

# NUTRI-SPEC



89 SWAMP ROAD  
MIFFLINTOWN, PA 17059

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## **ELECTROLYTE STRESS 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 Stress Imbalance**.

How does this imbalance affect your health? By Electrolyte Stress we mean you have an overload of certain mineral salts in your body fluids -- these excess electrolytes then place a stress on your heart and kidneys. Along with the excess electrolytes you have excess fluid which tends to raise the volume of your blood and thus increase your blood pressure. There is also a tendency to excess fluid retention in your tissues. In your cells, however, there is a tendency to dehydration. Along with these abnormalities in electrolyte balance between and within the various body fluid compartments, there are abnormal pH's -- either excess acidity or excess alkalinity in the various fluid compartments.

You can easily see that such a stress overload on your system 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:

- inefficient transport of oxygen, nutrients, waste products, enzymes, hormones, and antibodies throughout your system
- high blood pressure
- hardening of the arteries
- heart attack
- stroke
- poor circulation

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve an Electrolyte Stress. During those weeks you should strictly avoid everything that makes an Electrolyte Stress worse. These include:

- eating too much salt
- drinking too little water (natural water -- from a spring or well -- is what you need)
- drinking chlorinated, fluoridated water
- drinking municipal (chemically treated) water
- drinking softened water
- taking antacids
- eating not enough vegetables
- eating too many sugary foods
- eating polyunsaturated oils such as 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 these few simple recommendations.

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



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### **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 must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve an Electrolyte Insufficiency. During those weeks you should strictly avoid everything that makes an 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.

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### **ANAEROBIC IMBALANCE**

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Your tests show that you have what we call an **Anaerobic Imbalance**.

How does this imbalance affect your health? An Anaerobic Imbalance relates to two very fundamental (and obviously very important) functions in the cells of your body:

- 1) inefficient use of oxygen to produce energy
- 2) inefficient movement of nutrients into, and waste products out of your cells

Your major problem with the use of oxygen to produce energy is that many of your cells just cannot make enough energy with oxygen, and thus depend too heavily on a process called anaerobic glycolysis. Anaerobic glycolysis is totally inadequate to meet the metabolic needs of those cells. This form of energy production produces not only inadequate energy but produces excess acids within the cells. While your cells are excessively acid, your tissues tend to be excessively alkaline in pH.

The movement of nutrients and waste products in and out of your cells is impaired because of an abnormal function of the cellular membranes.

You can easily see that if these very basic processes are not operating efficiently your health is certain to suffer. Many different symptoms can result. You may suffer from some of these symptoms already. And, you have a much higher than average probability of developing certain symptoms in the future. These include:

- lack of energy
- high blood pressure
- constipation
- allergic sensitivities
- joint and muscle pain; arthritis
- depression
- osteoporosis
- dizziness
- and many other health problems

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve an Anaerobic Imbalance. During those weeks you should strictly avoid everything that makes an Anaerobic Imbalance worse. These include:

- sterol fats (butter, cheese, cream)
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil, however, is excellent)
- sugars (sugar, corn syrup, honey, and all the desserts made with them), including fruit juices or excessive intake of fruit
- xanthines (coffee, tea, chocolate, cola)
- vinegar

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

The second thing you must do to correct your Anaerobic 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.

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### **DYSAEROBIC IMBALANCE**

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Your tests show that you have what we call a **Dysaerobic Imbalance**.

How does this imbalance affect your health? A Dysaerobic Imbalance relates to two very fundamental (and obviously very important) functions in the cells of your body:

- 1) inefficient use of oxygen to produce energy
- 2) inefficient movement of nutrients into, and waste products out of your cells

Your major problem with the use of oxygen for energy is that you have excessive free radical oxidation activity in your tissues. The resulting free radical damage results in catabolism, or breaking down of tissues, as well as premature aging of tissues.

You tend to have excessively acid pH in your blood, while at the same time your tissue fluids tend to be too alkaline. Your tissues tend to be excessively saturated with water and certain electrolytes, while your cells are dehydrated, with excesses of certain electrolytes and deficiencies of others. These pH, water and electrolyte imbalances are associated with the inefficient movement of nutrients and waste products.

You can easily see that if these very basic processes are not operating efficiently your health is certain to suffer. Many different symptoms can result. You may suffer from some of these symptoms already. And, you have a much higher than average probability of developing certain symptoms in the future. These include:

- lack of energy
- colitis and other intestinal problems
- gall bladder trouble
- allergic sensitivities
- insomnia
- blood sugar problems
- joint and muscle pain; arthritis (especially rheumatoid)
- nervous tension; anxiety; depression
- migraine headaches
- dizziness
- auto-immune diseases
- and many other health problems

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Dysaerobic Imbalance. During those weeks you should strictly avoid everything that makes a Dysaerobic Imbalance worse. These include:

- all fried foods (deep fried and pan fried foods)
- margarine (Butter and coconut oil are, however, particularly good for you.)
- vegetable oils and salad dressings
- canned meat and canned fish

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

The second thing you must do to correct your Dysaerobic Imbalance is to take a very specific combination of vitamins, minerals, trace minerals and amino acids. These are no ordinary supplements.

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## **GLUCOGENIC IMBALANCE**

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Your tests show that you have what we call a **Glucogenic Imbalance**.

How does this imbalance affect your health? A Glucogenic Imbalance is important because it means that you have poor glycemic control. Your blood (and brain) sugar tends to be very erratic. Your body does not produce energy from the foods you eat very efficiently. You have particular difficulty handling starchy or sugary foods. A Glucogenic Imbalance also means that your brain does not produce energy efficiently and that it has difficulty maintaining a balance of its neuro-chemicals.

You not only have poor glycemic control and inefficient oxidative energy production, but your metabolism tends toward excessively acid blood pH.

Many different symptoms can result from this Glucogenic Imbalance. You may be suffering some of these symptoms already. And, you have a much higher than average probability of developing these symptoms in the future. These include:

- lack of energy; physical and mental fatigue
- high or low blood sugar
- depression or anxiety
- gall bladder trouble
- shortness of breath
- high cholesterol
- over weight or under weight

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Glucogenic Imbalance. During those weeks you should strictly avoid everything that makes a Glucogenic Imbalance worse. These include:

- sugars (sugar, corn syrup, honey, and all desserts made with them)
- fruit juices (or even fresh fruit in large quantities)
- meals consisting of mainly starches and sugars (you need a serving of protein and fat at every meal)
- coffee, tea, alcohol
- onions, peppers, tomatoes and yams
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil is acceptable)

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

The best meats for a Glucogenic Imbalance are the red meats such as beef, lamb and venison. Even better are organ meats such as liver. Seafoods such as shrimp, lobster and clams are good if you are not allergic to them. The best types of fish for you are tuna and salmon. Your best vegetables are beans, peas, lentils, cauliflower, cabbage and broccoli. You may also eat butter, cream and coconut oil. Cheese is good unless you have an intolerance to it.

The second thing you must do to correct your Glucogenic Imbalance is to take a very specific combination of vitamins, minerals, trace minerals and amino acids. These are no ordinary supplements.

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## **KETOGENIC IMBALANCE**

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Your tests show that you have what we call a **Ketogenic Imbalance**.

How does this imbalance affect your health? A Ketogenic Imbalance is important because it means that you have poor glycemic control. Your blood (and brain) sugar tends to be very erratic. You tend to produce too much insulin in response to carbohydrate foods. Not only do you produce too much insulin but your tissues are somewhat insensitive to insulin. This means that even though the insulin is there in large quantities it does not do its job and remains in circulation far too long. The circulation of this hormone in excess creates an imbalance throughout your hormone system.

With a Ketogenic Imbalance your body does not produce energy from the foods you eat very efficiently. You have particular difficulty handling sugary foods, as well as foods that are extremely high in certain types of protein and fat. A Ketogenic Imbalance also means that your brain does not produce energy efficiently and that it has difficulty maintaining a balance of its neuro-chemicals. You not only have poor glycemic control and inefficient oxidative energy production, but your metabolism tends toward excessively alkaline blood pH.

Many different symptoms can result from this Ketogenic Imbalance. You may be suffering some of these symptoms already. And, you have a much higher than average probability of developing certain symptoms in the future. These include:

- lack of energy; physical and mental fatigue
- high or low blood sugar
- depression or anxiety

- gall bladder trouble
- shortness of breath
- over weight or under weight
- high blood pressure or cardiovascular disease

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Ketogenic Imbalance. During those weeks you should strictly avoid everything that makes a Ketogenic Imbalance worse. These include:

- sugars (sugar, corn syrup, honey, and all the desserts made with them), including fruit juices
- meals consisting of mainly starches and sugars (you need a small serving of protein and fat at every meal)
- liver and other organ meats; seafood such as shrimp, lobster, clams, etc.
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils; and also nuts and nut butters

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

The best proteins for a Ketogenic Imbalance are fish, poultry and eggs. Red meat is OK, but not quite as good. Olive oil is particularly good for you.

The second thing you must do to correct your Ketogenic 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.

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### **SYMPATHETIC 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 **Sympathetic Imbalance**.

How does this imbalance affect your health? A Sympathetic Imbalance means you have over-reactive nerves in what is called your sympathetic 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 Sympathetic Imbalance also means poor glycemic control. You are continuously mobilizing excess sugars into your bloodstream, which can be either a compensation for hypoglycemia or a tendency to diabetes.

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:

- poor digestion and assimilation of nutrients
- indigestion; ulcers; gall bladder trouble; bowel problems
- low energy
- blood sugar problems -- hypoglycemia or diabetes
- poor circulation
- high blood pressure
- nervous tension; insomnia
- heart and kidney problems
- low resistance to infections
- food allergies

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Sympathetic Imbalance. During those weeks you should strictly avoid everything that makes a Sympathetic Imbalance worse. These include:

- sugars (sugar, corn syrup, honey, and all the desserts made with them)
- xanthines (coffee, tea, chocolate, cola)
- soft drinks containing phosphoric acid
- polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils (olive oil and coconut oil are, however good for you.)
- canned and processed meats

You will feel so much better if you keep these foods to a minimum. You also need to eat more vegetables -- eat them in large quantities and more frequently (at 2 meals daily, at least).

The second thing you must do to correct your Sympathetic 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.

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### **PARASYMPATHETIC IMBALANCE**

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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 must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Parasympathetic Imbalance. During those weeks you should strictly avoid everything that makes 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.

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### ACID IMBALANCE

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Your tests show that you have what we call an **Acid Imbalance**.

How does this imbalance affect your health? An Acid Imbalance means you have too much acid and not enough alkaline electrolytes in your system. Every organ, every tissue, every cell in your body is designed to function within an extremely narrow range of acid/alkaline balance. When this delicate balance system is off, 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:

- poor digestion and assimilation of food
- joint and muscle pain; arthritis
- shortness of breath; rapid heart beat
- allergies
- poor retention of important mineral nutrients
- fluid retention
- inefficient function of your kidneys, lungs, adrenal glands, and many other organs and glands
- fatigue

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve an Acid Imbalance. During those weeks you should strictly avoid everything that makes an Acid Imbalance worse. So, you must:

- drink more water
- avoid polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils
- eat more vegetables
- eat less fruit and no juice
- drink no soft drinks
- avoid tomatoes, tomato sauce and vinegar

You will feel so much better if you make these few simple changes.

The second thing you must do to correct your Acid Imbalance is to take a very specific combination of vitamins, minerals, trace minerals and amino acids. These are no ordinary supplements.

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### **ALKALINE IMBALANCE**

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Your tests show that you have what we call an **Alkaline Imbalance**.

How does this imbalance affect your health? An Alkaline Imbalance means you have too much alkali and not enough acid electrolytes in your system. Every organ, every tissue, every cell in your body is designed to function within an extremely narrow range of acid/alkaline balance. When this delicate balance system is off, 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:

- poor digestion and assimilation of food
- joint and muscle pain; arthritis
- muscle cramps
- allergies; asthma
- poor retention of important mineral nutrients
- fluid retention
- inefficient function of your kidneys, lungs, adrenal glands, and many other organs and glands
- fatigue

What must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve an Alkaline Imbalance. During those weeks you should strictly avoid everything that makes an Alkaline Imbalance worse. So, you must:

- eat less sugars and starches
- eat more protein (not bigger servings, but more frequent servings of meat, fish, poultry and eggs)
- eat less fruit and no juice
- never take antacids
- avoid polyunsaturated oils such as salad dressings, mayonnaise, margarine and foods fried or cooked with vegetable oils

You will feel so much better if you make these few simple changes.

The second thing you must do to correct your Alkaline Imbalance is to take a very specific combination of vitamins, minerals, trace minerals and amino acids. These are no ordinary supplements.

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MIFFLINTOWN, PA 17059

Date: \_\_\_\_\_

Name: \_\_\_\_\_

### **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 must you do about it?

Two things. In most people only 3-8 weeks are required to significantly improve a Prostaglandin Imbalance. During those weeks you should strictly avoid everything that makes a Prostaglandin Imbalance worse. These include:

- all fried foods (deep fried and pan fried)
- margarine; mayonnaise; vegetable oils and salad dressings
- nuts 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.