

The Taste-DCA-Test

What is the Taste-DCA-Test for?

This test helps you to determine the amount of DCA floating in your body. If we have enough DCA in our body, our unspecific immune system is well activated. Then we are ready to defend viruses and inflammations approaching our body as well as promoting wound healing. But if our level on DCA is too low, we get into severe problems with our primary immune response.

With medical analysis methods it is quite hard to determine the level of DCA in our body in a laboratory. On one side it is already very difficult to detect the accurate level of DCA in tissues or body fluids. On the other side DCA is competitive to other hormones in our body, so the absolute amount of DCA won't tell the strength of DCA working in its purpose.

But for god sake there is a simple method to detect the own DCA-level. DCA tastes bitter, if we don't have enough of it and it tastes neutral, if our DCA-level is at an optimum. Just go for the Taste-DCA-Test.

How do we undertake the Taste-DCA-Test correctly?

1. First we don't eat anything for about 20 minutes. That means especially to avoid every nutrition that contains fat, because DCA is soluble in fat, not in water.
2. Now we put a small amount of DCA (size of a lentil) in our mouth and take it backwards to the rear space of our tongue (where the receptors of bitterness are).
3. Now we taste it and decide, whether it makes sense to consider either therapy A = restore our intestinal flora or therapy B = active therapy in acute cases:

Taste	A*	B**	Description
Not bitter at all - tastes neutral	No	No	Your DCA-system is perfect. You don't need any therapy with DCA. If you have a disease, it is not useful to try a therapy with DCA, look for other methods.
Slightly bitter - but tastes okay	Yes	No	That is the normal state of a white human being that has a slightly damaged DCA-system. Here it makes sense to care about your intestinal flora and to regenerate it.
Moderate bitterness - doesn't taste good	No	Yes	You should care about your DCA-system. If you are ill and want to decide whether DCA could help you, in your case it is worth to give DCA a trial.
Strong bitterness - you have an urge to rinse your mouth	Yes	Yes	You have a severe shortage on DCA in your body. Probably you suffer on a chronic illness or other body issues. It is now important to care for your DCA-system with both, a restoration of your intestinal flora as well as an acute therapy in case of persisting diseases.