

Nutrition Response Testing™

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What is Nutrition Response Testing™?

The reason we are here is to help you get well. Hopefully you are here for that same reason. That is why we want to make sure you understand what Nutrition Response Testing™ (NRT) is right from the start. NRT is probably very different from anything you may have experienced before. Although it is very precise and scientific, if we were to analyze you using NRT without an explanation you may find it strange or mysterious. We felt similarly when we first encountered it and, therefore, have studied it extensively to see if it really worked. We are happy we did because it has helped us greatly improve our own health and with NRT, we may be able to help you improve yours. It is important for you to understand Nutrition Response Testing™ because it is the foundation upon which we base our recommendations, and if you don't understand it you may be less likely to follow through with our advice. To put it simply, if you don't follow through with our advice, you won't get well and if you are not going to get well, why begin in the first place? The good news is that by using NRT, most clients experience 90% or better improvement in their overall health.

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 the analysis.

First the Analysis

The analysis is done through testing the body's 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.

NRT 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. Since human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points has become extremely useful in our practice because they are so accurate.

Think About It

Each NRT 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 these reflexes, we have a system of monitoring your body at each visit that helps us identify what your needs and how well we are meeting those needs.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to help you reach the next stage of improved health?

How Do We Access the Nutrition Response Testing™ Reflexes in Order to Get This Information?

If we were to hook you up to an electro-cardiograph machine and take a reading, that would make perfect sense to you, right? What is actually happening during that procedure? Electrical energy from the heart is running over the wires. This electrical energy makes the electrocardiograph record the energy pattern in the form of a graph or chart. We could then study this graph and tell you what it all means. In Nutrition Response Testing™, instead of connecting electrodes to the specific points being tested, the practitioner contacts these points with his/her own hand. With the 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 may be affecting your health. Why is the Person Who Referred You Feeling Better? Because we did a Nutrition Response Testing™ analysis for him or her, we found the “active” reflexes and then made specific nutritional recommendations to help the body return to an improved state of health. We may be able to do the same thing for you. Isn't that exciting?

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 high quality nutritional formulas against those weak areas to find which ones bring the reflexes back to strength.

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 of supporting 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 Nutrition Response Testing™ we use *designed clinical nutrition* to address the causes of the problem, so that the body can regain the ability to heal and support 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). Please ask about our CD: “*The Whole Truth About Vitamins,*” for an entertaining, in-depth explanation of this aspect of vitamins and other nutritional supplements.

Because they are not made from whole foods, over-the-counter vitamins lack the essential synergistic elements normally present in WHOLE foods.

An example of a whole food would be carrots. Carrots are high in the “Vitamin A Complex”. “Complexes” are something made up of many different parts that work together. Synthetic vitamin A does not contain the whole Vitamin A Complex found in nature. So, if we were looking for a food high in Vitamin A, carrots might be one of our choices.

If you were deficient in any of the components of the Vitamin A Complex you would be wise to seek out a supplement that was made from whole foods that were rich in this complex - not from chemicals re-engineered in a laboratory to look like one part of the Vitamin A Complex and erroneously labeled, “Vitamin A”.

Vitamins that are commonly being used today generally only need to have a small percentage of their actual content derived from natural sources to be labeled “natural”. If they are not derived from whole foods, they often make you even more deficient and nutritionally out-of-balance. They can create other health problems because they do not contain all of the co-factors found in nature that make the vitamins work properly.

“Designed Clinical Nutrition” is exactly that: **designed** (*especially prepared based on a specific plan*) **clinical** (*pertaining to the results received in clinical use or actual practice on huge numbers of clients 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 nature 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 analysis. These are nutrients you are simply not getting, or not assimilating, in your current diet. These deficiencies may be a result of your past personal eating habits and routines, and to a large extent, to the lack of quality in the foods commercially available in grocery stores and restaurants today.

How Are These Products Produced?

One example of a designed clinical nutrition supplement that we use is called “Catalyn”. This product is produced by starting with a wide variety of carefully chosen organically grown vegetables, taking the water and fiber out using a vacuum, low heat process, without heating or cooking the vegetables, and then utilizing the concentrated food to make Standard Process Catalyn tablets.

The key to this whole procedure is the way it is done, using the “Standard Process” method:

- A. Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides – no chemicals are ever used. Ph.D.’s check the soil before the seeds are sown, to make sure of the fertility of the soil – and even the weeding is done by hand.
- B. The machinery involved in the processing of these products is made exclusively of glass and stainless steel.
- C. The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients are not cooked; they remain active and alive and have a very long shelf life.

Your vitality and energy is derived from live food. Most foods today are dead or are not really foods at all - as in boxed cereals, canned vegetables, soda pop, etc. You can readily understand the difference between dead, devitalized pseudo-foods, with the synthetic or isolated vitamins on the one hand and “Designed Clinical Nutrition” and a diet of real foods on the other.

There is a Great Deal of Technology and Know-How Behind What We Do

Having been designed through decades of clinical use on tens of thousands of clients, and on clients from many different types of health care practitioners, you can be assured that Nutrition Response Testing™ is capable of evaluating and possibly solving your health concerns.

A complete NRT analysis can be done on each client on each subsequent visit, thereby revealing the next layers of dysfunction so these can also be addressed and supported. In this way, each client gets completely individualized handling in the correct sequence for his or her body. Very much like opening a combination lock, you must use the right numbers in the right sequence and in the right direction at the right time – then the lock opens.

By following the correct sequence as revealed through Nutrition Response Testing™, you don’t “shot-gun” your diet or supplements. With a correctly done NRT analysis, we can determine the correct food supplements for you – designed to give your body the best possible chance of getting well and staying well.

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 balanced and improved 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 may 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. Nutritional 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 may be possible to reverse the process!

Is It Possible to Restore Your Health?

What could be more natural? What could be more correct? Each cell, tissue, and organ in your body is in the process of replacing itself every day, month, and year. The health of each organ is dependent on making the correct nutrients available to upgrade or to maintain the health of the body at a cellular level.

Designed Clinical Nutrition provides the right basic materials.

Nutrition Response Testing™ tells you when and what to use to bring about the desired results. With this understanding of what we do, we feel you can comprehend how we are able to work with you to help you more effectively improve your health.

Once that is achieved, do you see how you might be able to use this approach to stay well?

Now you have the complete 1-2-3 package. You know:

- What we do
- How and why we do it
- What you need to do to gain the potential of restoring your health and staying healthy.

It is important to remember that in the end you are the one responsible for your own condition. And with our guidance, we feel that – if you are a Nutrition Response Testing™ case – your chances of greatly improving your health can be as high as 90%, or better.

In our experience, if our analysis indicates that you are *not* a Nutrition Response Testing™ / nutritional case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

If our analysis confirms that you are a Nutrition Response Testing™ / clinical nutrition case, then, in our experience, nothing else may ever compare to what you may achieve by using NRT and Designed Clinical Nutrition.

We wish you the best of luck in your quest to take back full responsibility for your health. Just remember to do it one step at a time and that we are here to guide you in that quest.

Once we accept your case, you can count on us to do everything in our ability to help you achieve your health objectives and to help you achieve a healthier, happier life.

May you never be the same.