

## YOUR BODY IS NOT BROKEN

You Were Designed to Heal.

Your symptoms aren't random. They are messages and signals from your body asking to be heard.

At THiNC – True Health Integrative Nutrition & Chiropractic, we don't guess with your health..

We listen.  
We investigate.  
And we get to the root cause of what's keeping you unwell.

Through Nutrition Response Testing™ and Designed Clinical Nutrition, we help your body do what it was divinely created to do... heal itself.

## WHAT MAKES US DIFFERENT

- We identify the WHY behind your symptoms. No more masking. No more band-aids. We work to uncover what's really going on.
- We work with the brain and nervous system — your body's command center.
- Every organ, tissue, gland, muscle, cell and function in your body is regulated by this system and it is constantly working to keep you at optimum function.
- We use whole food, natural solutions. No drugs. No guesswork. Just personalized, bio-individual support that works with your body.
- We lead with compassion, care and clarity. You will feel seen, heard, and supported every step of the way.
- We get results

This Is Your Invitation to Begin Again.  
To feel hopeful.  
To feel empowered.  
To feel well.

*Because everyone deserves healing!*

## IT'S TIME TO HEAL

IF YOU'VE BEEN TOLD "IT'S ALL IN YOUR HEAD" OR THAT "EVERYTHING LOOKS FINE" WHEN YOU KNOW IT IS NOT...

THIS IS YOUR INVITATION TO TRY A DIFFERENT PATH.



**TRUEHEALTHINC.COM**



**Rose Mastrantoni, CHHP**  
Master Clinician  
Nutrition Response Testing

**THE HEALING YOU HAVE  
BEEN SEARCHING FOR  
STARTS HERE.**

**THiNC** | TRUE  
HEALTH  
INTEGRATIVE  
NUTRITION  
CHIROPRACTIC

*Specializing In:*

- CHRONIC ILLNESS & FATIGUE
- AUTOIMMUNE ISSUES
- DIGESTIVE PROBLEMS
- HORMONE IMBALANCE, PCOS, PERIMENOPAUSE & MENOPAUSE
- THYROID DYSFUNCTION
- ANXIETY, DEPRESSION & MOOD DISORDERS
- ADHD & AUTISM SPECTRUM
- NATURAL WEIGHT LOSS
- PARASITES, VIRUSES, LYME, EPSTEIN-BARR
- MOLD, CHEMICAL & HEAVY METAL TOXICITY... *and more!*



## SICK & TIRED OF FEELING SICK & TIRED?

You've been told "everything looks normal"... but you know something isn't right. If you're battling symptoms that seem to have no cause, no end, and no real solutions... you are not crazy and you are not alone. You are being spoken to by a body that is calling out for help.



## WHAT IF YOU COULD FINALLY GET REAL ANSWERS?

At THiNC – True Health Integrative Nutrition & Chiropractic, we specialize in uncovering the true root causes behind chronic health issues - without drugs or guesswork.

Through a revolutionary, non-invasive technique called Nutrition Response Testing, we communicate directly with your nervous system, the body's command center, to identify the exact areas of stress, imbalance, and dysfunction.

Then, we create a personalized Designed Clinical Nutrition plan to give your body exactly what it needs to heal.

## WHAT IS NUTRITION RESPONSE TESTING?

Nutrition Response Testing™ is a proven, non-invasive technique that helps us communicate directly with your nervous system—the control center of your body.

It works like this:

- ✓ Every organ and system in your body is controlled by the nervous system.
- ✓ When something interferes with that control - like toxins, pathogens, deficiencies, or stress... the body malfunctions.
- ✓ Nutrition Response Testing uses targeted muscle testing to assess each organ's energy and function in real-time.
- ✓ From there, we can pinpoint what's causing stress in the body and what it needs to restore balance and health with great precision and accuracy.

In other words, it takes the guesswork out of healing. No more trial-and-error. No more "let's wait and see." Just answers, clarity, and a plan forward.

You'll finally feel heard. Seen. And supported.

## WHAT IS DESIGNED CLINICAL NUTRITION?

Once we identify the imbalances in your body, we create a personalized Designed Clinical Nutrition protocol using whole food supplements and natural remedies to restore proper function to your organs, glands, tissues and cells.

This is not a generic supplement plan. This is targeted, specific support based on what your body tells us it needs.

We are not chasing symptoms.  
We are listening to the body and supporting it in doing what it was magnificently created to do...  
HEAL..



*We get results!*

**LET'S UNCOVER WHAT YOUR  
BODY HAS BEEN TRYING TO TELL  
YOU AND FINALLY GET YOU WELL**

Two Convenient Locations in  
Bohemia & Bethpage

THiNC - True Health Integrative  
Nutrition & Chiropractic

Schedule your Comprehensive  
Health Analysis today!

Call: 631.676.3911

[www.truehealthinc.com](http://www.truehealthinc.com)