

Nutritional Response Testing (NRT) analyzes different areas of 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.

Each area gives a response representing a specific organ, tissue or function and indicates the effect that energy, or lack of energy, is having on the body. By testing these organs/area, we have a system of monitoring your body at each visit that has proven to be extremely clinically accurate. It helps us identify exactly what the body needs and how well we are meeting that need.



SUMMARY



Through the 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.

We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to "supplement" your current diet.

Specific changes in your diet, eating habits, and routines may also be required.

ADVANCED SPINE HEALTH & WELLNESS CENTER

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NUTRITIONAL RESPONSE TESTING



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 balance and health.

If you're like most people who come to us for help, then most likely you:

- ❖ Have one or more health condition that have become chronic
- ❖ Tried conventional medicine or even alternative practitioners and did not get the results you hoped for
- ❖ Have noticed that the conditions are impacting your personal life, relationships, career or job performance, and your personal finances
- ❖ Realize as time goes by, these conditions are not getting better and are most likely going to get worse unless you change what you are doing and do something really effective
- ❖ Are ready to make a real demand for improvement that will put you back in charge of your own health
- ❖ Have the desire to get healthy and stay healthy

NRT NEW PATIENT ORIENTATION

What makes this approach so unique?

In a Nutritional Response Testing, there are three key parts to the testing:

1. The analysis (the assessment of your body's current health status)
2. Personalized health improvement program (using designed clinical nutrition)
3. Diet assessment according to your own unique constitutional type.

THE ANALYSIS:

The analysis is done through testing the body's neurological reflexes and acupressure points. The neurological reflexes are derived from the part of the nervous system whose job it is to regulate the functions of each and every organ. The acupuncture points are selected from the ancient Chinese system of acupuncture, which is thousands of years old.



PERSONALIZED HEALTH IMPROVEMENT:

Next, we test specific, time-tested and proven, highest-possible quality nutritional formulas against those weakened areas to find which ones bring strength back to the specific organ/areas. Not only does your body know what support it needs, it also knows *when* it needs it and for how long.



DIET ANALYSIS:

The final step in your evaluation is the diet assessment according to your own unique constitutional type. The constitutional types are determined by the three fundamental principles of nature; Kapha, Pitta, & Vata. These govern all the activities of your mind and body, and when in balance, health is optimal.

