

## **How to get a skin specimen**

This is possible only if you have activity on your face or on some part of your body that you can easily see close up in a mirror.

You will need to buy a **microscope**. Get one that has at least a **40x magnification**. You can also get a cheap high powered magnifying glass by purchasing a Jewelers Loupe which are 30x magnification (I bought a used microscope with a camera on EBay so I could take pictures) You will also need to buy **Uncle Bill's Tweezers** ([http://www.baileysonline.com/itemdetail.asp?item=0601&utm\\_source=base&utm\\_medium=cse](http://www.baileysonline.com/itemdetail.asp?item=0601&utm_source=base&utm_medium=cse)) which are surgically precise and only cost \$3.95. (These are such a useful find that you will wonder how you ever lived without them for removing splinters). You will also need as thin of a **sewing needle** as you can find.

You will need microscope **slides** to place the sample on and **slide covers** to protect the specimen. You will also need sharpened **eyeliner or lip liner pencil** to circle the specimen once it is on the slide. These are so small that once you locate it on the slide the circle will ease finding it again. You will need to purchase a **10x magnifying mirror** (like the kind used to apply makeup) and mount it or find a place that you can use it with no hands.

Shower with the Arbonne bodywash rinse and dry off. Do not put anything on your skin on your face after bathing. Check the skin on your face in the magnifying mirror to make sure nothing is on the skin's surface. If you see anything remove it with the tweezers. You want to see if something comes out of your skin so you need to begin with nothing on it. Keep studying your skin in the magnifying mirror. Do not interrupt your gaze. Within about 10 minutes you may see something come out of your skin and experience a tickle or itch in the area. Focus in the magnifying mirror on the spot that you feel the itch or tickle. If you see anything, even a speck in the spot itching, pick it up with either the tweezers or by lifting it off your skin with the needle and place it on the slide. You want to try to get a specimen that is not crushed or distorted so this is a delicate operation. After you place the specimen on the slide using the magnifying glass circle the speck. Look at it under the microscope. Keep doing this until you get what will look like a tiny larvae or fibers. Place the slide in a Tupperware to protect it and present it to the doctor you are dealing with.