

PARASYMPATHETIC 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 Parasympathetic Imbalance.

How does this imbalance affect your health? A Parasympathetic Imbalance means you have over-reactive nerves in what is called your Parasympathetic nervous system. This part of your nervous system helps regulate all the functions of your body that you don't control consciously -- your digestion, your breathing, your heart rate, your energy metabolism, your circulation, and so on.

A Parasympathetic Imbalance also means you have poor glycemic control. You have difficulty maintaining adequate blood sugar levels. You are frequently in danger of hypoglycemia unless you have adequate fat intake.

You can easily see that if this important control system of your body is not functioning properly 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:

- blood sugar problems -- hypoglycemia or diabetes
- low energy
- indigestion; ulcers; bowel problems
- arthritis
- poor circulation
- nervous tension; depression
- weak heart
- allergies
- asthma

What can you do about it?

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

- sugars (sugar, corn syrup, honey, and all the desserts made with them)
- fruit juices (or even whole fruit in large quantities)
- meals consisting of predominantly starches and sugars (you need at least a small serving of protein and fat at each meal)
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil, coconut oil, and butter are, however, good for you.)

You will feel so much better if you keep these foods to a minimum. You also need to eat more meat, fish and poultry. You don't necessarily need to eat them in large servings -- you need to eat them frequently. These sources of protein and fat (plus eggs), along with vegetables, should be the foundation of your diet.

The second thing you must do to correct your Parasympathetic 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.