

WHAT IS NUTRITION RESPONSE TESTING?

THE BODY HAS THE INNATE
ABILITY TO HEAL GIVEN THE
PROPER TOOLS

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The logo for Living Nourished Long Island is a circular emblem with a green background and a white border. It features the text "living" in a white serif font with a leaf icon above the 'i', "nourished" in a black serif font with a white fork icon above the 'i', and "long island" in a white cursive font at the bottom.

living
nourished
long island

In this booklet you will learn how Nutrition Response Testing can be an effective therapeutic tool to help you optimize your body's function and experience improved health and longevity.

The focus is on identifying areas of stress and removing any barriers to healing while providing the body with the essential nutrients it needs to repair, rejuvenate and ultimately thrive. We are creating an optimal environment for healing to occur to the best of your body's ability.

Follow your program as directed and the recommendations therein. Show up for your appointments. And HAVE PATIENCE. Healing and building a brand new body takes time.

It's a process. We must first put out the fire. Then clean up the mess that is left behind. And only then can we begin to repair and rebuild. This is a commitment and a worthy one.

Be kind to yourself. And be proud of your efforts. Taking good care of yourself and nourishing your body well is the greatest act of self love.

Be well and stay nourished,
xo, Rose

What is Nutrition Response Testing?



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

- You have one or more health conditions that have become chronic
- You have probably tried conventional medicine or even alternative practitioners and did not get the results you hoped 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 time 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 to the letter, then there is hope that you will receive the help you need to restore your health.

What is Nutrition Response Testing?

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 optimal 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 may have experienced before.

I can understand this because when I first saw this type of work being done, my first reaction was “Hmm, what int he world is this?” No one was more skeptical than I was. As a result, I set out to study Nutrition Response Testing extensively to see if it was for real. And I am sure happy I did because it has greatly helped me improve my health and the health of so many patients. Because of Nutrition Response Testing, I am here and able to help you improve your health

What is Nutrition Response Testing?



If your desire is to be healthy and stay healthy, it is important that you understand what Nutrition Response Testing is and what my recommendations are based on. Without this level of understanding, you are less likely to follow through and actually do what is necessary to get well. If you don't follow through, you won't results. And if you are not going to get results, why do it in the first place?

The results we have been having with Nutrition Response Testing are often in the 90% and better range.

What Makes this Approach Unique?

In medical practice there are two key parts:

- 1) The diagnosis (identifying and/or naming the "disease" or syndrome)
- 2) The treatment (drugs, surgery, etc.)

In Nutrition Response Testing **we do not diagnose or treat disease** - but we also have two parts:

- 1) The analysis (the assessment of your body's current health status)
- 2) The personalized health improvement program (using Designed Clinical Nutrition).

Simply put, first I do an analysis, and then I design a natural health improvement program to help you handle what I find in my analysis of your body and condition.

First the Analysis:

The analysis is done through testing the body's Nervous System. 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. The Autonomic Nervous System.

Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these organs / areas have become extremely useful in our practice because they are so accurate!

What is Nutrition Response Testing?



Think About It...

Each area that gives a response 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 these organs / areas, I have a system of monitoring your body at each visit that has proven to be extremely accurate clinically. It also helps me to identify exactly what your body needs and how well its needs are being met.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by your unique body to get you to the next stage of improved health?

How Do I Conduct The Nutrition Response Testing Analysis?

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.

With Nutrition Response Testing, instead of connecting electrodes to the areas being tested, I contact these areas with my hand. With the other hand, I 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. As a result the arm will weaken and drop. This drop signifies underlying stress or dysfunction in that organ/gland/tissue which can be adversely affecting your health.

Why are the people on a Designed Clinical Nutrition Program Feeling Better?

By performing a Nutrition Response Testing analysis I am able to identify with clinical certainty the "active" organs/areas that are under stress, and then make the appropriate and specific nutritional recommendations to help the body return to an improved state of health. Most importantly, the patient is following through on those recommendations and is an active participant in their own healing.

The same is possible for you!

What is Nutrition Response Testing?



Your “Personalized Health Improvement Program”

Let’s say the liver or kidney areas are active (or under stress). Then what? Our next step is to test specific, time-tested and proven, highest-possible quality organic nutritional formulas against those weak areas, to find which ones bring the organ/areas back to strength.

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 that 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 regain the ability to correct itself. The body heals itself. We just have to give it what it needs.

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 organic 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 and 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.

What is Nutrition Response Testing?



What is Designed Clinical Nutrition? (cont'd)

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."

Designed Clinical Nutrition is not 'over-the-counter' vitamins or nutraceuticals. Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. Because they are not made from whole foods, "over-the-counter" vitamins & nutraceuticals are not "genuine replacement parts" as they lack many of the essential elements normally present in WHOLE foods. 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. 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 "researchers"?

SUMMARY

1. Through an analysis of your body's organs/areas, I can 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, I may also require that you make some specific changes in your diet & eating habits, and in your daily routines, in order to bring about the best possible results.

How are These Products Produced?

One example of a designed clinical nutrition supplement that I use is called "Catalyn". This product is 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 of Standard Process Catalyn Tablets.

What is Nutrition Response Testing?



The key to this whole procedure is the way it is done, using the “Standard Process” method:

- A. Standard Process nutrients are derived from plants grown organically on their own farms, in soil free of pesticides – NO CHEMICALS are ever used. Ph.D.’s check the soil before the seeds are sown, to make sure of the fertility of the soil – and even the weeding is done by hand.
- B. The machinery involved in the processing of these products is made of glass and stainless steel only.
- C. The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients are not cooked; they remain active and alive, and have a very long shelf life.

Your vitality and energy is derived from live food. Most foods available today are dead - or are not really foods at all - as in boxed cereals, canned vegetables, soda pop, etc. You can easily 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. One produces a vibrant healthy body, one produces illness and dis-ease.

There is a Great Deal of Technology and Know-How Behind What I 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 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 that is right for them. 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.

Is it Possible to Restore Your Health?

The majority of patients 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 (food, immune, chemical or otherwise). So, yes, the good news is that it is possible to reverse the process!

What is Nutrition Response Testing?



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. Designed Clinical Nutrition provides the right basic materials.

Think about what your body might be made up of right now. What kind of nutrients have you been providing to nourish your cells every day? Is it any wonder why you're here? The good news is that I can help. And it is simpler than you think to get well.

Nutrition Response Testing tells us when and what to use to bring about the desired result. With this new understanding of what I do, aren't you excited about the possibilities ahead? Once you've achieved and experienced an improved state vibrant health you'll surely want to stay that way.

Now you have the complete 1-2-3 package. You now know:

- What I do
- How and why I do it
- What you need to do to have the potential of restoring your health and staying healthy.

I can lead you to water so to speak but ultimately, you are the one responsible for your own state of health. You can do this! And with some guidance, I know that – if you are a Nutrition Response Testing case – your chances of greatly improving your health can be as high as 90% or better.

How Do You Qualify to be a Nutrition Response Testing Patient?

Long-term experience in a wide variety of cases says that the first thing we must determine is whether or not you are a Nutrition Response Testing Case. If you are NOT a Nutrition Response Testing Case then it is unlikely that Nutrition Response Testing will ever help you. However, if you are a Nutrition Response Testing Case, then, in my experience, I believe nothing else will help you as much.

If my analysis indicates that you are not a Nutrition Response Testing case at this time, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire. I 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 I am here to guide you in that quest.

Once accepted, as a Nutrition Response Testing case, you can count on me to do everything in my power to help you achieve your health objectives, and to help you achieve a healthier, happier life. May you never be the same.

My Story...

It's been a journey for sure. I do what I do and I am fueled by this passion to help others simply because I know what it is like to suffer and be chronically ill.

For the better part 2 decades I struggled with my health. Between hospitalizations and not being able to function daily, I missed out on a lot of my life and my children's lives. I wasn't always able to be fully present the way I wanted to be due to chronic health issues that no one could seem to explain or solve.

My desire to be well and live a full life for and with my girls is what fueled me and led me down this miraculous path. I had enough of the doctors, hospitals, and pills that only made me sicker and kept me trapped in this awful medical system on non-healing. One day I walked out of the hospital knowing that if I wanted to survive and see my girls grow up, I had to figure out how to heal myself.

And there it began. I knew that the key to healing was not found in a pill or anything the medical community had to offer. The key to healing was in learning how to nourish my body appropriately. I left corporate America and immediately enrolled myself back in school and over the last 13 years I have committed myself to the study of nutrition and functional medicine.

I don't believe anything in this life is an accident. The journey is the destination. These hardships are put in our paths to make us who we are meant to be. I wouldn't be who I am today if not for these challenges, I wouldn't have this fire and passion within me and this deep sense of purpose. The journey is a gift. And the journey has led me here today to be able to help all of you.

I've studied, practiced and utilized many modalities over the last 13 years, but it wasn't until I came across Nutrition Response Testing that I finally began to experience radical healing. It was so completely life changing for me that I knew this is what I am meant to do. This is my gift back. This work is my gift to help others who are suffering.

If you're like me and you've done and tried it all, you're tired of the merry go round, you want to get off the crazy ride, and you want to finally experience true health and healing, then Nutrition Response Testing may be right for you.

Let's schedule a new patient consultation and see if you are indeed a Nutrition Response Testing case. If you are it is my hope, prayer, and belief that it will be as life changing for you as it has been for me.

Ready to get started on your path back to health?

xo, Rose

