

Nutrition Response Testing™

New Patient Orientation

Welcome to Nutrition Response Testing™

- Most of our new patients have been referred to us by other satisfied patients.
- Did you hear about us from someone who was very happy with their results?
- However you heard about us, you probably want to know what “Nutrition Response Testing” is - and what we do.

What is Nutrition Response Testing™?

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using Nutrition Response Testing before it was explained to you, you might find it strange, or simply not believable – only because it is probably very different from anything you may have experienced before.

Let's get started

In medical practice there are two key parts: the diagnosis (identifying and/or naming the “disease” or syndrome) and the treatment (drugs, surgery, etc.).

In Nutrition Response Testing we do not diagnose or treat disease - but we also have two parts: the analysis and the personalized health improvement program (using designed clinical nutrition).

Simply put, first we do an analysis, and then we design a natural health improvement program to help you handle what we find in our analysis of your body and condition.

First the Analysis

The analysis is done through testing the body's own neurological reflexes and acupuncture points. The neurological reflexes are derived from the part of the nervous system whose job is to regulate the functions of each and every organ. The acupuncture points are selected from the ancient Chinese system of acupuncture, which is thousands of years old.

Nutrition Response Testing is a study of how the different points on the surface of the body relate to the state of health and to the flow of energy in each and every organ and function of the body.

Each Nutrition Response Testing reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body. By testing the Nutrition Response Testing reflexes, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us identify exactly what the body needs and how well we are meeting that need.

Here is what we do with Nutrition Response Testing. Instead of connecting electrodes to the specific points being tested, the Nutrition Response Testing doctor contacts these points with his/her own hand. With his other hand, he/she will test the muscle of your extended arm. If the reflex being contacted is active, the nervous system will respond by reducing energy to the extended arm, and the arm will weaken and drop. This drop signifies underlying stress or dysfunction, which can be affecting your health.

The second part – the “Personalized Health Improvement Program”

Let's say the liver or kidney reflexes are active. Then what?

Our next step is to test specific, time-tested and proven, highest-possible quality nutritional formulas against those weak areas, to find which ones bring the reflexes back to strength.

Our decades of clinical experience tell us that when we have found the correct nutritional supplements, as indicated by this procedure, and when we work out a highly personalized nutritional supplement schedule, we have accomplished the most important first step in correcting the underlying deficiency or imbalance that caused the reflex to be active in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or to surgically remove the “offending” organ or part.

In Nutrition Response Testing™ we use “DESIGNED CLINICAL NUTRITION” to correct

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the cause of the problem, so that the body can regain the ability to correct itself.

What exactly is DESIGNED CLINICAL NUTRITION?

First of all, Designed Clinical Nutrition is not ‘over-the-counter’ vitamins. Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. They are not “whole food,” and the body does not actually recognize these as anything even vaguely beneficial (to put it mildly). Because they are not made from whole foods, “over-the-counter” vitamins lack the essential synergistic elements normally present in WHOLE foods.

“Designed Clinical Nutrition” is exactly that: **designed** (*especially prepared based on a specific plan*) **clinical** (*pertaining to the results gotten in clinical use or actual practice on huge numbers of patients over many years*) **nutrition** (*real food, designed by nature to enable the body to repair itself and grow healthfully*).

It is whole food in a tablet, capsule or powder, concentrated in a vacuum, cold-process system that preserves all of the active enzymes and vital components that make it work as the Creator intended. These real food supplements have been designed to match the needs of the body, as determined by the positive response shown when tested against the active Nutrition Response Testing reflexes that were found on your individual Nutrition Response Testing analysis. These are nutrients you are simply not getting, or not assimilating, in your current diet.

These deficiencies may be due to your past personal eating habits and routines, but it is for sure due, in some large extent, to the lack of quality in the foods commercially available in grocery stores or restaurants today.

SUMMARY

1. Through an analysis of your body’s reflexes, we help you to determine the exact nutrients you need to supplement your diet, in order to bring about balance and better health.
2. We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to “supplement” your current

diet. That’s why they are called “food supplements.”

3. Depending on your individual situation, we might also require that you make some specific changes in your diet & eating habits, and in your routines, in order to bring about the best possible results.

Conclusion

Many people we see in our practice have eaten themselves into their current state of ill-health, to one degree or another. The deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (chemical, microscopic, or otherwise).

The **good news** is that it is possible to reverse the process!