

NUTRITION RESPONSE TESTING™

New Patient Orientation

In its wisdom, your body has all the information it needs in order to heal. The challenge is to access that information. The key is to ask the right questions. Nutrition Response Testing is a technique where a practitioner asks the body the appropriate questions, assesses the information regarding the organs and systems in the body, and develops a plan to bring the body back into balance. During each evaluation, as a patient you are able to experience how your body responds to those questions.

The initial exam includes a computerized heart rate variability test which ascertains how your body is handling stress. Then a nutrition and life style evaluation is conducted. Each organ system (lungs, liver, heart, etc.) has nerve reflexes on the surface of the skin. Through muscle testing (Applied Kinesiology), the practitioner is able to access which systems are under stress. It is then possible, through more inquiry, to determine which system is a priority for your body to be addressed first. Healing can be likened to a combination lock—if the steps are not done in the correct sequence, the lock won't open (optimal healing won't occur).

Because Nutrition Response Testing™ is very precise and scientific, it is important to us that you understand how it works and what our recommendations are based on. If you do not understand the process, you are less likely to follow through and get the results you desire.

In Nutrition Response Testing™ we do not diagnose or treat disease, but rather facilitate *your body's* restorative processes and offer support to *your body's* own healing powers. There are two main components of NRT: the analysis and the personalized health improvement program (using designed clinical nutrition).

First the Analysis

The analysis is done through testing the body's own neurological reflexes and acupuncture points. The reflexes are associated with the part of the nervous system that regulates the functions of each organ. The acupuncture points are selected from the ancient Chinese system of acupuncture.

Nutrition Response Testing™ 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 have become extremely useful because they are so accurate.

Think about it

Each Nutrition Response Testing™ 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 Nutrition Response Testing™ 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 helpful?

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? 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, we contact these points by hand. With another hand, we 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 or need to protect an area that can be affecting your health.

The second part – the “Personalized Health Improvement Program”

Let’s say the liver or kidney reflexes are active (weak). 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 optimal 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 (seemingly 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!

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 Nutrition Response Testing™ we use “Designed Clinical Nutrition” to support the body so it can regain the ability to correct itself.

DESIGNED CLINICAL NUTRITION

While 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 food and nutrient. Please ask us about the Standard Process video: [“Why You Need Whole Food Supplements”](#) for an explanation 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 was 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 can create other health problems because they do not contain all of the co-factors found in

nature that make the vitamins work. Often “scientific research” done with *these* substitutes repeatedly “proves” that vitamins don’t do much good for anyone. Can you imagine who pays for these “research studies”?

“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 preserves all of the active enzymes and vital components that make it work as the 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 Nutrition Response 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. The food system in our country has changed drastically over the last century and our bodies are suffering the consequences.

SUMMARY

1. Through an analysis of your body’s reflexes, we evaluate the exact nutrients you need to supplement your diet in order to bring about increased balance and better health.
2. We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powder form to “supplement” your current diet. That’s why they are called “**food supplements.**”
3. Depending on your individual situation, we might also require you to make some specific changes in your diet & eating habits and in your routines in order to bring about the best possible results.

Your vitality and energy is derived from live food. Most foods today are all dead or are not really foods at all - as in boxed cereals, canned vegetables, soda pop, etc.

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 offering solutions to your health concerns.

An analysis is performed on each subsequent visit thereby revealing next layers of dysfunction so these can also be addressed and corrected. Most often, there are additional areas that wait for our attention until the organ or system that needs the “most attention” can be supported.

In this way, each patient gets a 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 falls open.

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 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 is possible to restore your health.

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 having the correct nutrients available to upgrade or to maintain the health of the body at a cellular level.

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?

In the end, you are the one responsible for your own health. 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 will ever come close to what you can possibly achieve using Nutrition Response Testing™ and Designed Clinical Nutrition.

We wish you the best of luck in your quest to take back full responsibility for your health. Remember to do it one step at a time, honoring the processes that must take place and know 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. You are made to experience health.

Atlanta Natural Health Clinic

Dedicated to helping people live healthier lives

4633 Buford Hwy. Atlanta, GA 30341 770.455.6767

www.AtlantaNaturalHealth.com