



WHY SUPPLEMENT OUR FOOD?

Fast Foods

GE/ GMO Foods⁴

Modern Lifestyles

Microwaving & Irradiation³

Modern Processing of Foods

Chemical Herbicides & Pesticides²

Preservatives & Artificial Ingredients

Cooking and Heating destroys Enzymes

Premature Harvesting for Market Transport

Commercial Fertilization – Many Nutrients Missing¹

Foods Have Been Compromised in Last 100 Years

¹www.mindfully.org/food/organic-crops-superior-worthingtonJul99.htm ²http://eco-vie.com/ecovie/b_pesticides.html

³www.ghchealth.com/microwave-ovens-the-proven-dangers.html ⁴www.safe-food.org/-issue/dangers.html



YOUR "YOU"-NIQUE MELTING POT

Sex

Age

Blood Type

Metabolism

Body Weight

Dietary Intake

Genetics, Heredity

Product Sensitivities

Lifestyle – Stress, Work

Environment – Air, Water, Food

Many Factors Affect Your Nutritional Needs



INTERPRETING TEST RESULTS

❑ What Do the Numbers Mean?

5 points above (or higher) suggests need over next ___ months.
0-3 points suggests no need – “may” wish to take (prevention)
5 points below (or lower) suggests a food sensitivity

❑ Your Level of “Sensitivity to Stimulus” Differs

- *Some people respond dramatically: 20 to 30 points*
- *Other people respond more subtly: 5 to 10 points*
- *Testing is working equally fine - both show the “positive need”*
- *Don’t think your test scores aren’t as valid as another person’s*

❑ Comparing Your Own Test Scores is Valuable

- *Your higher scores suggest which ones you need the most*
- *Very helpful, especially with budgetary constraints*