

What is Nutrition Response Testing®?  
by Dr. Freddie Ulan, DC, CC

Nutrition Response Testing® is very precise and scientific. However, if we were to analyze you using Nutrition Response Testing® before it was explained to you, you might find it strange or simply not believable- because it is very different from anything you have experienced before.

I can completely understand that, because when I first saw this type of work being done, my first reaction was, “Hmm what is this strange stuff?” No one was more skeptical than I was. As a result, I studied Nutrition Response Testing® extensively to see if it was for real. And I am sure happy I did because it has helped me improve my health, and because of Nutrition Response Testing®, we are here and are able to help improve your health.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Nutrition Response Testing® is, and what our recommendations are based on.

Otherwise, you are less likely to follow through and actually do what you need to do to get well. To put it simply, if you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The results we have had with Nutrition Response Testing® are often in the 90% and better range. The only reason we are here is to help you get well. We have no other reason for being here, and hopefully you are here for the same reason. That is why we want to make sure you have the correct understanding of Nutrition Response Testing® is right from the start.

Let's Get Started

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

In Nutrition Response Testing® we do not diagnose or treat the disease-but we also have two parts: the analysis And the personalized health improvement program (using designed clinical nutrition).

Simply put, first we do an analysis and then we design a natural health improvement program to help you handle what we find in our analysis and your body and condition.

First the Analysis

The analysis is done through testing the body's own neurological reflexes and acupuncture points. The neurological reflexes are derived from the part of the nervous system whose job is to regulate the functions of each and every organ. The acupuncture points are selected from the ancient Chinese system of acupuncture, which is thousands of years old

Nutrition Response Testing® is a study of how different points on the surface of the body relate to the state of health and the flow of energy in each and every organ and function of the body.

Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points has become extremely useful in our practice because they are so accurate.

Think about it

Each Nutrition Response Testing® reflex represents a specific organ, tissue, or function, and indicates that effect that energy, or lack of energy is having on the body. By testing the NRT reflexes, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and which helps identify exactly what the body needs and how well we are meeting that need.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to get you to the next stage of improved health?

How do we access the Nutrition Response Testing® reflexes in order to get this information?

If we 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 a graph or a chart. We could then study this graph and tell you what it all means.

Here is what we do with Nutrition Response Testing®. Instead of connecting electrodes to the specific points being tested, the Nutrition Response Testing® practitioner contacts these points with his/her own hand. With his/her other hand, he/she will test the muscle strength of your extended arm. If the reflex being contacted by reducing energy to the extended arm, the arm will weaken and drop. This drop signifies underlying dysfunction, which can be affecting your health.

Why is the person who referred you feeling better?

Because we did a Nutrition Response Testing® analysis for him/her, and we found the "active" reflexes, and then made specific nutritional recommendations to help the body return to a better state of health.

We are prepared to do that exact same thing for you now. Isn't that exciting? However, the best is yet to come.

Let's say the liver or kidney reflexes are active. Then what?

Our next step is to test specific, time-tested and proven, highest possible quality nutritional formulas against those weak areas, to find which ones bring the reflexes back to strength.

Our clinical experience tells us that when we have found the correct nutritional supplements, as indicated by this procedure, and when we work out a highly personalized nutritional supplement schedule, we have accomplished the most important first step in correcting the underlying deficiency or imbalance that caused the reflex to be active in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine the practitioner makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or to surgically remove the "offending" organ or part. In Nutrition Response Testing® we use "DESIGNED CLINICAL NUTRITION" to correct the cause of the problem, so that the body can regain the ability to correct itself.

What exactly is "Designed Clinical Nutrition"?

First of all, 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. They are not 'whole food' and the body does not actually recognize these anything even vaguely beneficial (to put it mildly).

Because they are not made from whole foods 'over the counter' vitamins lack the essential synergistic elements normally present in WHOLE foods.

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 might be one of our choices.

If one actually were deficient in any of the components of vitamin A complex, one would be wise to seek out a supplement that was made from whole foods that were rich in this complex- not from chemicals re-engineered in a laboratory to look like one little part of the vitamin A complex that has been mislabeled as vitamin A.

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

So-called "scientific research" done with these shoddy substitutes, repeatedly "proves" that vitamins don't do much good for anyone! Can you imagine who pays for these "researches"?

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

It is the whole food in a tablet, capsule, powder, and concentrated in a vacuum-cold press system that preserves all the active enzymes and the vital components that make it work as the Creator intended. These real food supplements have been designed to match the needs of the body, as determined by the positive response shown when tested against the active Nutrition Response Testing® analysis. These are nutrients you are simply not getting, or are not assimilating, in your current diet.

These deficiencies may be due to your past personal eating habits and routines, but it is for sure due, in some large extent, to the lack of the quality in the foods commercially available in grocery stores or restaurants today.

### Summary

Through an analysis of your body’s reflexes, we help you to determine the exact nutrients you need to supplement your diet, in order to bring about balance and better health.

We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in a powdered form to supplement your current diet. That is why they are called “food supplements”.

Depending on your individual situation, we might also require that you make some specific changes in your diet and eating habits, and in your routines, in order to bring about the best possible results.

How are these products produced?

One example of a designed clinical nutrition supplement that we use is called “Catalyn”. This product is produced by starting with a wide variety of carefully chosen organically grown vegetables and taking the water and fiber out using a vacuum. Low heat process-without heating or cooking the vegetables, and then utilizing the concentrated food to make a bottle of Standard Process Catalyn Tablets.

The key to this whole procedure is the way it is done, using the “Standard Process” method:

Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides-and no chemicals are ever used. Ph.D.’s check the soil before the seeds are sown-and even the weeding is done by hand.

The machinery involved in the processing of these products is made of glass and stainless steel only.

The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients are not cooked, they remain active and alive, and have a very long shelf life.

Your vitality and energy is derived from live food. Most foods today are all dead- or are not really foods at all-as in boxed cereals, canned vegetable, soda pop, etc. You 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 know-how behind what we do.

Having been designed through decades of clinical use on tens of thousands of clients, and on other clients from many different types of healthcare practitioners, you can be assured that NRT is capable of evaluating and solving your health concerns.

A complete Nutrition Response Testing® analysis can be done on each client and each subsequent visit, thereby revealing the next layer of dysfunction so these can also be addressed and corrected.

In this way, each client gets a completely individualized handling, in the correct sequence for his or her body.

Very much like opening a combination lock, you must use the right numbers in the right sequence and in the right direction at the right time-then the lock falls open.

By following the correct sequence as revealed through Nutrition Response Testing®, you don't “shot-gun” your diet or supplements. With a correctly done Nutrition Response Testing® analysis, we can determine the correct food supplements for you-designed to give your body the best possible chance of getting well and staying that way.

## Conclusion

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

The good news is that it is possible to reverse the process!

Is it possible to restore your health?

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 maintain the health of the body at the cellular level.

Designed Clinical Nutrition provides the right basic materials

Nutrition Response Testing® tells you when and what to use to bring about a desired result.

With this understanding of what we can do, can you see how we might be able to help you do something effective to get yourself well?

And once that is achieved, do you see how you might be able to use this approach to stay well?

Now you have the complete 1-2-3 package. You now know:

What we do

How and why we do it

What you need to have the potential of restoring your health and staying healthy

But in the end you are the one responsible for your own condition. And with our guidance, we feel that-if you are an Nutrition Response Testing® case-your chances of greatly improving your health can be as high as 90% or better. In our experience if our analysis indicates that you are not a Nutrition Response Testing®/nutritional case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

But if our analysis confirms that you are an Nutrition Response Testing®/ clinical nutritional case, then in our experience, nothing else will ever come close to what you can possibly achieve using Nutrition Response Testing® and Designed Clinical Nutrition.

We wish you the best of good luck in your quest to take back the full responsibility for your health. Just remember to do it one step at a time, and that we are here to guide you in that quest.

Once we accept your case, you can count on us to do everything in our power to help you achieve your health objectives, and to help you achieve a healthier, happier life.

May you never be the same.

Dr. Freddie Ulan, DC, CC

Neuro Cranial Integration (NCi) is a specific technique that aligns the cranial bones, brain and nervous system from the inside out and from the top down. The realignment takes tension off the nervous system, releases cranial, fascial and muscle tissue fixations, and returns proper cerebrospinal fluid flow to the spine, improving the function of the entire body.

[\\*Courtesy of My Better Brain](#)