

### NON-OPTIMUM HEALTH

If you stop care when the symptoms are gone, but the underlying cause of the malfunction still exists, what do you think will happen to your symptoms? They will return.

This is called **Relief Care**

Conventional medicine primarily treats symptoms with drugs or surgery = relief care.

if you want to address nervous system interference, malfunction and disease, what do you have to do?

**Handle the underlying causes of the problems!**

This is called **Corrective Care**.

**Nutrition Response Testing** is corrective Care.

## Additional Barriers to Healing

Sometimes the stress caused by environmental stressors on the nervous system creates additional significant barriers to healing. These must be addressed first to obtain proper results.

- **Blocking:** This means the part of the nervous system that controls internal communication is blocked from communicating properly. When this happens, the body is not able to accept any form of help, be in nutrition, diet, exercise, medications, acupuncture, chiropractor, etc.
- **Switching:** This occurs when the nervous system is confused and sends confusing nerve signals to the various internal body organs and systems. Someone who is switched may recover and then relapse or can experience the opposite result-the body should get better but instead gets worse.

Blocking and Switching can be found and corrected only the **Nutrition Response Testing**.

### The Nutrition Response Difference

**Nutrition Response Testing** is unique because it identifies the underlying causes, the specific environmental stressors, that are negatively affecting your body and then corrects these through safe, natural, nutritional means so your body can repair itself to attain and maintain more optimum health.

## What Happened to My Health?



## How Can Nutrition Response Testing Help Me?



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**Nutrition Response Testing** is a system of analyzing the body to find underlying causes of ill health. **The analysis is done by testing the body's nervous system.** It analyzes different areas on the surface of the body that relate to the state of health and to the flow energy in each and every organ and function of the body. This information is derived from the part of the nervous system whose job it is to regulate the functions of each and every organ.

Each area that gives a response represents a specific organ, tissue, or function and indicates the effect that energy, or the lack of energy, is having on the body.

Each area whose response indicates a lack of energy is further evaluated to find the underlying cause(s) if the weakness.

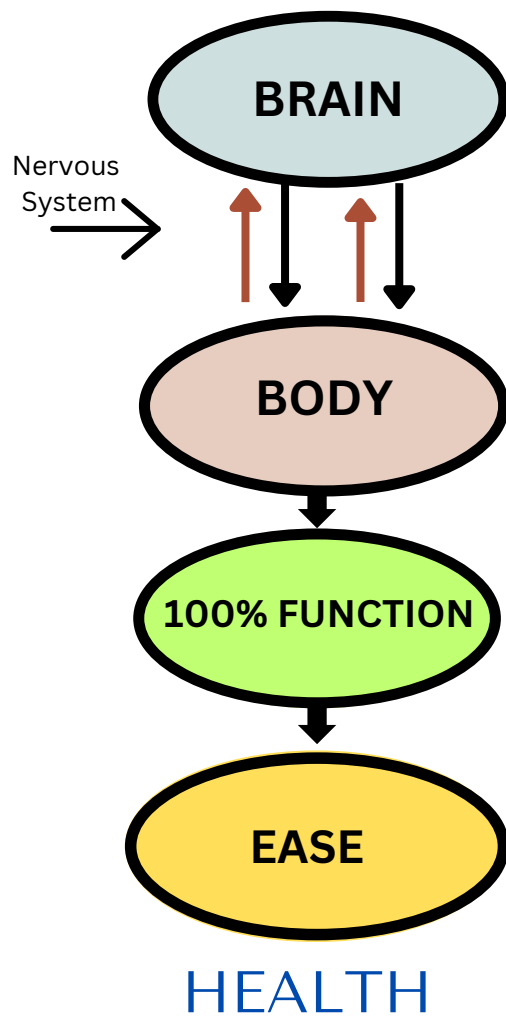
### **The Nervous System us the Body's Internal Communication System**

The brain is the command center of the nervous system, the body's vast, two-way communication system. Via the nervous system, the brain coordinates the vast, complex interactions that occur within all parts of the body.

Through the nervous system, the body tells the brain what is happening, and the brain tells the body what to do.

When the messages between the brain and the rest of the body go back and forth as they should, the body is healthy and functioning the way it was designed to work. It would be fully functional.

We call this **100% Function.**  
The body will be at **Ease.**  
and in good **Health.**



What health problems would you have if your body functioned at 100%? **NONE.**

So, when your health is not optimum, something must be interfering with the communication between the brain and the body.

## Environmental Stressors

The environment we live in is full of many factors that cause stress on the body, undermine health, and prevent healing. There are six common barriers to healing of 'stressors' that **Nutrition Response Testing** identifies and address in its analysis:

**Food sensitivities**  
**Immune Challenges**  
**Metal Toxicities**  
**Chemical Toxicities**  
**Scars**  
**Post- Pandemic Factors**

When the nervous system is affected by one to more stressors, the brain's communication channels to and from the rest of the body are disrupted. This decreases your body's innate ability to heal. The body no longer functions at 100% and starts to **Mal-function.**

As body malfunction increases, your body is less and less at ease, and over time it becomes **Dis-eased.**

The last thing that shows up as your body tries to cope with environmental stressors are **Symptoms.** They are the body's cry for help.

Symptoms don't happen overnight. Typically, it takes 20-40 years of increasing tissue damage before symptoms show up. By that time, at least 70% of the damage to affected tissues has already occurred. Symptoms indicate there is malfunction, disease and tissue damage in the body but not its exact location or underlying cause(s).