

ELECTROLYTE INSUFFICIENCY 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 Electrolyte Insufficiency Imbalance.

How does this imbalance affect your health? By Electrolyte Insufficiency we mean you have an insufficiency of certain mineral salts in your body fluids. Your low level of electrolytes can be due to either an inadequate intake of these minerals, or, is more likely due to your kidneys' inability to retain those minerals. Your body loses minerals faster than you are taking them in. A low level of these minerals is typically associated with weakness in both your glandular systems and in your cardiovascular system.

With an Electrolyte Insufficiency Imbalance there is typically low fluid volume in your blood, yet there may be excessive fluid retention in other body fluid compartments. Along with the abnormal electrolyte and water balance between and within each of the body fluid compartments, there are also abnormal pH changes -- either excess acidity or alkalinity in the various body fluid compartments.

You can easily see that such a mineral insufficiency is certain to jeopardize your health. 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:

- chronic fatigue
- low blood pressure poor circulation decreased libido depression or anxiety

What can you do about it?

Two things. First, you need to avoid the things that make Electrolyte Insufficiency worse. These include:

- eating too little salt
- drinking too much water
- drinking distilled or other unnatural water (natural water -- from a spring or well -- is what you need)
- drinking chlorinated, fluoridated water
- drinking municipal (chemically treated) water
- drinking softened water
- eating too little protein and fat (you need a source of protein and fat at every meal -- 3 times daily, 21 times per week)
- eating too many starches and sugars
- eating polyunsaturated oils such salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil is acceptable)

You will feel so much better if you follow the few simple recommendations listed above.

The second thing you must do to correct your Electrolyte Insufficiency 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.