

# *What Clients are Saying...*

I've lost weight and I have no digestion problems. I have more energy, no colds, my immune system is better, and my blood pressure is down.

**Mena M.**

Improvements I have noticed: skin, hair, complexion, anxiety level, self-assurance, improved digestive system, increased energy, overall health, better eating habits, and better health awareness.

**Nicole M.**

Since being treated by Nutrition Response Testing, I have lost weight, and reached my goal! I have much more energy, less headaches, etc. Another big point is antibiotic use. I have not needed an antibiotic for months, and that is wonderful. My children are a big element in my life, and NRT has given us our lives back. No more hospital admissions, sleepless nights, etc. My eldest child even asks for his supplements.

**Suzie Adams**

I have been being treated with Nutrition Response Testing for 2 years, and have noticed an improvement in my joint pain, intestinal disorder, cholesterol, weight loss, and blood pressure. Before NRT, I was using a lot of anti-inflammatory drugs, but since I have been using her protocol I have not needed to use any of those drugs. I have more energy than I have had in years.

**Evelyn A.**

My all around health is better in a short amount of time.

**Nancy L.**

I have much more energy, weight loss, more confidence, and feel better overall. I am anxious for the bimonthly appointments and I do not mind knowing what else can be found wrong with me, because I know NRT will take it care of.

**Melanie D.**

Nutrition Response Testing has helped me to address nutritional issues at this stage of my life as well as certain health issues of concern such as migraine headaches, stress, cholesterol, and weight concerns. As well as generalized health improvement.

**M. G.**

Within one year of being treated using NRT, I have noticed many changes in my body, scars have peeled, lumps have disappeared, my hernia has disappeared, along with the hernia in my belly button, my hair grows like crazy, my nails are stronger, mental attitude has improved, and I even went from a 44C bra to a 38C on the second hook.

**C. G.**

I have been able to watch my diet more carefully, eat better and healthier, and have become aware of "bad foods". I have lost 12 pounds since I started, and my indigestion concerns are much improved.

**Susan G.**

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I suffer from Crohn's Disease, and since being treated with Nutrition Response Testing my cholesterol vs. triglycerides have been reversed, I have the ability to eat salads without the fear of doubling over or spending hours in discomfort, and I realized I was eating too many carbs vs. protein.

**Cheryl**

Since being treated with Nutrition Response Testing, my hot flashes have been taken care of; I have lost weight, which I did not even come for. The very painful Bursitis in my shoulder has also been taken care of. Most of the pain I have suffered in the past has been resolved through the Thyroid supplements.

**Gloria C.**

Prior to Nutrition Response Testing, I had chronic fatigue. Now I have more energy. I have lost 20 pounds, and I do not have to take as many pain medications.

**Dolores K.**

Since using Nutrition Response Testing, I have been able to drink more water, eat less junk food, pay closer attention to food labels, eat more vegetables, and use more seasonings.

**Bonnie D.**

Before NRT, I was tired; I ached all over, and carried extra pounds. After two months, my energy has increased, I am losing weight and my overall outlook on myself has improved, and my stamina is much better than it was in the beginning.

**Sharon M.**

Since being treated using Nutrition Response Testing, I am beginning to look at food in a different light. Rather than as a solution to problems, I see it as a means to becoming healthy as I get older/ I am learning slowly to make wiser food choices and in doing so learning to hear and feel how my body reacts to what I ingest. I also like the one-on-one approach with someone whom I feel cares... I do not feel fatigued or generally depressed anymore.

**Judith S.**

Since NRT, I have noticed a positive change in my stomach problems, including less gas, I feel better, and I am no longer on my Acid Reflux medications.

**Karen M.**

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When I first came here I was very tired, my stomach used to bloat out so far I looked like I was about 5 or 6 month pregnant. I was just very unhappy with how I looked and felt. Now, although I only lost 8lbs, all my pants have gotten very baggy on me and I am now back in my skinny clothes. My stomach isn't bloated anymore, even my fingers don't swell as much. I have more energy and my stress level has gone down a lot. I realize I have more to go but I know at this rate I will have no problem getting there, finding out what's wrong and knowing what it will take to fix it.

**Sharon H.**

For several years, I felt extremely tired all the time. I had no motivation or stamina to get things done. Sometimes, I would be so tired; I couldn't focus or concentrate on anything. I also had problems with a sour stomach and gassy bowels. NRT changed all of that. It has been an eye opening experience for me. I learned how much my diet, and how the right supplements, could change my problems. Now, I have more energy and stamina than ever and my stomach and bowels feel better too.

**Robin T.**

Before Nutrition Response Testing, I no longer fit in my skinny jeans, not my period jeans. I was tired all the time. I had no energy or motivation to do what I had to do let alone what I wanted to do. Now I have energy and I'm cleaning out my house doing all the things I let lay. I am motivated to do them and I'm getting it done. My mind is clearer than ever, having clarity of thought. And even my eye sight is less cloudy. I feel like that song "I can see clearly now, the rain has gone." And now my period pants are big and I fit comfortably in my skinny jeans. All the pants I bought last summer (my fat jeans) are pretty huge. When I run in them I have to hold them up. I can say that changing my eating habits and not cheating, along with the supplements, has changed my life. I thank God for NRT.

**Patrice**

NRT has helped me tremendously in a very short period of time. I feel better in general. I have more energy. I am more active resulting in significant weight loss in just 3 to 4 weeks. My attitude towards eating has changed and nutritionally I am making better food choices for my new lifestyle change. You are the best!

**Ann Marie**

I attended a group meeting held at a friend's house who swears by the process. After attending the meeting and hearing what NRT had to offer I felt I needed to give it a try. I had some concerns about my weight, tiredness, energy and other problems I felt she may be able to help with. I have to say as of this testimonial I have lost two pant sizes (38 to a 36) where I wanted to be. I have more energy and have no problems staying alert. The tiredness basically "went away". I must say it's amazing what can be accomplished in such a short period of time with the right direction and nurturing. I am very thankful for their help and expertise.

I suffered from migraines all of my life. I took a lot of medicine for my headaches. I have been coming here for 3 weeks now. Taking the supplements and changing my eating habits and I haven't taken any medicine for my headaches for 3 weeks now.

**Mary Lou C.**