

## ANAEROBIC 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 Anaerobic Imbalance.

How does this imbalance affect your health? An Anaerobic Imbalance relates to two very fundamental (and obviously very important) functions in the cells of your body:

- 1) inefficient use of oxygen to produce energy
- 2) inefficient movement of nutrients into, and waste products out of your cells

Your major problem with the use of oxygen to produce energy is that many of your cells just cannot make enough energy with oxygen, and thus depend too heavily on a process called anaerobic glycolysis. Anaerobic glycolysis is totally inadequate to meet the metabolic needs of those cells. This form of energy production produces not only inadequate energy but produces excess acids within the cells. While your cells are excessively acid, your tissues tend to be excessively alkaline in pH. The movement of nutrients and waste products in and out of your cells is impaired because of an abnormal function of the cellular membranes.

You can easily see that if these very basic processes are not operating efficiently your health is certain to suffer. Many different symptoms can result. You may suffer from some of these symptoms already. And, you have a much higher than average probability of developing certain symptoms in the future. These include:

- lack of energy
- high blood pressure
- constipation
- allergic sensitivities
- joint and muscle pain; arthritis
- depression
- osteoporosis
- dizziness
- and many other health problems

What can you do about it?

Two things. First, you need to avoid the foods that make an Anaerobic Imbalance worse. These include:

- sterol fats (butter, cheese, cream)

- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil] however, is excellent)
- sugars (sugar, corn syrup] honey, and all the desserts made with them), including fruit juices or excessive intake of fruit
- xanthines (coffee, tea, chocolate, cola)
- Vinegar

You will feel so much better if you keep these foods to a minimum.

The second thing you must do to correct your Anaerobic 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 bioefficiency. How? With a full complement of just the nutrients your testing shows you need -- in their 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.