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18 Poor Nutritional Warning Signs That May Lead to Serious Health Breakdowns



Discover Why Nutritional Deficiency Testing
Can Put You on the Path to Optimum Health!

By Dr. Alton Gustafson, DC

The shocking truth about Americans is 90% of us have nutritional deficiencies and 50% of us are already taking supplements.

So, forget about what you know, what you've heard and what the textbooks say about nutrition!

Because if you and your family want to enjoy better health and long life please pay close attention to the information in this report as it's vitally important enough to make some lifestyle changes.

Let's begin with some revealing facts. Would you be surprised to learn that Americans aren't very high on the healthy list when compared to people in other developed and even undeveloped countries?

Unlike other cultures as a matter of convenience we live on a diet of prepared and processed foods which are literally chocked full of chemical additives that our bodies are not genetically designed to process and properly utilize.

Furthermore, because we live in such a technically advanced country we are also continually exposed to high levels of household and environmental toxins which take a heavy toll on our bodies and energy levels.

Besides these factors the truth of the matter is we Americans are generally overweight, overstressed and overworked, plus most of us lack the proper exercise that Europeans and Asians routinely experience in their lifestyle that contributes to their good health.

If you're finding this difficult to believe here are some more startling facts about overall health in the United States.

At the time of writing this e-booklet The World Health Organization only ranks Americans 37th out of 191 countries in overall health.

A recent New England Journal of Medicine study reports "The United States is #1 in health care spending per capita, but only ranked 39th for infant mortality, 43rd for adult female mortality, 42nd for adult male mortality, and 36th for life expectancy.

Most people are surprised by these rankings and may tend to place part or all the blame on our healthcare system. But wait a minute Our health care system simply works to heal the body after it breaks down.

So if we eliminate this choice and look at our poor nutritional intake as the major contributing factor, you may be wondering, "What's the evidence to support that claim?"

Well, let's begin with the basic facts that relate to nutrition. Everyone knows what happens when you put the wrong type of fuel in your car or if the octane is too low . . . That's right, your car won't run properly or may not run at all.

The same can be said about the nutritional fuel people put into the human body. Numerous research projects over the years have proven beyond a doubt that poor nutrition can lead to minor health issues and even serious or life threatening health conditions.

Before we go any further let's take a look at the list of 18 WARNING SIGNS of nutritional deficiencies:

- Weight problems
- Poor muscle and bone growth
- Decreased coordination
- Low energy levels
- Anxiety, depression
- Foggy memory, memory loss
- Lack of balance
- Decreased motor function
- Poor vision
- Joint pain
- Poor digestion
- Itching
- Decreased brain function
- Heart problems
- Immune system dysfunction
- Reoccurring colds and flu
- High blood pressure
- Elevated insulin levels

These are just some of the signs and the effects of nutritional deficiencies on the human body (and for your pets too) that can help you spot trouble on the horizon before it leads to a serious and expensive health condition.

Now you're probably thinking . . . Gosh, I've got to cut down on my junk and processed foods and start eating a lot more fresh vegetables and fruits to make sure I get my proper nutritional daily requirements in my diet.

But hold on now . . . There's more to the story that you should know about! Please read on!

The truth of the matter is . . . Just increasing your intake of vegetables and fruits won't necessarily keep you healthy. In fact many people who eat lots of fresh vegetables and fruits still experience these kinds of nutritional imbalances. And there is an important reason for that.

It's a secret scientists and researchers have known for many years that's been kept from the consuming public . . . And that secret is most of our produce no longer contains the necessary nutrients our bodies need to stay healthy anymore.

Unless organically grown almost entirely all of our commercially grown produce

comes from overworked fields which means if the nutrients aren't in the soil the produce isn't nutrient rich anymore.

In most cases only the necessary fertilizers are used to grow produce today, so if the minerals aren't in the soil . . . They aren't in your fruits and vegetables either.

Now here is another startling fact about your food sources. Once fresh vegetables and fruits are harvested they are often treated to extend shelf life (that processing includes meats and poultry, plus the pasteurizing of milk for the same reasons).

While this practice is good for the food industry since it adds to their bottom line by reducing spoilage, it can have a devastating impact on our health over the long term.

Why is that you ask? Well, once we ingest food whether it's poor or high in nutrient content our body needs the enzymes which naturally occur in our food.

Unfortunately, the processing of our foods to extend shelf life also kills all the enzymes which alters or greatly reduces the effectiveness of our digestion process in breaking down the food nutrients so the body can absorb them.

And talking further about absorption many scientists and researchers believe that we must also have a sufficient supply of trace minerals present for our body to fully absorb nutrients. Aside from the primary minerals like calcium, potassium, magnesium etc. there are approximately 60 trace minerals that are important for proper absorption to maintain optimum health.

I guess you could say it gets right down to this!

When our bodies don't get the right nutritional intake . . . It's just like putting low octane or bad fuel in automobiles. Our day-to-day performance begins to fall off so gradually that we either overlook our diminished performance or we don't recognize their signs.

When this happens . . . It's only a matter of time before some of the previously mentioned nutritional imbalances begin to show up in the form of different types of health conditions.

Nutritional imbalances can happen to anyone even the younger generation and the healthiest of individuals are usually unaware of the fact they are already experiencing some Nutritional Deficiencies.

When nutritional deficiencies go unrecognized they will eventually impact a person's health at some point in time down the road.

If what you've read in this e-booklet makes sense the questions should be
"What can you do about it or what steps should you take to ensure your chances of maintaining optimum health?"

Well, the first step would be to determine if you have any nutritional deficiencies. Remember the example of the automobile and the effects of putting bad fuel in your car? When automobiles break down nowadays the technology is so complicated it requires a computer to analyze and locate any problems.

The same can be said about nutritional imbalances and deficiencies And finding them can be challenging without the assistance of computer-aided technology and special software systems. Fortunately, a company called Wellspring Technology, Inc. has developed such a system called the "Nutritional Deficiency Identification System (NDIS)."

NDIS is designed to discover nutritional imbalances in the human body and then provides a personalized report to help the client implement the proper nutritional support (supplementation) program to restore optimum balance and performance.

The NDIS technology is so amazing and accurate that no two people ever have identical test results although there may of course be some commonalities. NDIS also identifies what is needed to help with nutrient absorption, which further aids in restoring nutritional balance more quickly.

NDIS, which was developed by Dr. James Henry, is a proven testing system that has been used successfully in the field for over 22 years to help people uncover their nutritional imbalances.

Dr. Henry's testing system is very comprehensive, requiring 4 hours to properly evaluate all the nutritional imbalances in the human body. However, the client has the option of completing the testing in either one 4 hour session or breaking up the sessions over 2 or 3 visits for a matter of convenience.

Once the testing is completed a personalized report is produced identifying any nutritional imbalances as well as a recommended supplementation program (or the right fuel) to maintain optimum health and performance.

Aside from identifying nutritional imbalances, Dr. Henry is very selective about the type of nutritional support to use because most supplements contain at least some or are mostly synthetic nutritional elements which the body has difficulty absorbing.

Dr. Henry only recommends supplements from special nutritional companies that are whole food based and organically grown, which the human body can easily absorb and use as high octane fuel to get maximum results.

The big surprise for almost all people undergoing Nutritional Deficiency Testing is they find out the foods they're eating are not supplying the necessary nutrients their bodies need to maintain optimum health and performance.

Now that doesn't mean they have to give up their favorite foods, it simply means adding the proper nutritional support and continuing life as usual. Of course better nutritional habits coupled with proper exercise go a long way to keeping healthy and this is certainly good advice.

Nutritional Deficiency Testing is really an investment in good health and something every person should seriously consider The old adage "Change your nutrition, change your life" really makes sense.

Dr Alton Gustafson is a health and nutritional writer and a practicing chiropractor at his Health & Wellness Center in Tarpon Springs, Florida. During his 45 years of practice Dr. Gustafson has become a firm believer in nutritional supplementation and offers Nutritional Deficiency Testing, which he recommends to anyone wanting to maintain optimal health.

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