

## **What is Nutrition Response Testing?**

Nutrition Response Testing is a non-invasive system of analyzing the body to determine the underlying causes of ill or non-optimum health. Our clinically proven system *may* be quite different from any other healing practice that you may have experienced.

We will have some questions for you before and during the testing. The actual procedure is simple and direct, with the body providing all of the information and feedback needed. We use the extraordinary properties of the human cells and tissues to bring about healing and health changes ... *exactly as Nature intended*. The body responds to the procedure reliably and consistently. This feedback is so precise that it opens the door to a safe and lasting recovery, even in cases where everything else has failed.

*The body has the full potential to fully repair itself when given the right nutrients.*

## **What are we testing for?**

Through an analysis, we are testing your body's neurological reflexes. These reflexes are the body's way of telling us what and how your nervous system is doing -as it is the nervous system's responsibility to regulate the body's functions for each and every organ. The testing includes organs, glands, joints, muscles, etc. These reflexes are tested on the surface of the body and then the findings are analyzed.

## **How do we get the body's "reflex" information?**

Energy flows exist between all parts and organs of the body. These flows can become disrupted for a variety of reasons. This disruption is easily discovered with our testing.

As a Nutrition Response Testing practitioner, we will do a full body scan to properly assess each of your reflexes. The practitioner will do the analysis by contacting your extended arm with one hand, and contact the specific reflex area with the other hand. If the tested reflex is stressed, your nervous system will respond by reducing energy to the extended arm (which will weaken and cause it to drop). A drop in the arm indicates underlying stress or dysfunction in that area which can be affecting your health. Once the underlying stress is corrected, this weak muscle response will no longer occur.

Since we directly use the body for analysis, (versus doing lab tests) it is faster and tends to be just as accurate. There are also no huge expensive machines, no drugs, surgery, nasty needles or laboratory fees to cover. Following your consultation you will be given the results with a specific nutritional program to follow.

## **How soon will I see improvement?**

Although every case is different, we often hear enthusiastic reports from patients in as little as 4-6 weeks. The fastest recoveries are often from those who have most closely adhered to their recommended nutritional program.

## **Is it important to stick to the plan?**

Generally chronic health problems do not suddenly develop overnight. They develop over a long period of time (often years) with improper diet (which causes nutritional deficiencies and imbalances) and environmental influences. All of which have gotten you into your current health condition. Therefore, the sooner and more thoroughly you implement your program, the sooner you'll start to see results. While on your program, if you continue those same old habits and routines that contributed to your current condition, your body's condition may not improve as you hope. Total commitment to your program is strongly urged.

## **What are my chances for recovery?**

Our long-term experience in a wide variety of cases tells us the first thing we must determine is whether or not you're are a "Nutrition Response Testing Case". If someone is NOT a "Nutrition Response Testing Case" then it is unlikely that Nutrition Response Testing will ever help you. However, if you ARE a "Nutrition Response Testing Case", then in our experience, it is our belief that nothing else will help you as much.

## **What happens next?**

While you are on your own designed clinical nutrition program, you will continue on your health recovery process. We will continue to monitor your progress and adjust your program as needed when additional layers show up. This procedure will assist you in attaining the maximum possible health benefits and get the real underlying health issues handled.

## **WHAT IS *DESIGNED CLINICAL NUTRITION*?**

Designed: Especially prepared for you, based on a specific plan.

Clinical: Pertaining to the results achieved in clinical use on a multitude of patients over many years.

Nutrition: Real food, as designed by Nature, to enable the body to repair itself and become healthier.

After you receive your analysis, you will get a specifically designed nutrition program, based off the information your body provides. *Most* programs include dietary suggestions (as well as whole food supplements) to aid your body in healing itself. Concentrated whole food supplements are used. These have been prepared by a unique process that preserves all of the active enzymes and vital components.

## **How do I know which supplements are right for me?**

After we identify the underlying reason your body is creating symptoms, we can isolate and verify the precise whole food supplements (and quantities) your body needs to resolve its problems. Our goal is to have you take as few supplements as possible, with your body being fully addressed and restored at the same time.

## What are "whole foods"?

"Whole food" is defined as *'Food that has undergone very little processing and has been grown or produced without the use of synthetic pesticides or fertilizers'*. A good example is carrots. Carrots are rich in vitamin A complex. A "complex" is something made up of different parts which work together. Synthetic vitamins do not contain the whole complex (as found in Nature). If testing indicated a vitamin A deficiency, we would look for a whole food high in vitamin A complex (and carrots would be a likely source). A supplement rich in this complex would then be included in your program. We pride ourselves on only using the highest quality whole food supplements available.

Whole food supplements are entirely derived from specific whole foods, organically grown and prepared in such a way that preserves their vital enzymes and vitamins; making them the optimum vitamin-mineral products. Now in incredibly concentrated form, your body can get complete nutrition from this small tablet! By restoring the nutrition on which your body was founded, it is possible to enable your body to heal itself.... *just as Nature intended*.

## I thought I ate well...

- Microwaving
- Genetic engineering
- Food coloring
- Synthetic additives
- Flash Freezing
- Preservatives
- Hormones and antibiotics (found in meat, chicken, etc.)
- Produce grown in soil that has been robbed of its nutrients
- Harmful chemicals and metals (such as pcb's and mercury in some fish)

Although deficiencies may be due to illness, it *is* likely that other factors may be contributing to the problem *also*, some of which may be contained in the food you eat every day. A few factors typical of the "food" commercially available in all grocery stores and restaurants:

If any of these are involved in the creation or processing of your food, then what you are eating is really just "disguised" as food. Not only does this "food" have insufficient nutritional value, it may also contain toxins which work against your body and your health. In contrast, whole foods that have not been altered or contaminated contain genuine replacement parts as part of Nature's design.

## Can't I just eat better?

There has been a drastic decline in the quality of food over the past 70 years, resulting in a nation of sick people who are dependent on pharmaceutical drugs. Your body's function is founded on nourishment from the environment (which until recently did not include heavy metals, toxic chemicals and pesticides). Current food conditions make it next to impossible to get all of the nutritional components your body requires to heal and/or maintain resiliency.

## How long will it take for me to start feeling healthy again?

Each case is handled on an individual basis. The majority of patients who adhere to their programs have reported noticing positive changes in the first 4 to 6 weeks (*some* longer, and some sooner). Your improvement is directly proportional to the adherence to your program and your present condition.

## **Do I have to stay on a Designed Clinical Nutrition regimen forever?**

Through the course of your program additional layers will show up. For example, if you have a long term health problem, you may find that your body may (or may not) want to address this first. Your body will dictate its priority each time you are tested. When its priority problem is handled with correct nutrients, your next test may reveal another major issue (which may have been long hidden and unhandled). As this happens, we will adjust your program. Our goal is to have you on as few supplements as possible.

Good dietary habits will always be encouraged. If you continue poor habits, this will perpetuate ill health and inhibit your body's natural ability to heal itself. As you feel better and your health improves, you will likely find yourself wanting to maintain a well balanced and healthy diet as your normal routine.

## **How do I get a Designed Clinical Nutrition program?**

As a Nutrition Response Testing patient, you will receive an individualized program based on the results of your analysis. The program will match the exact needs of your body through diet and nutritional supplementation. The elements in your personal Designed Clinical Nutrition program are nutrients that your body is not currently receiving and/or assimilating.

## **PATIENT SUCCESS:**

*"I suffered from chronic tiredness and sinus problems. I routinely used an inhaler in order to breathe comfortably. Recently, I was put on a special nutritional program to cleanse my liver. This had a dramatic result. Almost overnight my feeling of well-being has drastically improved and maintains at this new level. I no longer have this "temperature" feeling I've had for a long time. My sinuses are better and I have not needed the inhaler. I am doing great energy-wise. I have not felt this good in years!" -Cal T.*

*"While undergoing your program, following your recommended dietary guidelines and taking the nutritional supplements, I noticed great improvement (almost from the outset. I have lost almost 40 pounds effortlessly and weight loss was not a goal I had for seeing you. The irritability has significantly diminished and allergy attacks are practically absent. The joint pains (especially my stiffness) have gotten so much better... and my sex drive is returning (after having low to none for the past 13 years). This has relieved some strain on my marriage! After just three months following the program, I've got HORMONES again! My husband and I both thank you for that!" -Deb S.*