

GLUCOGENIC 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 a Glucogenic Imbalance.

How does this imbalance affect your health? A Glucogenic Imbalance is important because it means that you have poor glycemic control. Your blood (and brain) sugar tends to be very erratic. Your body does not produce energy from the foods you eat very efficiently. You have particular difficulty handling starchy or sugary foods. A Glucogenic Imbalance also means that your brain does not produce energy efficiently and that it has difficulty maintaining a balance of its neuro-chemicals. You not only have poor glycemic control and inefficient oxidative energy production, but your metabolism tends toward excessively acid blood pH.

Many different symptoms can result from this Glucogenic Imbalance. You may be suffering some of these symptoms already. And, you have a much higher than average probability of developing these symptoms in the future. These include:

- lack of energy; physical and mental fatigue high or low blood sugar
- depression or anxiety
- gall bladder trouble
- shortness of breath
- high cholesterol
- over weight or under weight

What can you do about it?

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

- sugars (sugar, corn syrup, honey, and all desserts made with them) fruit juices (or even fresh fruit in large quantities)
- meals consisting of mainly starches and sugars (you need a serving of protein and fat at every meal)
- coffee, tea, alcohol
- onions, peppers, tomatoes and yams
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil is acceptable)

You will feel so much better if you keep these foods to a minimum. You also need to eat more meat, fish, poultry and eggs. You don't necessarily need to eat them in large servings -- you need to eat

them frequently. You need three meals daily with these sources of protein and fat. These foods, along with vegetables, must be the foundation of your diet.

The best meats for a Glucogenic Imbalance are the red meats such as beef, lamb and venison. Even better are organ meats such as liver. Seafoods such as shrimp, lobster and clams are good if you are not allergic to them. The best types of fish for you are tuna and salmon. Your best vegetables are beans, peas, lentils, cauliflower, cabbage and broccoli. You may also eat butter, cream and coconut oil. Cheese is good unless you have an intolerance to it.

The second thing you must do to correct your Glucogenic 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 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.