

What Is Nutrition Testing?

Many people come to us for one or more of these reasons:

- You have one or more health conditions that have become chronic.
- You have probably tried conventional medicine and/or alternative practitioners and did not get the results you hoped for.
- These conditions are impacting your personal life, your relationships with your spouse or children, your career or job performance, and/or your personal finances.
- You know that, as time goes by, these conditions are not going to get better and will probably continue to worsen unless you change what you are doing and do something really effective about it.

If this describes you and you are ready to make a real demand for improvement that will put you back in charge of your own health, then you have come to the right place. If you follow our recommendations to the letter, then there is hope that you will receive the help you need to restore your health.

What Is It That We Do?

Nutrition Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Nutrition Testing is very precise and scientific. However, if I were to analyze you using Nutrition 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.

If you want to get healthy and stay healthy, it is important that you understand what Nutrition Testing 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. 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 Nutrition Response Testing 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 Nutrition Response Testing is right from the start.

What Makes this Approach Unique?

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 Testing, we also have two parts: the **analysis** (the assessment of your body's current health status) and the **personalized health improvement program** (using designed clinical nutrition). The difference is, we do not diagnose or treat disease. What we do, instead, is utilize whole food supplements that help enhance the body's own natural healing process, according to the outcome of the analysis of your body. It is a custom designed, natural health improvement program that gets your body back into **nutritional efficiency**.

The Analysis

The analysis is done through testing the body's nervous system by analyzing different areas on the surface of the body that relate to the state of health and to the flow of energy in each and every organ and function of the body.

This information is derived from the part of the nervous system whose job it is to regulate the functions of each and every organ, namely, the **Autonomic Nervous System**. Your Autonomic Nervous System (ANS) is responsible for the correct functioning of every organ and gland, as well as the cardiovascular system. If your ANS is not functioning at peak performance, neither will your organs, glands and cardiovascular system. Makes sense, right?

Each area that gives a response 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 organs areas, 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.

How Do We Do The Nutrition Testing Analysis?

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.

So, instead of connecting electrodes to the areas being tested, the Nutrition Testing practitioner contacts these areas with his/her own hand. With the other hand, he/she will test the muscle of your extended arm. The organ/area being contacted will respond by reducing energy to the extended arm, and will either “stay strong” or will weaken and drop. This tells the practitioner the areas that are nutritionally deficient, and need attention.

Your “Personalized Health Improvement Program”.

Let’s say the liver or kidney areas are active. Then what?

Our next step is to test for stressors. They can be:

- Metals or Chemicals
- Immune issues, such as parasites, fungus, virus or bacteria
- Food Sensitivities
- Scars
- Emotional Issues

We then test specific, time-tested and proven, highest-possible quality nutritional formulas to find which ones bring the organ/areas back to strength.

Clinical experience tell us that when we have found the correct nutritional supplements, as indicated by this procedure, and have worked out a highly personalized nutritional supplement schedule, we have identified the most important first step in correcting the underlying deficiency or imbalance that caused the organ/area 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 malfunctioning part.

In Nutrition 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 is Designed Clinical Nutrition?

“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*).

In most cases it is concentrated, whole food in a tablet, capsule or powder, prepared using a unique manufacturing process 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 Testing organs/areas that were found on your individual Nutrition 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.

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.”

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. Because they are not made from whole foods, “over-the-counter” vitamins are not “genuine replacement parts” as they lack many of the essential elements normally present in WHOLE foods.

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 can create other health problems because they do not contain all of the co-factors found in nature that make the vitamins work.

So-called “scientific research,” done with these shoddy substitutes, repeatedly “proves” that vitamins don’t do much good for anyone!

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 a bottle of 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 – and 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 of glass and stainless steel only.
- 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 available 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 patients, and on patients from many different types of health care practitioners, you can be assured that Nutrition Testing is capable of evaluating and solving your health concerns.

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 easily.

Therefore, since every case is different, by following the correct sequence as revealed through Nutrition Testing, even the most complicated cases can be handled.

Is it Possible to Restore Your Health?

Many people we see in our practice have either eaten themselves into their current state of ill-health, been taking one to many prescriptions drugs, or have had a severe trauma. The deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (food, immune, chemical or otherwise).

So, yes, the **good news** is that it is possible to reverse the process!

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.

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

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. And, 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.

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