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Understanding your Nutri – Spec Testing Results

Thank you for participating in the Nutri – Spec testing procedures. We have used over 30 functional and metabolic tests to analyze your system for the balance (or imbalance) within the 5 fundamental metabolic control systems.

In order to familiarize yourself with the Nutri – Spec system, please review the information packet, "What Nutri – Spec will do for you". It follows this page.

Here are the 5 metabolic control systems:

Electolyte Insufficiency	-----	Electrolytes	-----	Electrolyte Stress
Anaerobic Oxidation	-----	Oxidation	-----	Dysaerobic Oxidation
Ketogenesis	-----	Sugar	-----	Glucogenesis
Parasympathetic	-----	Autonomic	-----	Sympathetic
Alkaline	-----	pH	-----	Acid

The middle column represents the 5 systems, and the relative balance that should be present. Each of the columns on either side represent an imbalance, literally too much, or too little.

These systems are dynamic. This means that they are in flux, moving back and forth from too much to too little. Imbalances happen when a system stays too long at one extreme, or doesn't fully move to the opposite side. The net result of this flux is that you want the system in the middle. It parallels the story of Goldilocks and the three bears; too much, too little, and "just right". Ideally, we would like to be "just right".

When we talk of these metabolic regulating systems, we are talking about cellular activity. All action of the body takes place at the cellular level. Energy is produced within the cells, which then power the organs, glands, muscle and tissues that control our bodies. These systems work in the hierarchy as shown. Electrolytes are the minerals that we take in daily, without which life would cease to exist (it is often said that you can live without vitamins, although not well, but you can't live without minerals). Oxidation is essential for the processing of energy within our cells. Sugars are the fuels that cells need to produce energy and action. The autonomic balance tells which cells to work, and when. Finally, pH is responsible for turning on and off functions within the cells. All of these systems should work within harmony with one another, like a finely practiced orchestra.