

The Science Behind Nutrition Response Testing™

What is Nutrition Response Testing™?

Nutrition Response Testing is a precise and scientific technique designed to analyze your body's nutritional needs using the body's autonomic nervous system. Your body has neurological reflexes that relate to the nerves which go to the organs in the body. A trained practitioner will do the analysis by contacting your extended arm with one hand, and contact the specific reflex area with other hand. If the tested reflex of the organ is stressed or low in energy, your nervous system will respond by reducing energy to the extended arm (which will weaken and cause it to drop). A drop in the arm indicates underlying stress or dysfunction in that area which can be affecting your health.

By analyzing these reflexes we can tell exactly what underlying causes are affecting the organs and what nutritional supplements the body needs for optimum health.

If I 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 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 was more skeptical than I was. As a result, I studied Nutrition Response Testing extensively to see if it was for real. And I am sure happy I did because it has helped me improve my health and the health of my family and many clients.

How do we access the Nutrition Response Testing™ reflexes in order to get this information?

(another explanation)

If I were to hook you up to an electro-cardiograph machine and take a reading, electrical energy from the heart is measured. This electrical energy makes the electro-cardiograph record the energy pattern in the form of a graph or chart. I could then study

this graph and tell you what area in your body or organ is stressed.

In Nutrition Response Testing, instead of connecting electrodes to the reflexes being tested, the Nutrition Response Testing Practitioner contacts these points with his/her hand. With their other hand, he/she will test the muscle of your extended arm. If the reflex being contacted has low energy, 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.

What makes this Approach Unique?

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 and the personalized health improvement program to help you handle what we find in our analysis of your body and condition.

First the Analysis

The analysis is what was explained above – the non-invasive system of analyzing the body using your body's own autonomic nervous in order to determine the underlying causes of ill health.

By testing the 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 like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to get you to the next stage of improved health?

The “Personalized Health Improvement Program”

For example, let’s say the liver or kidney reflexes are low in energy. Then what?

Our next step is to test specific, time-tested and proven, highest-possible quality nutritional formulas (supplements) against those weak areas, to find which ones bring the reflexes back to strength.

These will start to help your body correct the underlying deficiency or imbalance that caused the organ reflex to be low in energy in the first place. These deficiencies may be due to your past personal eating habits and lifestyle. It is for sure due to a large extent, the lack of quality in the foods commercially available in grocery stores or restaurants today. So we teach you better options for food choices on your health improvement program.

By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health!

What are the supplements we recommend?

These supplements we use are made from whole food produced by starting with a wide variety of carefully chosen organically grown vegetables, taking the water and fiber out using a vacuum, low heat process - without heating or cooking the vegetables, and then utilizing the concentrated food to make a bottle supplement. Your body needs these nutrients to heal because you are simply not getting, or not assimilating them in your current diet. Think of them as your body’s “replacement parts” because they are fixing your deficiencies of toxic build up.

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, packaged meals, canned vegetables, soda pop, etc. You can readily understand the difference between dead, devitalized pseudo-foods, with the synthetic or isolated vitamins compared to real foods and whole food supplements.

We do not use ‘over-the-counter’ or synthetic vitamins or supplements. These 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.

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 vitamins or supplements 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.

Deciding to do Nutrition Response Testing™

WELCOME!!!

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

- You have one or more health conditions that have become chronic and,
- You have probably tried conventional medicine or even alternative practitioners and did not get the results you hope for and,
- These conditions are impacting your personal life, your relationships with your spouse or children, your career or job performance and/or your personal finances, and
- You know that as times goes by, these conditions are not going to get better and will probably continue to worsen unless you change what you are doing and do something really effective about it.

If this describes you and you are ready to make a real demand for improvement that will put you back in charge of your own health, then you have come to the right place.

If you are a Nutrition Response Testing case and you **follow our recommendations**, then there is

HOPE that you will receive the help you need to restore your health.

HOW LONG WILL IT TAKE FOR ME TO FEEL BETTER?

Depending on how long a person has had a health condition usually depends on how long it will take to get them better. Don't expect results overnight. It takes a while to form new habits and using this technique is rebuilding the body from the cell up. The body can regenerate blood cells every 90 days, so give you and your practitioner time to get the dietary changes established and allow the supplements to work. For some people, it can take as long as two to four years if it has been a chronic condition.

Depending on your individual situation, we may also require you make some specific changes in your diet and eating habits. These requirements will bring about the best possible results.

The three reasons why the person who referred you is feeling better

Because we did a Nutrition Response Testing analysis for him or her, we found the responding reflexes that needed attention. The second reason is we made specific nutritional recommendations to help the body return to an improved state of health. The third, and most important reason, is **the person is following through on our recommendations on dietary and lifestyle changes and taking the recommended supplements.**

SUMMARY

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

It 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.

Nutrition Response Testing helps us provide the right basic materials.

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?

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 vibrant health. The **good news** is that it is possible to reverse the process!

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 in your quest to 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 to help you achieve a healthier, happier life.

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