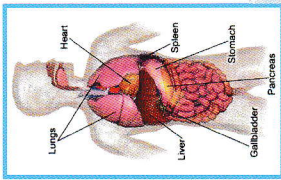


FUNCTIONAL NUTRITION & ORGAN SYSTEM RE-BALANCING

Functional Nutrition is about regaining

NORMAL function and balance in the main organs and systems of the human body. "Normal" can vary greatly from one patient to another. For example, caffeine is bad for everyone, but some people tolerate it better than others. For many people, even a small amount is toxic to their thyroid, liver, gallbladder, stomach, adrenals, nerves, etc.



The term **"PREVENTATIVE MEDICINE"**

is constantly talked about in the media, and by many insurance companies, but in practical terms, very little is done. To them it means more health screenings, tests, and early use of long-term drug therapy for chronic ailments. It seems that every week a new Medical advancement occurs - and every week a new disastrous side effect of the last medical marvel is discovered. In today's hectic lifestyle, the basics are still most important. Your Health, Well Being, and Happiness are directly related to what you eat and how you take care of yourself. There are no medicines or drugs that make you healthier or better - they are designed as short-term treatments to intervene for acute distress or to control symptoms. Nutrition, on the other hand, helps the body to function better, and to heal itself. Modern Holistic Nutritional Health Care has many and often better answers for today's health issues. Don't wait until your condition reaches damaging or permanent levels of severity. Letting a symptom or problem escalate can lead to crisis intervention treatment by the Medical Community. Unfortunately, while this may be necessary, it can be risky and costly. For example, a problem with many prescription medications on the market today is the human body's natural reaction to them. The longer a person is taking a drug the less it will work, and the more side effects and toxicity will increase. These types of treatments usually end up being short-term remedies to symptoms rather than complete and final solutions to actual problems. This is why the Medical Profession's biggest failings lie in long term chronic conditions like: Diabetes, Arthritis, Mental Illness, Hypoglycemia,

Chronic Fatigue Syndrome, Digestive Disorders, Ligament and Cartilage Damage, Allergies, etc. Only the body can heal itself-if it is allowed to, and it has the proper nutrients and raw materials! Regaining **FUNCTION** through a proper diet with Nutritional Supplementation, Exercise, Spinal and Nerve Care, and a Positive Mental Attitude is **THE ONLY LONG-TERM PATHWAY TO GOOD HEALTH AS WELL AS WEIGHT LOSS!! TAKE CARE OF YOUR BODY-AND IT WILL TAKE CARE OF YOU!**

WHY CAN'T I LOSE WEIGHT?!!

You tried all kinds of difficult diets & either lost little or worse - put it right back on! You tried exercising like a demon -& the scale went up! **THE ANSWER MAY LIE IN A COMPLETELY DIFFERENT DIRECTION**. You may have functional imbalances of your hormones & endocrine system. These problems are not true disease processes-(but may later develop into them!) These problems don't show up on Blood Tests - (at least not yet!) But these functional imbalances truly affect how you feel & the quality of your life & your Happiness! These fluctuations can be detected by a good Nutritionist & quickly corrected with Nutritional Therapy.

Functional Nutrition simplifies health into the basic building blocks: 1)- What you eat. 2)- How you digest and absorb. 3)- How nutrients and raw materials are transported to and utilized by the different organs & individual cells. 4)- How your cells function together as organs and systems. 5)- How you eliminate waste products. 6)- Regaining a balanced hormonal & endocrine system. **In Functional Nutritional Counseling & Organ System Re-Balancing** I use a variety of evaluation techniques including a thorough case history, reflexology, applied kinesiology, trigger point evaluation, symptom survey questionnaires, combined with my **28 years** of experience directly and successfully treating patients from all over the country.

FATIGUE & EXHAUSTION !!

In today's modern but **HIGH STRESS** world it seems as if everyone has varying degrees of **FATIGUE**. The causes can be many, but the function can be narrowed down easily into the following categories:

1. **ADRENAL RUNDOWN** - this is the #1 cause, & it is a function of Acute stress, Chronic long-term stress, or the body never recovering completely from an illness. The adrenal glands control short term energy including adrenaline production. Adrenal Rundown is expressed by extreme fatigue anytime but especially midday, & it is almost always involved secondarily when other fatigue-causing conditions are the primary cause.

2. **HYPOGLYCEMIA & SUGAR PROBLEMS** - Classic cause of Fatigue, is signaled by midday sleepiness and alternating exhaustion & short bursts of energy, and usually sweet cravings. This condition is not easily diagnosed on standard blood tests, but low blood sugar levels causes fatigue at any point in the day. This condition can be exacerbated by dieting and skipping meals. Eating sugar can temporarily relieve the symptoms, but leads to an energy crash an hour later, with shakiness & weakness, creating a vicious cycle.

3. **THYROID IMBALANCE** - the many symptoms of a Functional Thyroid Imbalance include sleep disturbances, palpitations, anxiety or panic attacks, mood swings & depression of unknown origin, cold hands and feet, claustrophobia, and constant fatigue throughout the day. Mild thyroid imbalances are not a disease process, and therefore usually do not show up on blood tests.

4. **DEPRESSED IMMUNE SYSTEM** - this category includes Chronic Viral Infection, Chronic Fatigue Syndrome, and other functional immune deficiencies. As with most chronic conditions, all of these have very few successful medical treatments that are long term and without side effects. Viruses are particularly difficult to treat medically, as they do not respond to most antibiotics and are highly genetically mutagenic. Nutritional Therapy, however, has had great success with viruses by building up the body's natural defenses and immune system to defeat the virus on its own.

5. **MALABSORPTION SYNDROME** - these are chronic digestive problems. This leads to Vitamin Deficiencies and Mineral Deficiencies, such as Iron and B-Complex.

