

New Patient Orientation to Nutrition Response Testing

What is Nutrition Response Testing™?

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using this tool 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 felt more skeptical than me. As a result, I studied Nutrition Response Testing extensively to see if it was credible. Now I’m glad I did because it has helped me improve my own health, and now I can help you improve your health, too.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Nutrition Response Testing is, and what our recommendations are based upon. 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 reap the benefits of the testing. And if you are not going to get well, why do it in the first place?

The favorable 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. And I know you are here for that same reason. That’s why I want to make sure you get the correct understanding of what Nutrition Response Testing is, right from the start.

Let’s get started

In medical practice there are two key parts to treatment: 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 fix any problems we find in our analysis of your body and its condition.

The Analysis

When we do a Nutrition Response Testing reflex exam, we are analyzing the body’s overall health. Each 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 body’s various reflexes, we have an extremely clinically accurate way to monitor your body at each visit, so we can identify exactly what your body needs and how much of it needs.

How do we access the Nutrition Response Testing™ 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? But what is actually happening during this procedure?

Simply put, electrical energy from the heart is running over the wires. This electrical energy is recorded in a pattern in graph form, from which I could then study and tell you what it means to your health profile.

With Nutrition Response Testing, instead of connecting electrodes to the specific points being tested, the practitioner contacts these points with his own hand. With his other hand, he will press on your extended arm. If the reflex or point being contacted is active (weak), 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

When we find a weak reflex during the Nutrition Response Testing reflex exam, what do we do for it? For instance, let's say the liver reflex is weak. Wouldn't it be great to find out what is causing this to be so? With this testing such a thing can be done quickly and easily. All we do is test the weak reflex against a test kit containing the resonances of five major stressors in our environment, which are food sensitivities, immune challenges, heavy metals, chemicals, and scars. Once we find out which stressor or stressors the body needs support to handle, our next step is to find a specific, high quality nutritional program to do the job. We know we have found the right program when we test the weak reflex against it and it makes the reflex strong.

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 weak 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!

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.

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 *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 is made from whole foods that are rich in this complex - not from chemicals re-engineered in a laboratory to look like one little part of the Vitamin A Complex.

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 these types of vitamins don't do much good for anyone!

Designed Clinical Nutrition, however, is **designed** (*specially 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*).

Any supplementation used in such a program should be 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 let it work as the Creator intended. Standard Process real food supplements have been designed in such a way to match the needs of the body, as determined by the Nutrition Response Testing procedure. Any deficiency found may be due in part to your past personal eating habits and routines, but it can also be due to some extent, to the lack of quality in the foods commercially available in grocery stores or restaurants today.

**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 Response Testing is capable of evaluating and helping with your health concerns.

A complete Nutrition Response Testing™ analysis can be done on each patient at each visit, thereby revealing any and all layers of dysfunction so these can also be addressed and corrected.

In this way, each patient gets a completely individualized handling, in the correct sequence according 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, and then the lock falls open.

By following the correct sequence as revealed through Nutrition Response Testing, we don't guess at your necessary diet or supplementation. With a correctly done analysis, we can determine the correct food supplements for you, to help you create your optimal state of health.

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!

It really is 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 us when and what to use to bring about the desired result. With this understanding of what we do, can you see how we might be able to help you do something effective to get yourself well? And 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 now know:

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

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 Response Testing case, your chances of greatly improving your health can be as high as 90% or better.

We wish you the best of luck as you 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 consequently a healthier, happier life.

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