

Designed Clinical Nutrition

When its priority problem is handled with correct nutrients, your next test may reveal another major issue (which may have been long hidden and unhandled).

As this happens, we will adjust your program. Our goal is to have you on as few supplements as possible.

Good dietary habits will always be encouraged. If you continue poor habits, this will perpetuate ill health and inhibit your body's natural ability to heal itself.

As you feel better and your health improves, you will likely find yourself wanting to maintain a well balanced and healthy diet as your normal routine.

How do I get a Designed Clinical Nutrition program?

As a Nutrition Response TestingSM patient, you will receive an individualized program based on the results of your analysis. The program will match the exact needs of your body through diet and nutritional supplementation.

The elements in your personal Designed Clinical Nutrition program are nutrients that your body is not currently receiving and/or assimilating.

These are the nutrients that you are simply not getting or not assimilating in your current diet.

PATIENT SUCCESS:

"I suffered from chronic tiredness and sinus problems. I routinely used an inhaler in order to breathe comfortably. Recently, I was put on a special nutritional program to cleanse my liver. This had a dramatic result. Almost overnight my feeling of well-being has drastically improved and maintains at this new level. I no longer have this "temperature" feeling I've had for a long time. My sinuses are better and I have not needed the inhaler. I am doing great energy-wise. I have not felt this good in years!" - Cal T.

"While undergoing your program, following your recommended dietary guidelines and taking the nutritional supplements, I noticed great improvement (almost from the outset). — I have lost almost 40 pounds 'effortlessly' and weight loss was not a goal I had for seeing you. — The irritability has significantly diminished and allergy attacks are practically absent. The joint pains (especially my stiff feet) have gotten so much better... and my sex drive is returning (after having low to none for the past 13 years). This has relieved some strain on my marriage! After just three months following the program I've got HORMONES again! My husband and I both thank you for that!" - Deb S.

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Specific whole food supplements which allow your body to repair itself



A personalized nutrition plan, designed just for you, elevates the potential of success.

WHAT IS DESIGNED CLINICAL NUTRITION?

It is defined as:

Designed: Especially prepared for you, based on a specific plan.

Clinical: Pertaining to the results achieved in clinical use on a multitude of patients over many years.

Nutrition: Real food, as designed by Nature, to enable the body to repair itself and become healthier.

After you receive your analysis, you will get a specifically designed nutrition program, based off the information your body provides.

Most programs include dietary suggestions (as well as whole food supplements) to aid your body in healing itself.

Concentrated whole food supplements are used. These have been prepared by a unique process that preserves all of the active enzymes and vital components.

How do I know which supplements are right for me?

After we identify the underlying reason your body is creating symptoms, we can isolate and verify the precise whole food supplements (and quantities) your body needs to resolve its problems. Our goal is to have you take as few supplements as possible, with your body being fully addressed and restored at the same time.

What are “whole foods”?

“Whole food” is defined as *“food that has undergone very little processing and has been grown or produced without the use of synthetic pesticides or fertilizers”*.

A good example is carrots. Carrots are rich in vitamin A complex. A “complex” is something made up of different parts which work together. Synthetic vitamins do not contain the whole complex (as found in Nature).

If testing indicated a vitamin A deficiency, we would look for a whole food high in vitamin A complex (and carrots would be a likely source). A supplement rich in this complex would then be included in your program. We pride ourselves on only using the highest quality whole food supplements available.

Whole food supplements are entirely derived from specific whole foods, organically grown and prepared in such a way that preserves their vital enzymes and vitamins; making them the optimum vitamin-mineral products.

Now in incredibly concentrated form, your body can get complete nutrition from this small tablet! By restoring the nutrition on which your body was founded, it is possible to enable your body to heal itself. . . . *just as Nature intended.*

I thought I ate well . . .

Although deficiencies may be due to illness, it is likely that other factors may be contributing to the problem also, some of which may be contained in the food you eat every day.

A few factors typical of the “food” commercially available in all grocery stores and restaurants:

- Microwaving
- Food coloring
- Flash Freezing
- Hormones and antibiotics (found in meat, chicken, etc.)
- Produce grown in soil that has been robbed of its nutrients
- Harmful chemicals and metals (such as pcb's and mercury in some fish)
- Genetic engineering
- Synthetic additives
- Preservatives

If any of these are involved in the creation or processing of your food, then what you are eating is really just “disguised” as food.

Not only does this “food” have insufficient nutritional value, it may also contain toxins which work against your body and your health.

In contrast, whole foods that have not been altered or contaminated contain genuine replacement parts as part of Nature’s design.

Can’t I just eat better?

There has been a drastic decline in the quality of food over the past 70 years, resulting in a nation of sick people who are dependent on pharmaceutical drugs. Your body’s function is founded on nourishment from the environment (which until recently did not include heavy metals, toxic chemicals and pesticides).

Current food conditions make it next to impossible to get all of the nutritional components your body requires to heal and/or maintain resiliency.

How long will it take for me to start feeling healthy again?

Each case is handled on an individual basis. The majority of patients who adhere to their programs have reported noticing positive changes in the first 4 to 6 weeks (some longer, and some sooner). Your improvement is directly proportional to the adherence to your program.

Do I have to stay on a Designed Clinical Nutrition regimen forever?

Through the course of your program additional layers will show up. For example, if you have a long term health problem, you may find that your body may (or may not) want to address this first. Your body will dictate its priority each time you are tested.