

Welcome to Nutritional Kinesiology

- Most of our new clients have been referred to us by other satisfied clients.
- You yourself probably heard about us from someone who is very happy with their results.
- However you heard about us, you need to know about “Nutritional Kinesiology”.

What is Nutritional Kinesiology?

Nutritional Kinesiology is very precise and scientific. However, if I were to analyze you using Nutritional Kinesiology before it was explained to you, you might find it strange, or simply not believable – only because it is probably very different from anything you may have experienced before.

I can completely understand that because when I first saw this type of work being done, my first reaction was “Hmm, this is very strange.” No one was more skeptical than I was. As a result, I studied Nutritional Kinesiology 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 Nutritional Kinesiology, we are here and are able to help you improve your health.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Nutritional Kinesiology 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 been having with Nutritional Kinesiology 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 that same reason. That is why I want to make sure you get the correct understanding of what Nutritional Kinesiology 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 Nutritional Kinesiology we do not diagnose or treat disease - but we also have two parts: the **analysis** and the **personalized Nutritional Therapy program**.

Simply put, first we do an analysis, and then we design a natural Nutritional Therapy program to help you handle what we find in our analysis of 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.

Nutritional Kinesiology is a study of how the different points on the surface of the body relate to the state of health and to 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 have become extremely useful in our practice because they are so accurate!

Think about it

Each Nutritional Kinesiology reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body. By testing the Nutritional Kinesiology reflexes, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us 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 Nutritional Kinesiology reflexes in order to get this information?

If I 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 chart. I could then study this graph and tell you what it all means.

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

Why is the person who referred you feeling better?

Because we did a Nutritional Kinesiology analysis for him or her, we found the “active” reflexes, and then made specific nutritional recommendations to help the body return to an improved state of health.

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

The second part – the “Personalized Nutritional Therapy Program”

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 years of clinical experience tell 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 medical doctor 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 Nutritional Kinesiology we use “NUTRITIONAL THERAPY” to correct the cause of the problem, so that the body can regain the ability to correct itself.

What exactly is NUTRITIONAL THERAPY?

First of all, Nutritional Therapy 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 as anything even vaguely beneficial (to put it mildly). Please ask about our audiotape: “**The Whole Truth About Vitamins,**” for an entertaining, in-depth explanation of this aspect of vitamins and other nutritional supplements.

Because they are not made from whole foods and whole herbs, “over-the-counter” vitamins lack the essential synergistic elements normally present in WHOLE foods and herbs.

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 are 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 erroneously been labeled 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 whole foods, they often make you even more deficient and nutritionally out-of-balance. They can create other health problems because they do not contain all of 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”?

It is whole food in a tablet, capsule or powder, concentrated in a vacuum, cold-process system that preserves all of the active enzymes and 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 Nutritional Kinesiology reflexes that were found on your individual Nutritional Kinesiology analysis. These are nutrients you are simply not getting, or 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 quality in the foods commercially available in grocery stores or restaurants today.

SUMMARY

1. 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.
2. We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to "supplement" your current diet. That's why they are called "food supplements."
3. Depending on your individual situation, we may also require that you make some specific changes in your diet & eating habits, and in your routines, in order to bring about the best possible results.

How are these products produced?

One example of a supplement that we use is called "Superfood". This product is produced by starting with a wide variety of carefully chosen organically grown land and sea vegetables, 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 container of Country Doctor Herbals, "Superfood" ..

The key to this whole procedure is the way it is done, using the "Country Doctor Herbals" method:

- A. Country Doctor Herbals nutrients are derived from plants grown in soil free of pesticides – and no chemicals are ever used. Ph.D.'s check the soil before the seeds are sown, to make sure of the fertility of the soil – and even the weeding is done by hand.
- B. The machinery involved in the processing of these products is made of glass and stainless steel only.
- C. 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 vegetables, 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 "Nutritional Therapy" 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 clients from many different types of health care practitioners, you can be assured that Nutritional Kinesiology is capable of evaluating and solving your health concerns.

A complete Nutritional Kinesiology analysis can be done on each client on each subsequent visit, thereby revealing the next layers 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 Nutritional Kinesiology, you don't "shot-gun" your diet or supplements. With a correctly done Nutritional Kinesiology 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, to one degree or another. 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!

It is 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 to maintain the health of the body at a cellular level.

Nutritional Therapy provides the right basic materials.

Nutritional Kinesiology tells you when and what to use to bring about the desired result.

With this understanding of what we 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 do 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 a Nutritional Kinesiology 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 Nutritional Kinesiology / 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 Nutritional Kinesiology / clinical nutrition case, then, in our experience, nothing else will ever come close to what you can possibly achieve using Nutritional Kinesiology and Nutritional Therapy.

We wish you the best of luck in your quest to take back 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.

**Country Doctor Nutritional Center
1801 Logan Ave
Cheyenne, WY 82001
307-634-2464**