

PROSTAGLANDIN 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 Prostaglandin Imbalance.

How does this imbalance affect your health? Prostaglandins are very important substances that play a role in virtually every biochemical process that occurs in every tissue of your body. There just isn't much that happens in your body that doesn't involve prostaglandins in some way. Having a Prostaglandin Imbalance means you have too much of certain types of prostaglandins and not enough of others.

When this important system is out of balance your health is certain to suffer. Many different symptoms can result. You may be suffering some of these symptoms already. And, you have a much higher than average probability of developing certain conditions in the future. These include:

- allergies
- headaches
- pre-menstrual syndrome in women
- joint and muscle pain; arthritis
- hardening of the arteries

What can you do about it?

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

- all fried foods (deep fried and pan fried)
- margarine; mayonnaise; vegetable oils and salad dressings
- puts and nut butters
- butter, cheese, cream
- shrimp, lobster, crab (and other shellfish and mollusks)
- fatty cuts of beef

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

The second thing you must do to correct your Prostaglandin 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.