

Nutri-Body[®] Analysis

David W. Rowland PhD

This Evaluation is designed to assess bodily signs which may relate to nutritional imbalances. Its sole purpose is to educate and inform. It is not intended to diagnose diseases. If you suspect that you may have a medical problem, please seek competent medical care.

This Analysis was prepared by:

Trish Leclair

Natural Health and Nutritional Specialist

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Nutri-Body[®] Analysis

David W. Rowland PhD

Name : Client #1
Address : 884 Cavalcade Terr
City : Victoria
Province : BC
Postal Code : V9B6W5
Phone : 250-478-7142

Date Evaluated : 1/24/2011
Last Evaluated :
Evaluation Type : First
Sex : Male
Age : 52

A1	A2	A3	A4	A5	A6	A7	A8
16	18	35	15	12	12	24	40

B1	B2	B3	B4	B5
36	0	30	10	8

C1	C2	C3	C4	C5	C6
15	14	6	0	12	12

D1	D2	D3	D4	D5	D6	D7	D8
32	27	36	14	40	8	32	0

E1	E2	E3
15	20	0

F1	F2	F3
18	20	20

G1	G2	G3	G4	G5	G6	G7	G8	G9
15	27	24	18	20	5	21	9	9

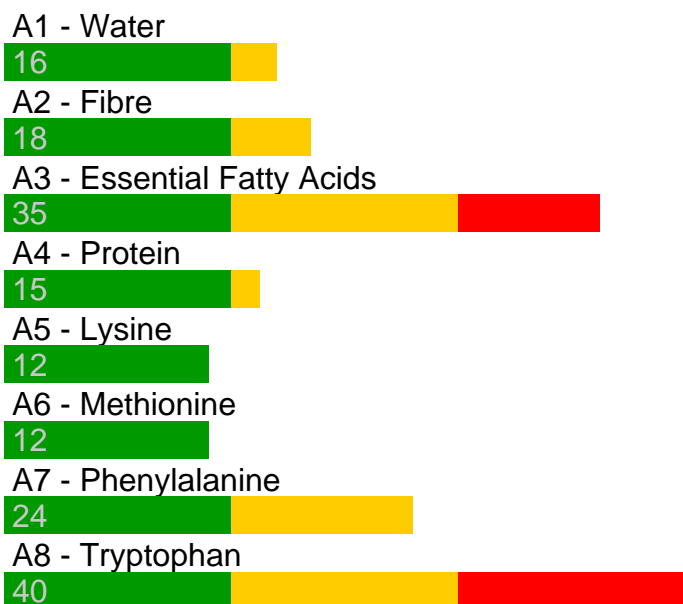
H1	H2
30	0

I1	I2	I3	I4	I5
15	0	8	12	12

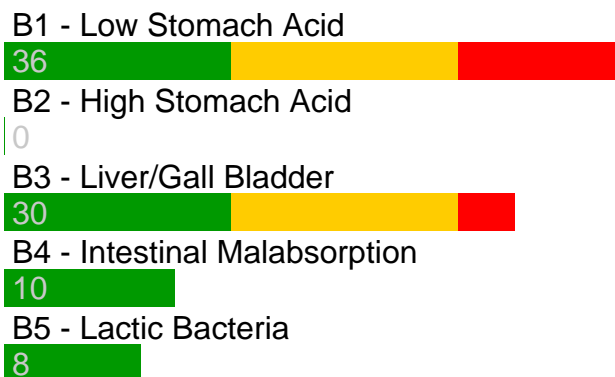
J1	J2	J3	J4	J5	J6	J7	J8	J9
30	8	10	18	6	26	0	20	12

K1	K2	K3	K4	K5	K6	K7
20	16	3	18	4	0	9

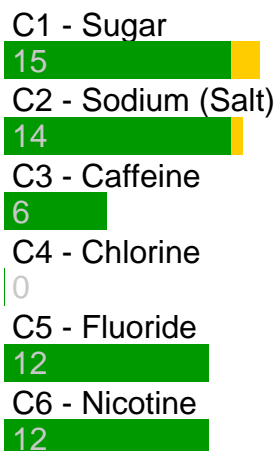
Macro Nutrients (A)



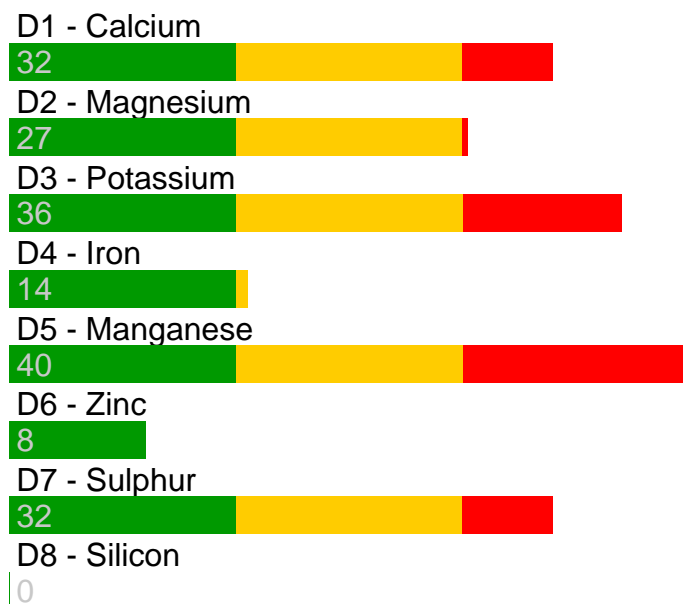
Digestive Imbalances (B)



Excesses (C)



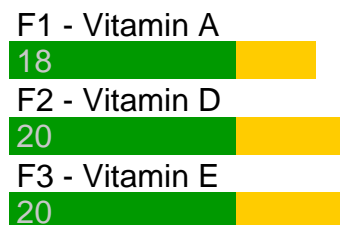
Macro Minerals (D)



Micro Minerals (E)



Fat-Soluble Vitamins (F)



Water-Soluble Vitamins (G)

G1 - Vitamin B-1



G2 - Vitamin B-2



G3 - Niacin, Niacinamide



G4 - Pantothenic Acid



G5 - Vitamin B-6



G6 - Biotin



G7 - Vitamin B-12



G8 - Folic Acid



G9 - Vitamin C



Other Nutrients (H)

H1 - Choline



H2 - Bioflavonoids



Toxic Metals (I)

I1 - Aluminum



I2 - Cadmium



I3 - Copper Excess



I4 - Lead



I5 - Mercury



Glandular Imbalances (J)

J1 - Adrenals, Underactive



J2 - Adrenals, Overactive



J3 - Gonads



J4 - Kidney/Bladder



J5 - Pancreas



J6 - Thyroid, Underactive



J7 - Thyroid, Overactive



J8 - Pituitary



J9 - Thymus



Metabolic/Systemic Imbalances (K)

K1 - Allergies



K2 - Nervous System



K3 - Circulation



K4 - Hypoglycemia



K5 - Intestinal Parasites



K6 - Premenstrual Syndrome



K7 - Candidiasis



Nutri-Body[®] Analysis

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Items of Concern

Your results have been interpreted according to the Nutri-Body[®] Analysis Program.

The items in the following sections represent the areas that require immediate attention.

You will be on your way to nutritional balance by first taking the necessary steps to correct these imbalances.

If you have any questions ask your Nutritional Consultant to explain.

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40

A8 Tryptophan

Tryptophan is low in legumes, corn and rice. Abundant in turkey and milk. Available in supplement form as L-5 Hydroxy-Tryptophan, in 50 mg. capsules, from U.S. sources. Best taken between meals, on an empty stomach.

40

D5 Manganese

Food sources: nuts, green leafy vegetables, peas, beets, egg yolks, whole-grains, bananas, bran, celery, legumes, liver, pineapple. Supplementary range: 15 to 22 mg. daily.

36

B1 Low Stomach Acid

A high score in this section suggests that your stomach is not producing enough hydrochloric acid (HCl) and enzymes to digest foods properly. Such underactivity is often accompanied by constipation and poor mineral absorption.

It is important not to combine sugars with proteins, nor sugars with fats, at the same meal. (Examples: steak and pie, orange juice and eggs.) That is because sugars are digested in the intestine. If eaten alone they pass through the stomach in minutes. Proteins and fats, however, need to stay in the stomach for 2.5 to 4 hours. If sugars and proteins/fats are eaten at the same time, the stomach holds on to the entire mass, causing putrefaction, gas and bloating. A young person with ample hydrochloric acid may get away with unwise food combinations, because HCl neutralizes the byproducts of putrefaction. The older we get, however, the less HCl our stomachs produce and the more we need to be careful how we combine our foods.

Consuming fruits, juices and other sweets one half hour before a meal (as an appetizer) or on an empty stomach, three hours after a meal (as a snack) is sometimes all that is necessary to clear up digestive disturbances. If not, then a broad spectrum digestive aid is needed -- one containing betaine hydrochloride (HCl), pepsin, papain, and bromelain. A formula such as this can be taken as needed with meals. Start with one tablet per meal and gradually increase until there is no more digestive discomfort. Larger, heavier meals usually require more tablets than lighter ones. (Soups/salads may require none.) A little experimentation is often very helpful. Too much HCl can cause a burning sensation. If that happens, back off by one tablet.

36

D3 Potassium

Potassium is required daily in very large amounts. Fortunately, it is readily available from a wide variety of foods, especially those that are natural and unprocessed. Food sources: bananas, apricots, citrus fruits, cantaloupe, tomatoes, watercress, green leafy vegetables, mint leaves, sunflower seeds, potatoes, dates, figs, peaches, peanuts, raisins, fish, seafood, whole grains. Supplementary range: 400 to 700 mg. daily.

35**A3 Essential Fatty Acids**

Essential fatty acids (EFAs) are required to build cell membranes and hormones. They are an incredibly important part of one's immune system. They have no substitute. If the diet does not provide enough, the body cannot make do with anything else.

The safest dietary sources of EFAs are butter, olive oil, peanut oil, and avocado oil -- plus the naturally occurring fats in fish, eggs and poultry -- plus the naturally occurring oils in fresh, raw almonds, walnuts, sunflower seeds and pecans. Avoid polyunsaturated vegetable oils (e.g., safflower, sunflower, soy, corn, sesame). Regardless of how naturally these oils may have been processed, they are chemically unstable and can break down in the body to produce excess levels of free radicals, which are causative factors in heart disease and cancer. Especially avoid deep fried foods and rancid fats and oils of all kinds.

Organic flaxseed oil makes an excellent EFA supplement -- especially if it is sealed in dark gelatin capsules so that it is never exposed to the air. One to three capsules daily are all that most people may require.

32**D7 Sulphur**

Food sources: eggs, garlic, meat, poultry, fish, legumes, soybeans/tofu. Supplement sources: L-cysteine, L-methionine, and methyl-sulfonyl-methane (MSM). Cysteine and methionine are ingredients in the Arterial Cleansing Formula and the Heavy Metal Detox Formula.

32**D1 Calcium**

Calcium and magnesium deficiency states are closely related. Magnesium is needed to keep calcium in solution, so that it can be readily utilized by the body. Food sources of calcium include yogurt, cheese, milk, soybeans/tofu, sardines, salmon, peanuts, walnuts, sunflower seeds, dried beans, green vegetables, almonds, beef liver. Supplementary range: 400 to 1,200 mg. daily.

30**J1 Adrenals, Underactive**

Reduce concentrated sugars and sweets of all kinds in the diet. The nutrients that the adrenal glands especially require are vitamin C, pantothenic acid, potassium, vitamin E and choline. Supplementary adrenal concentrate, from 50 to 300 mg. daily provides extra support above and beyond vitamins and minerals. See also Stress Formula and Adrenal Support Formula.

30

B3 Liver/Gall Bladder

These signs indicate that there is not enough bile getting into the duodenum when it is needed. Bile is needed to break down large fat globs into tiny droplets, so that the fat-splitting enzymes from the pancreas can work on them. Without enough bile, fats and minerals combine in the gut to form insoluble soaps -- often causing constipation and mineral deficiencies. Bile also has a sterilizing effect on putrefaction in the gut.

The symptoms in this section can be corrected by taking supplementary digestive enzymes containing bile and pancreatin with each meal that contains any significant amount of fat. If your gall bladder has been removed, then this form of supplementation will be most beneficial.

Gallstones can also create the symptoms in this section. Many people have gallstones without knowing it. These are stones of solidified cholesterol that plug the gall bladder and prevent bile from flowing as needed. To get rid of gallstones, see "gall bladder flush" handout.

30

H1 Choline

Choline is a lipotropic factor. Food sources: brewer's yeast, fish, liver, brain, heart, legumes, soybeans, peanuts, wheat germ, egg yolks, green leafy vegetables, whole grains. Supplementary range: 120 to 440 mg. daily.

27

D2 Magnesium

Magnesium and calcium deficiency states are closely related. Magnesium is needed to keep calcium in solution, so that it can be readily utilized by the body. Food sources: figs, lemons, grapefruit, yellow corn, almonds, nuts, seeds, dark green vegetables, apples, raw wheat germ, soybeans, seafood, bran. Supplementary range: 500 to 800 mg. daily.

27

G2 Vitamin B-2

Also called riboflavin. Food sources: liver, kidney, milk, cheese, brewer's yeast, leafy green vegetables, fish, eggs, almonds, nuts, poultry, wheat germ, brussels sprouts. Supplementary range: 50 to 100 mg. daily.

Nutri-Body[®] Analysis

David W. Rowland PhD

Items to Watch

Your results have been interpreted according to the Nutri-Body[®] Analysis Program.

The items in the following sections represent areas that you should be aware of. While these are areas that you should watch, your primary focus should be on correcting the items of concern.

Items to be watched usually correct themselves as you progress toward nutritional balance.

If you have any questions ask your Nutritional Consultant to explain.

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26

J6 Thyroid, Underactive

Nutrients that support thyroid function include iodine, selenium, cysteine and the B-complex vitamins. The Thyroid Support Formula is a nutritional breakthrough that supports the entire thyroid metabolism. It is especially helpful for those cases where blood tests show adequate levels of thyroid T-4 hormone but the person has all the signs of low thyroid function, because not enough T-3 hormone is getting to the tissues that need it. [The Basal Temperature Test is a reliable self-test that can confirm the presence of hypothyroidism.]

A Multi-glandular Formula can sometimes be beneficial to thyroid function, because it supports all of the glands in the network. Sometimes the thyroid can be underactive because it does not get the signals it needs from the pituitary, or because it is working overtime to compensate for weak adrenals, ovaries or pancreas.

24

G3 Niacin, Niacinamide

These are two forms of what is sometimes known as vitamin B-3. Food sources: liver, lean meat, whole wheat, brewer's yeast, kidney, wheat germ, fish, eggs, roasted peanuts, chicken/turkey breast, avocados, dates, figs, prunes, seafood, rhubarb, milk products. Supplementary range: 50 to 350 mg. daily.

24

A7 Phenylalanine

Phenylalanine is usually well supplied from diets that are sufficiently high in protein. Some individuals, however, may have an unusually high requirement for phenylalanine or may otherwise benefit from taking additional amounts. Supplements of phenylalanine are available in 500 mg. capsules from U.S. sources. Best taken between meals, on an empty stomach.

21

G7 Vitamin B-12

The vitamin B-12 molecule goes by a number of chemical names, including cobalamin and cyanocobalamin. Food sources: liver, kidney, muscle meats, fish, cheese, milk products, eggs. There are no reliable vegetarian sources of this vitamin. Supplementary range: 300 to 5,000 mcg. daily. Because this vitamin is poorly absorbed from the intestinal tract, B-12 injections are sometimes required.

20

K1 Allergies

The symptoms in this section are all possible reactions to hidden food allergies. A high score most probably means that allergies are involved, but it cannot tell which foods are causing the problem. They will be different for each person, because of biochemical individuality. Common offenders are milk products, wheat, chocolate, egg, orange, peanut, potato, sugar, seafood, tomato, pork and beef. Almost any food can cause a response in a sensitive person, and the foods craved most are usually the culprits. All suspect foods need to be eliminated at the same time in order to ensure results. If you are sensitive to a food, even one molecule of it can be too much. Unless you eliminate offending foods completely, no amount of supplementation may bring complete relief. [Recommended reading: One's Food is Another's Poison, by David W. Rowland, PhD]

Short fasts can help the body to clear itself of residues of offending foods. The Cleansing Fast is particularly effective for this purpose.

Weak digestion may allow undigested protein molecules to enter the bloodstream, thus causing untoward reactions. The Digestive Enzyme Formula, can help correct this kind of weakness.

Allergies overwork the adrenal glands. When the adrenals are supported, many allergic responses diminish or disappear. See Stress Formula or Adrenal Support Formula. [For further details about hidden food allergies, read One's Food is Another's Poison, by David W. Rowland, PhD]

20

G5 Vitamin B-6

Also known as pyridoxine. Food sources: brewer's yeast, wheat bran, wheat germ, liver, kidney, heart, cantaloupe, cabbage, milk, eggs, beef, green leafy vegetables, whole grains. Supplementary range: 50 to 110 mg. daily.

20

F2 Vitamin D

Sources: sunlight, cod liver oil, egg yolks, liver, herring, sardines, salmon, tuna, organ meats. Supplementary range: 400 to 1,000 IU daily.

20

J8 Pituitary

Nutrients that support pituitary function include vitamin E, the B-complex vitamins, manganese, and pituitary concentrate (from 20 to 60mg. daily).

20

F3 Vitamin E

There are very few specific deficiency signs for this nutrient. It helps to protect tissues against oxidative damage, and that can benefit the whole body. Food sources: wheat germ, soybeans, broccoli, brussels sprouts, leafy greens, spinach, whole wheat, whole grain cereals, eggs, liver, organ meats, oatmeal, peanuts. Supplementary range: 400 to 800 IU daily

20

E2 Chromium

Food sources: meat, shellfish, clams, brewer's yeast, whole grain cereals.
Supplementary range: 220 to 333 mcg. daily.

18

F1 Vitamin A

There are two dietary forms of vitamin A. Preformed vitamin A (retinol) is fat soluble and is found in animal products, such as fish liver oils, liver, eggs, butter, cheese and milk. Beta carotene is a water-soluble precursor to vitamin A that is found in plant foods, such as apricots, carrots, spinach, sweet potatoes, pumpkin, dandelion greens, collards, Swiss chard, oat flakes, cantaloupe and other green and yellow fruits and vegetables. Diabetics and those with low thyroid function may have difficulty converting beta carotene into retinol; therefore they need to get most of their vitamin A from retinol. (The healthy human liver converts three I.U. of beta carotene into one I.U. of retinol.) Beta carotene also has antioxidant properties above and beyond its ability to provide vitamin A. Supplementary range for retinol: 10,000 to 35,000 I.U. daily. Supplementary range for beta carotene, if no retinol is taken: 30,000 to 180,000 I.U. Supplementary range for beta carotene if taken in addition to retinol: 3,000 I.U. to 30,000 I.U.

18

J4 Kidney/Bladder

Drink 2+ litres of pure water daily -- preferably reverse osmosis. Keep the bowels moving. Nutrients that support kidney function include vitamin B-6, pantothenic acid, beta carotene, magnesium, potassium and kidney concentrate (20 to 40 mg. daily).

A2 Fibre

Most western diets lack sufficient fibre. The human colon is convoluted in shape and works best when it is full of water and indigestible plant fibre. A high score in this section suggests that one needs to increase one's daily intake of 100% whole grains, legumes, vegetables, nuts, seeds, and fruit.

Finely powdered psyllium hulls make an excellent fibre supplement -- one rounded tablespoon mixed in a large glassful of water, once or twice daily, as needed. Psyllium is a bowel normalizer. It helps to speed up transit time if too slow (e.g., constipation), or slow it down if too fast (e.g., diarrhea).

Many people are constipated without realizing it. Having a "regular" bowel movement every day does not give the whole picture. What one passes today could be from a meal eaten three days ago. To find out for sure, eat some beets. Time how long it takes for the red stain to completely disappear from subsequent bowel movements. If it takes longer than 24 hr., you are constipated.

Stubborn, chronic constipation may be caused or aggravated by low thyroid conditions (section J.6) or low stomach acid (B.1).

No one can be truly healthy with a stagnant colon. Toxins and putrefactive byproducts are reabsorbed into the body and contribute to many disease processes. Colon cleansing with a specially formulated herbal fibre blend is highly recommended. There are very effective ones that combines psyllium, pectin, peppermint, acidophilus, garlic, guar gum, papaya, dandelion, red raspberry, elder bark, red clover, senna, ginger, buchu, cascara sagrada, burdock, buckthorn, yellow dock, rhubarb, cinnamon, barberry and plantain

G4 Pantothenic Acid

Food sources: meat, eggs, whole grains, wheat germ, bran, kidney, liver, heart, green vegetables, brewer's yeast, nuts, chicken, legumes, salmon, mushrooms, elderberries, oranges. Supplementary range: 50 to 1,400 mg. daily.

K4 Hypoglycemia

Also called low blood sugar. Sugar, caffeine, tobacco and alcohol all cause blood sugar to rise immediately, but also to plummet to new low levels shortly afterward, in sensitive people. With this condition it is essential to restrict one's intake of refined and concentrated sugars of all kinds, coffee, tea, chocolate, colas and alcohol. In some cases it may also be helpful to eat four or five small meals throughout the day rather than the traditional three large ones. Supplementation needs to include vitamin C, the B-complex vitamins (especially pantothenic acid), chromium and zinc. The Stress Formula, is most beneficial in helping to restore blood sugar balance.

16

K2 Nervous System

Symptoms of this nature often subside in response to supplementation with calcium, magnesium and potassium -- and the B-complex vitamins (at least 50 mg. of each of the major B-vitamins). These kinds of imbalances may also respond to nutritional support for Hypoglycemia (section K.4), Allergies (K.1) or Circulation (K.3).

16

A1 Water

This section lists warning signs of dehydration. Many people are dehydrated and don't know it, either because they don't drink enough water or because they take diuretics or consume excess amounts of caffeine and/or alcohol. Water is the medium in which all biochemical reactions take place in the body. It is the means by which the body flushes itself of excess toxins. It is required in abundance for the health of the kidneys.

Ideally, one needs to consume from two to three litres of purified water daily. Some of this could be in the form of herbal, caffeine-free teas or dilute, unsweetened juices. If, however, caffeinated or alcoholic beverages are consumed, then the amount of purified water needs to be increased accordingly. Drinking an appropriate amount of liquid may bring on the urge to urinate every two hours or so during the day - a healthy but not necessarily convenient frequency.

15

C1 Sugar

These are the signs of consuming too much dietary sugar, regardless of one's ability to metabolize it. (If you have difficulty metabolizing sugar you will also score high on Section K.4, Hypoglycemia.) The human body was designed to consume only foods from nature, in which concentrated sugars are relatively scarce. Sugar goes by many names: white sugar, brown sugar, raw sugar, maple sugar, maple syrup, corn syrup, honey, molasses, sucrose, glucose, dextrose, fructose, levulose, lactose, etc. None of these are important to a healthy diet. Some may be tolerated only as a rare, occasional treat, depending on each person's unique biochemistry.

A4 Protein

All of the conditions in this section can be caused by insufficient protein. Every tissue in the body is made from protein. Without protein, the body cannot make hormones, enzymes or antibodies. The immune system may suffer. Protein is also necessary to regulate fluid pressures and the proper alkalinity of the blood. There is no substitute for protein. The body cannot make it from anything else.

If you are eating generous amounts of protein daily but still have a high score in this section, it may be because of faulty digestion. If that is the case, then your score under Section B.1 (underactive stomach) will likely also be high.

Since there is no substitute for protein, the safest approach is to err slightly on the side of too much. The most concentrated sources of protein are foods of animal origin, such as eggs, yogurt, fish, poultry.

Plant sources are not as concentrated and need to be combined to yield the high quality protein your body requires every day. Legumes (e.g., soy, beans, peas, peanuts, lentils) must be combined with nuts, grains or seeds at every meal. (E.g., beans + rice, lentils + rice, tofu + noodles, soy milk + oatmeal, pea + barley soup, peanut butter + whole wheat bread, chickpeas + sesame seeds, refried beans + tortilla, peas + corn). Plant proteins not combined in this way are largely wasted to the body.

The most cost-effective way to get protein is from food. Protein supplements are expensive. Convalescents, athletes and bodybuilders, however, may benefit from such supplements. So may those on limited, elimination-type diets who are trying to track down hidden food allergies. The most efficient supplementary source of protein is pre-digested (hydrolyzed) lactalbumin. It is most helpful if the protein supplement also includes indigestible fibre, since pure protein tends to be constipating.

A high score in the protein section - regardless of what kind of diet is being followed -- strongly suggests the need to do whatever possible to improve either protein intake or the body's ability to utilize protein - or both.

G1 Vitamin B-1

Also called thiamine. Food sources: brewer's yeast, brown rice, rice bran, whole wheat, wheat bran, milk, oatmeal, peanuts, fish, meat, nuts, organ meats, poultry, wheat germ, sunflower seeds. Supplementary range: 50 to 100 mg. daily.

E1 Iodine

Food sources: seafood, kelp, dulse. Supplementary range: 0.5 to 1.5 mg. daily.

15

I1 Aluminum

Aluminum does not belong in the human body, not in any amount. Avoid aluminum cooking vessels, foods or beverages in aluminum cans, aluminum foil and aluminum (alum) containing substances, such as baking powder, buffered aspirin, antacids, antiperspirants, processed cheese. Heavy Metal Detox formula can help the body to rid itself of excess aluminum.

14

C2 Sodium (Salt)

Decrease use of table salt, salted foods, MSG and antacids. Increase dietary potassium. Use salt substitutes which contain more potassium than sodium.

14

D4 Iron

Food sources: liver, kidney, heart, red meat, dried peaches, egg yolk, oysters, nuts, beans, asparagus, oatmeal, fish, poultry. Supplementary range: 18 to 22 mg. daily. Organic forms of iron (e.g., ferrous fumarate, ferrous gluconate) are non-constipating and readily utilized by the body.