

Getting Started

Use this Self-Test to Uncover Possible Causes of any Lingering Health Condition.

There are many things that you would never think about as toxic or harmful to you and your body, or causing an illness or disease. Besides environmental pollutants like toxins in the air we breathe, there are contaminants in our water, and heavy metals and chemicals in just about all our food. We need to worry about the proliferation of man-made electromagnetic radiation and the toxic radiations being emitted from synthetically made carpets, drapes, clothing and many other fabrics. Many chemicals in the home and workplace are dangerous to a large segment of the population. There are hundreds of health conditions that can be traced back to simply being routinely near any of the large number of the man-made objects that emit dangerous electromagnetic fields and/or synthetically made fabrics and chemicals.

If you answer any question with a "Yes," you may find help from the suggestions listed below the question. And, the Key Word Sheet may also help you find the best DNR products for certain health issues.

Yes No 1. *Do you sleep under a blanket made of synthetic fiber or on non-cotton or blended sheets and/or pillow cases?*

If Yes: As soon as possible, you should replace your synthetic sheets, pillow cases and blankets with 100% cotton or silk. In either case, natural or synthetic, use *Fabric Shield* each time you wash these items.

Yes No 2. *Do you have box springs, or does your mattress have polyurethane padding, springs and/or a synthetic fabric cover?*

If Yes: If possible, buy a cotton mattress with no box spring. Cotton or not, spray mattress with *Fabric Shield Spray*, let dry, spray again. Repeat monthly. Place a 1/2" cotton pad on your mattress. Use *Fabric Shield* on pad every two weeks.

Yes No 3. *Do you sleep on a foam "egg crate" mattress pad?*

If Yes: Do not use your foam "egg crate" pad or any other synthetic pad on your mattress due to formaldehyde transmissions.

Yes No 4. *Do you have a metal bed frame?*

If Yes: If possible, replace your metal bed frame with wood, or simply remove the frame. If you keep the frame, be sure to spray the mattress with *Fabric Shield Spray* each month.

Yes No 5. *Do you sleep on a water bed?*

If Yes: If you can get rid of your water bed, do so. If not, place a 1/2" cotton pad over water bed. Wash pad, sheets and pillow cases in *Fabric Shield* at least every two weeks.

Yes No 6. *Do you sleep with a heated water bed, heating pad or electric blanket?*

If Yes: Electric warming devices, like the one you're using, emit electromagnetic fields which disrupt your body's balance. You can use it to warm your bed before getting into it, but **unplug** it before getting into bed.

Yes No 7. *Do you sleep on a foam pillow or a pillow made of anything unnatural (such as Dacron or Polyester)?*

If Yes: Replace your foam or synthetic pillow with cotton, feathers or down. Use *Fabric Shield* each time you wash the pillow case.

Yes No 8. *Do you sleep wearing synthetic blended materials (pajamas, nightgown)?*

If Yes: As soon as possible, replace all your synthetic nightgowns and/or pajamas with cotton or silk. Use *Fabric Shield* when washing these natural or synthetic garments.

Yes No 9. *Do you sleep near a fan or under a ceiling fan?*

If Yes: Move your portable fan to a minimum of 3 feet from your bed. Adjust your ceiling fan to rotate clockwise. Better still, turn off fans while sleeping.

Yes No 10. *Do you sleep near a motorized clock, CD or cassette player?*

If Yes: Place your motorized clock, cassette or CD player a minimum of 3 feet from your bed, or replace motorized clock with a digital clock.

Yes No 11. *Does your head point West, Southwest or Northwest when you sleep?*

If Yes: Move your bed so that your head is pointing East. When sleeping in this direction you should experience a more relaxed and peaceful awakening. This is due to the geomagnetic alignment of the Earth in relation to man.

Yes No 12. Do you have one or more metal fillings, braces or dentures in your mouth?

If Yes: At least once per day add 8 drops of *Yellow Label* and 8 drops of *Green Label* to 4 ounces of room temperature water, swish around in your mouth and gargle several times before swallowing.

Yes No 13. Do you wear synthetic blends of material in your undergarments?

If Yes: Replace all your synthetic undergarments with cotton or silk. Use *Fabric Shield* in rinse cycle after washing your undergarments, natural or not.

Yes No 14. Do you wear synthetic blends in your clothes (blouses, slacks, jogging suits, socks, etc.)?

If Yes: Replace all your synthetic clothing with cotton, silk, or wool. Use *Fabric Shield* when washing all of your clothing, natural or not.

Yes No 15. Do you ever wear dry cleaned clothing?

If Yes: Let your dry cleaned clothing air out for 24 hours, then LIGHTLY MIST with *Fabric Shield Spray* before wearing.

Yes No 16. Do you wear pierced or clip-on earrings?

If Yes: Earrings affect two of the body's most important balancing points. Pierced earrings penetrate these points. Metal earrings may pick up magnetic fields, disrupting the body's balance.

Yes No 17. Do you wear glasses with metal frames or plastic frames with metal inside?

If Yes: Metal in your eyeglass frames usually holds magnetic fields. If possible, replace metal glasses with 100% plastic. Otherwise, use *Green Label* on all 8 points 4 times per day and on eye points twice per day. Rub a little *Green Label* onto the eyeglass frames each morning.

Yes No 18. Do you wear an electric/quartz watch on your wrist?

If Yes: The top, or outside, of the wrist is an important balancing point. Wear your electric watch low on your wrist or on the inside of your wrist.

Yes No 19. Do you wear metal belt buckles, a diamond solitaire ring or gold jewelry around your neck or your wrist?

If Yes: Gold and metal jewelry and belt buckles usually hold magnetic charges. Diamonds have their own magnetic emissions. Minimize or stop wearing them. If you continue to wear them, dip them each evening in water with 6 drops of *Topical Original* and allow to dry overnight.

Yes No 20. Do you use hair spray?

If Yes: If you "must" use hair spray, use *Neutra-Spray* as directed on the bottle immediately after using hair spray each time.

Yes No 21. Do you shampoo your hair more than twice per week?

If Yes: When you are washing your hair, mix 6 drops of *Liquid Needle Shampoo Drops* into your shampoo lather in your hand. Lather in your hair and over upper body and leave on for 5 minutes before rinsing. Repeat if possible. Use *Neutra-Spray* after dressing each day.

Yes No 22. Do you dye your hair?

If Yes: Hair dyes are powerful synthetic chemicals, usually made with formaldehyde. Do not use them anymore. If you must, use *Neutra-Spray* twice daily.

Yes No 23. Do you use an electric hair dryer?

If Yes: Use *Liquid Needle Topical Original* on 8 points immediately after drying your hair with your electric hair dryer. Use *Neutra-Spray* after dressing for the day.

Yes No 24. Do you use a corded electric shaver?

If Yes: It is better to use a razor or cordless electric shaver. If you use a corded electric shaver, apply *Liquid Needle Topical Original* to the 8 Basic Balancing Points immediately after its use.

Yes No 25. Do you cook with an electric stove, oven or microwave?

If Yes: Apply *Liquid Needle Topical Original* to the 8 Basic Balancing Points before and after extended cooking near your electric stove, oven or microwave. They emit harmful radiation.

Yes No 26. Do you watch television in a padded chair or couch made with foam cushions or covered with synthetic fabrics?

If Yes: Lightly mist the synthetic upholstery on your couch and chairs with *Fabric Shield Spray*. Let dry and spray again. Repeat at least every two months.

Yes No 27. Is your carpet made of synthetic materials and does it have poly foam padding under it?

If Yes: Lightly mist your synthetic carpets with *Fabric Shield Spray*. Let dry and spray again. Repeat at least every two months.

Yes No 28. Have you taken any particular prescription drug or herbal product longer than 3 months?

If Yes: Add 8 drops of *Yellow Label* and 8 drops of *Green Label* to 4 ounces of room temperature water and drink whenever you take your drugs or supplements. Use *Body Soak Gold* as described on the bottle for your first 5 soaks.

Yes No 29. Do you eat fresh fruits and/or vegetables on a regular basis?

If Yes: Soak all of your fresh fruits and veggies in water with 8 drops of *Yellow Label* and 8 drops of *Green Label* for 15 minutes.

Yes No 30. Do you eat pre-prepared or restaurant food more than twice per week?

If Yes: When you eat pre-prepared or restaurant food, place 8 drops of *Yellow Label* and 8 drops of *Green Label* in 3 to 4 ounces of room temperature water and drink it before your meal.

Yes No 31. Have you smoked for over 20 years and over 2 packs of cigarettes per day?

If Yes: Stop smoking. If you cannot stop, try soaking in *CIG-131* every third night and take *CIG-522* orally as directed every time you desire a cigarette.

Yes No 32. Do you work with heavy metals or strong chemicals?

If Yes: Use *Topical Yellow Label* twice per day. Follow the **9 or 21 Soak Cleansing Protocol**. After dressing for the day, use *Neutra-Spray* as directed on the bottle.

Yes No 33. Do you work in an office with fluorescent lighting, computers, copiers, printers, synthetic carpet or drapes less than 2 years old; or in a plant with motorized and electrical tools or equipment?

If Yes: While working around electronic equipment, drink *EVB* in 32 ounces of water throughout the day. Take a *Body Soak Blue* bath at least once per week. Spray with *Neutra-Spray* every morning before work.

Yes No 34. Do you talk on the telephone a good part of the day?

If Yes: Since you use the telephone a good part of the day, place a cloth *Band-Aid* on the receiver and apply 6 drops of *Topical Original* to the inside gauze several times per week. Drink *EVB* in 32 ounces of water throughout the day. Spray with *Neutra-Spray* every morning before work.

Yes No 35. Are you in your automobile for one hour or more at a time per day?

If Yes: Driving a motorized vehicle affects balance. Use *Topical Original* on your 8 points upon entering your car. Lightly mist your car's fabric carpet and upholstery with *Fabric Shield Spray* at least once per month.

Yes No 36. Are you normally living under a stressful situation, or do you experience mood swings?

If Yes: Use *ExStress* and *ExStress Body Soak* as directed on each bottle. Apply *Topical Brown Label* to your 8 points at least 3 times per day up until 4:00 p.m. Women should use *MEL-502* and *PRO-503* three times daily.

Yes No 37. Do you suffer from after-lunch fatigue, lack of mental focus or concentration or memory deterioration?

If Yes: Use *Liquid Needle "Total Balance"* on your 8 points at least twice per day and when you experience these symptoms. Drink *EVB* in 32 ounces of water throughout the day.

Yes No 38. Are you frequently swollen?

If Yes: When you are swollen, soak for 45 minutes in a warm bath with 8 to 16 ounces of *Draw*. Or, if swelling is accompanied by pain, soak for 30 minutes in a warm bath with 8 ounces of *ChekMate Body Soak*.

Yes No 39. *Do you frequently find yourself unable to sleep well?*

If Yes: On nights you expect to have trouble sleeping, take a warm bath with 8 ounces of *Dynique* before bed. (Also, use *MEL-503* after dinner) and soak with *Body Soak Clear, Gold* or *ExStress Soak* at least once per week. If you believe your lack of sleep is due to stress, use *ExStress* drops 3 times per day.

Yes No 40. *Do you have frequent headaches or back pain?*

If Yes: When you have a headache, back pain or other pain, use *Topical Extra Strength* on the 8 points plus the area of discomfort. Spray *ChekMate* or apply *Liquid Triggers Pain Gel* directly on the area of concern.

Yes No 41. *Do you regularly workout physically and/or participate in sporting events?*

If Yes: Since you workout and/or play sports regularly, you should consider using the DNR Sports products.

Yes No 42. *Is your house within 50 feet of an electrical transformer?*

If Yes: Determine with an EMF Detector if there are fields in any room in excess of 3 milligauss. If there are, ask the power company to correct the problem, stay away from high reading areas, use *Topical Original* before and after being in these areas over 20 minutes. Drink *EVB* in 32 ounces of water throughout the day.

Yes No 43. *Does electricity come into your house through underground wires?*

If Yes: Determine with an EMF Detector if there are fields in the majority of your house in excess of 3 milligauss. If there are, move as soon as possible unless the power company can correct the problem.

Yes No 44. *Do you live in a mobile home, modular home or apartment?*

If Yes: Spray *Fabric Shield Spray* onto carpets, upholstered furniture and drapes. Use *Fabric Shield* on all washable fabrics. Drink *EVB* in 32 ounces of water throughout the day.

Yes No 45. *Do you wear metal strap, underwire or padded bras?*

If Yes: Replace the bras you have now with all cotton bras with no underwire, padding or metal straps. Use *Fabric Shield* on all of your bras after each wear.

Yes No 46. *Do you wear nylon pantyhose several times per week?*

If Yes: Minimize the times you wear pantyhose unless they are cotton or silk. Use *Fabric Shield* or spray them with *Fabric Shield Spray* before each wear.

Yes No 47. *Do you experience hot flashes, PMS symptoms or any other symptoms related to menopause or post-menopause?*

If Yes: Use *Brown Label* at least twice per day. During the daytime, apply *Brown Label* to your "Especially for Women" points shown in the Usage section. Use *Body Soak Clear* as indicated on the bottle. Take *MEL-502*, *PRO-503*, and *GLA-519EX* as directed on each label.

Important Notes about your environment:

In order for the body to heal itself, maintain its immune system and function as normally as possible, it must be in balance. The two most overlooked influences affecting balance are Electromagnetic Fields (EMFs) and Toxic Substance Emissions (TSEs).

EMFs are strongest near electrical devices and drop off as you move further away. The best way to determine a safe distance is to use an EMF Detector to measure the strength of the EMF. You should try to avoid any area with an EMF measuring over 2 milligauss. Be sure to use an accurate EMF Detector such as the one available from DNR, Inc.

Toxic Emissions are emitted from all man-made (synthetic) objects and substances. The most prevalent problem comes from objects made with Formaldehyde. These include foam used in furniture, synthetic fabrics, plastics and more. Toxic Substances radiate from chemical cleaning agents, preservatives, and many other sources. Unfortunately, there are no affordable meters to measure Toxic Emissions, so you must investigate the make-up of any items in question.