

Nutrition Response Testing®
(NRT®)
New Client Orientation
Welcome to N.R.T.®

- Most of our new clients have been referred to us by other satisfied clients.
- 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" or "N.R.T."® is - and what we do.

What is N.R.T.®?

NRT is very precise and scientific. However, if I were to analyze you using NRT 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. I can completely understand that because when I first saw this type of work being done, my first reaction was "Hmm, what is this strange stuff?" No one was more skeptical than I was. As a result, I studied NRT extensively to see if it was for real. And I am sure happy I did because it has helped me improve my health, and because of NRT, we are here and are able to help you improve your health. Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what NRT is, and what our recommendations are based on. Otherwise, you are less likely to follow through and actually do what you need to do to get well. To put it simply, if you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The results we have been having with NRT are often in the 90% and better range. The only reason we are here is to help you get well. We have no other reason for being here and, hopefully, you are here for that same reason. That is why I want to make sure you get the correct understanding of what NRT is right from the start.

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 NRT 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. 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. Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points have 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 the NRT 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. 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 get you to the next stage of improved health?

How do we access the NRT reflexes in order to get this information?

If I 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 this 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. I could then study this graph and tell you what it all means.

Here is what we do with Nutrition Response Testing. Instead of connecting electrodes to the specific points being tested, the NRT doctor contacts these points with his/her own hand. With his other hand, he/she will test the muscle strength 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 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 Nutritional Response Testing, we use "DESIGNED CLINICAL NUTRITION" to correct 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). 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 could be carrots. Carrots are high in Vitamin A Complex. A "complex" is 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 one actually were deficient in any of the components of Vitamin A Complex, one 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 little part of the Vitamin A Complex that has erroneously been labeled as "Vitamin A."

Vitamins that are being used all over 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 do not contain all of the co-factors found in nature that make the vitamins work. So-called "scientific research," done with these poor quality substitutes, repeatedly "proves" that vitamins don't do much good for anyone! Can you imagine who pays for these "researches"? "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 preserve 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 NRT reflexes that were found on your individual NRT analysis. These are nutrients you are simply not getting, or not assimilation, 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 or quality in the foods commercially available in grocery stores or restaurants today.

The Supplements We Use

Summary

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. 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." 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.

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 patients, and on clients from many different types of health care practitioners, you can be assured that NRT is capable of evaluating and 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 corrected. In this way, each client gets a completely individualized handling, in the correct sequence and in the right direction at the right time - then the lock falls open. By following the correct sequence as revealed through NRT, you don't "shot-gun" your diet or supplements. With a correctly done Nutrition Response Testing analysis, we can determine the correct food supplements for you - designed to give your body the best possible chance of getting well and staying that way.

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 imbalance lead to a breakdown in resistance, or immunity, and a loss or the ability to cope with environmental stresses (chemical, microscopic, or otherwise).

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

We wish you the best of good 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 power to help you achieve your health objectives, and to help you achieve a healthier, happier life. May you never be the same.