPs (DENATURED RBCs)** \\\ Inflammation, irritation, soreness, swelling.

1 2 3 4 5

**S26 - BRIGHT ORANGE or [RED] AREAS, OFTEN AROUND PPP's** \\\ Inflammation, irritation, soreness, swelling. If red - bleeding, internal. Urine and stool may show blood presence.

1 2 3 4 5

**S27 - THIN CHAINS OF WHITE PPPs INSIDE BLACK FIBRIN.** \\\ Lymph nodes; sludge, fascia congested. Edema; swelling, water retention, toxic kidneys, on diuretics.

1 2 3 4 5

**S28 - BROWNE/TANNED RED CELLS** \\\ Yeast, fungus; eg Candida, local or systemic.

1 2 3 4 5

**S29 - RBCs AGGREGATED AROUND EDGES AND LAKES FILLING BACK IN.** \\\ Healing, treatments effective, noticeable improvement.

1 2 3 4 5

In general, the presence of PPP's indicate stress on the extra-cellular matrix which binds cells together and is part of the lymphatic cellular irrigation system. This stress could be of an oxidative/free radical nature, or mycotoxicosis (systemic yeast/fungal activity), or trapped blood proteins (lymph stasis), or excess toxicity buildup, or any biochemical imbalance that can affect that tissue compartment. As on-going research and correlations continue, you will likely see other patterns develop beyond what is indicated here.

Notes:

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