



New Patient Orientation

Welcome

If you are like most people who come to us for help, it's likely you have experienced one or more of the following:

- You have health conditions that have become chronic.
- You have tried conventional medicine or even alternative physicians and did not get the results you hoped for.
- Your condition is impacting your personal life, relationships, career/job performance, and/or your personal finances.
- You know these ailments are not getting better and will probably continue to worsen unless you do something about it.

If you are ready to demand improvement and to put yourself back in charge of your health, then you have come to the right place. If you are a Nutrition Response Testing case and follow my recommendations, you can restore your health.

What is Nutrition Response Testing

Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. These underlying causes can be corrected through safe, natural, nutritional means, allowing the body to repair itself in order to attain and maintain optimum health.

Nutrition Response Testing is scientific. If I were to analyze you using Nutrition Response Testing without explanation, you might find it strange, or simply not believable. It is probably very different from anything you may have experienced. I can understand this because when I initially saw this type of work being done, no one was more skeptical than I was. As a result, I studied Nutrition Response Testing extensively. The outcome of this in-depth study has helped me to significantly improve my health and the health of many of my patients.

If you want to get healthy and stay well, it is important that you understand what Nutrition Response Testing is; otherwise, you are likely not to follow through with my recommendations. Follow through is essential to achieving wellness.

What Makes this Approach Unique

In a conventional medical setting there are two key parts: the diagnosis (identifying and/or naming the “disease” or syndrome) and the treatment (drugs, surgery, etc.).

Nutrition Response Testing has a two part approach as well. Our two part approach is first - the analysis (we assess your body's current health status) and second - your personalized

health improvement program using Designed Clinical Nutrition. I design a natural health improvement program to help you handle what we find in our analysis of your body and your condition.

First – the Analysis

Interestingly, the human anatomy has not changed significantly in thousands of years.

The analysis is done through testing the body's nervous system. Nutrition Response Testing analyzes different areas of the outer body that relate to your health, function, and flow of energy to your organs. The role of these organs and areas are measurable and precise.

Consider this: Each area that gives a response represents a specific organ, tissue, or function, it indicates the effect that energy, or the lack of energy, is having on the body. We use a system of monitoring your body which has proven to be extremely accurate in helping to identify exactly what your body needs and how well you are meeting those needs. We can predict, with certainty, what is needed and wanted by your body to get you to the point of improved health. I verify at each visit your improvement and the possibility of new areas of concern.

How Do We Do the Nutrition Response Testing Analysis

For example: If I were to hook you up to an electro-cardiograph machine and take a reading, that would make perfect sense to you, right? What is actually happening during this procedure? Electrical energy from the heart is running over the wires. This electrical energy makes the electrocardiograph record the energy pattern in the form of graph or chart. I could then study this graph and tell you the results.

Here is what I do with Nutrition Response Testing: I will contact areas with my own hand, the other hand will test the muscles of your extended arm. If the organ or area being contacted is “active” the nervous system will respond by reducing energy to the extended arm, and the arm will weaken and drop. This drop signifies underlying stress or dysfunction, which can be affecting your health.

Second – Your Personalized Health Improvement Program Using Designed Clinical Nutrition

In medicine, the doctor makes a diagnosis and then uses drugs to attack or suppress the symptom, or surgery to remove the offending organ or malfunctioning part. Nutrition Response Testing uses **Designed Clinical Nutrition** to correct the cause of the problem, so that the body can regain the ability to correct itself.



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Let's say the liver or kidney areas are "active" then what? Our next step is to test specific quality nutritional formulas against those weak areas to determine which ones bring the organ or areas back to strength.

Decades of clinical experience tell us that when we find the correct nutritional supplements, as indicated by Nutrition Response Testing, we can work out a highly personalized nutritional supplement schedule. Identification is the most important first step in correcting the underlying deficiency or imbalance. Following the program as precisely as possible, you are on your way to restoring normal function and improving your health.

What is Designed Clinical Nutrition

Designed Clinical Nutrition is exactly that: **designed** (*especially prepared based on a specific plan*) **clinical** (*pertaining to the results developed in clinical use or actual practice on huge numbers of patients over many years*) **nutrition** (*real food, designed by nature to enable the body to repair itself and grow healthfully*).

In most cases it is concentrated, whole food in a tablet, capsule or powder, prepared using a unique manufacturing process that preserves all of the active enzymes and vital components that make it work as nature intended. These real food supplements have been designed to match the needs of your body, as determined by the findings on your individual analysis. These are nutrients you are simply not getting or absorbing in your current diet. These deficiencies may be due to your past personal eating habits or to the lack of quality in the foods commercially available in grocery stores or restaurants today.

An example of a whole food could be carrots. Carrots are high in Vitamin A Complex. A Complex is something made up of many different parts that work together. Synthetic Vitamin A does not contain the whole Vitamin A Complex found in nature. So, if we were looking for a food high in Vitamin A, carrots would be one of your choices.

If you actually were deficient in any of the components of Vitamin A Complex, you would be wise to seek out a supplement that was made from whole foods that are rich in this complex avoiding chemicals re-engineered in a laboratory to look like part of the Vitamin A Complex.

Designed Clinical Nutrition is not over the counter vitamins. Over the counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. Over the counter vitamins are not, so to speak, genuine replacement parts. They lack many of the essential elements normally present in whole foods.

Vitamins that are pharmaceutically engineered generally only need to have a small percentage of their actual content derived from natural sources to be labeled as natural. These vitamins are not derived from whole foods, they often make you even more deficient and nutritionally out of balance. They can create other health problems because they do not contain all of the co-factors found in nature that make the vitamins work.

Claims of scientific research done with these shoddy substitutes continually prove that vitamins don't do much good for anyone. Can you imagine who pays for these researches?

Summary

- Through an analysis of your body's organs/areas, I help you to determine the exact nutrients you need to supplement you diet, in order to bring about balance and better health.
- I make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to supplement your current diet.
- Depending on your individual situations, I may also require that you make some specific changes in your eating habits and routines in order to bring about the best possible results.

How are These Products Produced

One example of a designed clinical nutrition supplement that I use is call Catalyn. This product is produced by starting with a wide variety of carefully chosen organically grown vegetables. Then the water and fiber are taken out using a vacuum, and a low heat process. Without cooking the vegetables the concentrated food is made into a bottle of Standard Process Catalyn Tablets

The key to this whole procedure is using the Standard Process method:

- Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides and chemicals. Ph.D.'s check the soil before the seeds are sown, to make sure of the fertility of the soil. The weeding is done by hand.
- The machinery involved in the processing of these products are made of glass and stainless steel only.
- The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit insuring the active ingredients are not cooked but remain active, alive, and have a very long shelf life.

Vitality and energy is derived from live food. Most foods available today are dead or are not really foods at all as in boxed



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cereals, canned vegetables, soda pop, etc. One can readily understand the difference between dead, devitalized pseudo-foods, with the synthetic or isolated vitamins on the one hand, and Designed Clinical Nutrition and a diet of real foods, on the other.

There is a Great Deal of Technology and Knowledge in What I Do

Designed through decades of clinical use on tens of thousands of patients from many different types of health care practitioners, one can be assured that Nutrition Response Testing is capable of evaluating and solving your health concerns.

An analysis of your active organs/areas will be performed on each follow-up visit to reveal additional layers of dysfunction. These can be addressed in the correct sequence for your body.

Each patient gets a completely individualized program, because every case is different; by following the correct sequence, as revealed through Nutrition Response Testing, even the most complicated cases can be handled. Very much like opening a combination lock, when one uses the right numbers in the right sequence and in the right direction at the right time, the lock opens easily.

The Good News – it is Possible to Reverse the Process

Many people we see in our practice have eaten themselves into their current state of ill health, to one degree or another. The deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (food, immune, chemical or otherwise).

What could be more natural? What could be more correct? Each cell, tissue, and organ in your body is in the process of replacing itself every day, month, and year. The health of each organ is dependent on making the correct nutrients available to upgrade or to maintain in the health of the body at a cellular level.

Designed Clinical Nutrition provides the Right Basic Materials

Nutrition Response Testing tells me when and what to use to bring about the desired result. Understanding what I do can help you see how I might be able to help you do something effective to get yourself well. Do you see how you might be able to use this approach to stay well?

Now you have the complete the big picture. You now know:

- What Nutrition Response Testing is.
- How your Designed Clinical Nutrition is developed.
- Why it works.

In the end you are the one responsible for your own condition. Under my guidance, I know that (if you are a Nutrition Response Testing case) your chances of greatly improving your health can be as high as 90% or better.

How Do You Qualify To Be a Nutrition Response Testing Patient

My long-term experience in a wide variety of cases tells me the first thing to determine is whether or not you are a Nutrition Response Testing Case. **If you are NOT** a Nutrition Response Testing Case then it is unlikely the Nutrition Response Testing will ever help you. **If you ARE** a Nutrition Response Testing Case it is my experience that nothing else will help you as much.

If your analysis indicates that you are not a Nutrition Response Testing Case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

I wish you the best of luck in your quest to take back full responsibility for your health. My advice is this, remember it is one step at a time, and that I am here to guide you in that quest.

Once your case is accepted, you can count on me to do everything in my power to help you achieve your health objectives, and to help you achieve a healthier happier life.

You will never be the same.

Healing Hands

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