

• ALKALINE IMBALANCE

You have been given the NUTRI-SPEC TESTING procedure, which includes a comprehensive set of 46 different chemical and clinical tests. As you know, the purpose of NUTRI-SPEC TESTING is to determine in just what ways your body's metabolism is out of balance. From this information we can tell what foods and what supplements will bring you into nutritional balance, as well as what foods and what supplements will tend to harm you.

Your tests show that you have what we call an Alkaline Imbalance.

How does this imbalance affect your health? An Alkaline Imbalance means you have too much alkali and not enough acid electrolytes in your system. Every organ, every tissue, every cell in your body is designed to function within an extremely narrow range of acid/ alkaline balance. When this delicate balance system is off, your health is certain to suffer. Many different conditions and symptoms can result. You may be suffering some of these conditions already. And, you have a much higher than average probability of developing certain conditions in the future. These include:

- poor digestion and assimilation of food joint and muscle pain; arthritis muscle cramps
- allergies; asthma
- poor retention of important mineral nutrients fluid retention
- inefficient function of your kidneys, lungs, adrenal glands, and many other organs and glands
- fatigue

What can you do about it?

Two things. First, you need to modify your diet a little to keep from making your Alkaline Imbalance worse:

- eat less sugars and starches
- eat more protein (not bigger servings, but more frequent servings of meat, fish, poultry and eggs)
- eat less fruit and no juice
- never take antacids
- avoid polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils

You will feel so much better if you make these few simple changes.

The second thing you must do to correct your Alkaline Imbalance is to take a very specific combination of vitamins, minerals, trace minerals and amino acids. These are no ordinary supplements.

The essence of the philosophy behind your NUTRI-SPEC supplements relates to providing optimum bio-efficiency. How? With a full complement of just the nutrients your testing shows you need -- in the most bio-available and bio-active forms. These nutrient formulations will bring your body chemistry

into a healthy state of balance. At the same time they will aid your body in its defense against the noxious environmental influences we are all exposed to daily.

Your individualized nutrition plan, based on your own specific scientifically determined needs, will make an important contribution to making you as healthy and as strong as you can be -- feeling your best and looking your best for the rest of your life.