

NUTRITION RESPONSE TESTING – WHAT IS IT?

Nutrition Response 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 Response Testing is very precise and scientific. However, if we were to analyze you using *Nutrition Response 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 have used or experienced.

If you want restored health and longevity for yourself and your family, it is important that you understand what *Nutrition Response Testing* is and what our recommendations are based on. Otherwise, you are less likely to comply with your own program and your family members won't experience the amazing benefits that are routinely attainable if you give up on yourself and quit too soon.

The only reason we are here is to help the people in our community feel better and have healthier lives based on the “natural laws” of health. We have a very high success rate of helping people get results based on improving their overall health. Many of them were able to quit all their prescription medications after completing our nutritional monitoring program! We have become known as one of the top natural healers in our community. We have no other reason for being here. That is why we want to make sure you get the correct understanding of what *Nutrition Response Testing* is, right from the start.

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 Response Testing* we do not diagnose or treat disease—but we also have two parts: the analysis (the assessment of your body's current health status) and the personalized health improvement program (using designed wholefood clinical nutrition).

First, the Analysis.

The analysis is done through testing the body's autonomic nervous system(ANS).

Nutrition Response Testing analyzes 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 your autonomic nervous system. The autonomic nervous system has two parts, the Sympathetic(SNS) and Parasympathetic(PSNS). The “active system” or “fight or flight” is your sympathetic nervous system and the “healing or repair” system is called the parasympathetic nervous system. We call this part of the nervous system the “**automatic nervous system**” controlled via your subconscious mind which monitors all survival reflexes and physiological and immune functions of the body. Your subconscious mind will and does over-ride your conscious mind in order to protect the

body from harm. It will warn or signal the conscious mind subtly, you would call this your "intuition" or a "feeling" you get about your surroundings or current situation.

Interestingly, since the human anatomy has not changed significantly in thousands of years, the monitoring of your organs areas by your autonomic nervous system has become extremely useful in our practice because it so accurate!

Each area that were test by putting pressure on it will give a response that represents a specific organ, tissue or function, and indicates the effect that energy or the lack of energy it 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.

Instead of connecting electrodes to the areas being tested, as in an EKG, the *Nutrition Response Testing* practitioner contacts these areas with his/her own hand. With the other hand, he/she will test the muscle of your extended arm. If the organ area 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 stress or dysfunction related to the area or tissue being contacted which can be affecting your health.

Second, the Personalized Health Improvement Program.

Let's say the liver or kidney areas 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 organ areas 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 have worked out a highly personalized nutritional supplement schedule we have identified the most important first step in correcting the underlying deficiency or imbalance. This "weakness" or nutritional barren tissue is most likely what 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 Response Testing* we use designed clinical nutrition to correct the cause of the problem, so that the body can rebuild the weakened tissue or system, gaining 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 Response Testing* organs areas 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.

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.”

Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory NOT wholefood complexes. These cannot be used in lieu of whole food supplements in a designed clinical nutrition program. The label “natural” is misleading when applied to nutritional products, as the FDA will approve such labeling based on a small percentage naturally sourced components. Such products don’t correct existing imbalances and may introduce new ones.

Your vitality and energy is derived from live food. Most foods available today are dead or are not really foods at all: boxed cereals, canned vegetables, sodas, fruit juice cocktails, 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.

So-called “scientific research,” done with these shoddy substitutes, repeatedly “proves” that vitamins don’t do much good for anyone! Can you imagine who pays for these “studies”?

There is a Great Deal of Technology and Know-How Behind What We Do.

1. Through an analysis of your body’s organs areas, we help you to determine the exact nutrients you need to supplement your diet, in order to bring about balance and better health.
2. 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.”
3. Depending on your individual situation, we might also require that you make some specific changes in your diet and eating habits, and in your routines, in order to bring about the best possible results.

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 solving your health concerns.

An analysis of your active organs areas will be performed on each follow up visit. Often these follow up visits also reveal additional layers of dysfunction. These can then be addressed in the correct sequence for your body.

Each patient gets a completely individualized program.

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 Response Testing*, even the most complicated cases can be handled.

I look forward to working with, helping and most of all teaching YOU how be the healthiest YOU, you can be!

Sincerely,

A handwritten signature in black ink, appearing to read 'DKY', with a stylized flourish at the end.

Dr. Demetrios Kydonieus, *Chiropractic Nutritionist*