



Personalized Nutrition Consultants

The Secret is in the Science

PersonalizedNutritionConsultants.com

Diet Gamblers vs. ***Nutrition Detectives***

What's the difference? What's at stake?

Are you a habitual ***Diet Gambler***? Or, are you a devoted ***Nutrition Detective***? There is a huge difference between one who practices diet **ideas** and **theory** versus one who applies nutrition **science** on a personal level.

Diet is what you eat, without any attention to what is IN what you eat.

Nutrition is measuring 1) What nutrients go in your body 2) What nutrients and toxins your body holds on to 3) What your body pushes out

You are what you eat is a myth. You are what you ***obtain*** (retain) from what you eat, is the truth.

Diet or dietetics is: the co relational ***science of what you consume*** (co relational = statistical derivation of generalized data taken from research studies on groups of people, using nutrition tests). It ***does not directly measure the nutrient or toxic content*** of your **unique body** and therefore provides absolutely no accountability for any changes in the nutrient/toxic content of the body.

Personalized Nutrition, on the other hand, is: the ***target-direct science of exactly what nutrients and toxins your body and cells have retained from what you consume***, up-to-the-moment and ***provides direct objective evidence*** of all on-going nutritional and metabolic changes the body undergoes due to any diet or supplement alterations we may make.

Merely ***gambling*** with different diets is pure guesswork when it comes to making the most favorable nutrient biochemical changes at the cellular level. Being in nutritional balance enables us to ward off 223 diet-related diseases (including obesity).



Personalized Nutrition allows you to be a true “evidence–collecting” **NUTRITION DETECTIVE** by **directly measuring and monitoring** these nutrient-dependent biochemical changes with perfect precision. This enables you to maximize good health, counteract premature aging and mental deterioration, eliminate unwanted fat, and prevent disease.

Health Risks of a Diet Gambler

Below is a very short list of some key **diseases** and their **core nutritional causes**. These **excesses and deficiencies leave you extremely vulnerable** to each health problem when you’re a DIET GAMBLER.

Note: *a/r stands for 2 kinds of deficiencies and/or excesses which science has uncovered: a = absolute or total body r = relative or proportionate.

1. **Allergies** Due to calcium and copper *a/r (absolute and relative) deficiencies, Sympathetic Nerve Dominance for histamine-related allergies, Parasympathetic Nerve Dominance for hidden allergies, and excess nickel accumulation or (hypermineralosis-nickel).
2. **AIDS** Sympathetic Dominance, zinc, selenium and vitamin E *a/r deficiencies
3. **Alzheimer’s Disease** Excess aluminum retention/accumulation *a/r deficiencies of selenium, manganese, zinc, copper and iron, a sluggish thyroid gland and other multiple nutritional disturbances
4. **Arthritis and Arthralgia** Excess *a/r molybdenum *a/r disturbances of calcium, copper, cobalt, sodium, selenium, Vits. C, D, E, B1, B6 and B12 (hormone-imbalanced) Fast Metabolizers *a/r deficiency of magnesium and selenium, *a/r excesses of iron, lead and mercury.
5. **Cancers** Body shape/metabolic rate differentiations *a/r deficiencies of selenium and vit. E, antagonistic disturbances between vitamin C, A, potassium, manganese, iron, mercury, titanium, arsenic, silver, fluoride, zinc, copper, lead, tin, cadmium and magnesium, excessive muscle catabolism due to a dysfunctional calcium to potassium mineral ratio *a/r omega-3 fat deficiencies reflected in a high omega 6 to 3 fat ratio and excessive 6 accumulation, high peroxidation rates (inefficient metabolism of oxidants), assorted toxin accumulation(including nitrates and nitrites) throughout the body and the bowel, blood and intestinal sugar disorders and excess estrogen accumulation.



6. **Heart Diseases** Excess *a/r calcium accumulation, *a/r magnesium and copper deficiency, copper deficiency relative to zinc, absolute copper and zinc excesses, under functioning thyroid, nerve-gland-nutrient-cell-hormone imbalanced Fast Metabolic Types, dysfunctional sugar metabolism, too much soft water(Fast Metabolic Types only), *a/r chromium deficiency, inefficient insulin metabolism, absolute excesses of sodium and potassium relative to calcium and magnesium, all toxic heavy metals, excess chloride accumulation *a/r deficiency of vitamin E, toxic antagonism of sulfur and selenium, oxidized petrochemical accumulation *a/r deficiencies of the amino acids methionine and lysine, excess arginine *a/r deficiencies of B6, betaine, B12 and folic acid, and excessive accumulation of lipid peroxides.
7. **Diabetes** Imbalanced Fast Metabolic Types, dysfunctional calcium metabolism *a/r magnesium deficiency, dysfunctional metabolism of iron *a/r chromium deficiency, Sympathetic Dominant Metabolic Types (juvenile), Parasympathetic Dominant Types (adult), obesity, apple shaped body, excess lithium accumulation and *a/r selenium deficiency (diabetic neuropathy).
8. **Chronic Fatigue (including CFS)** Slow metabolic rate*a/r calcium and copper excesses, nutrient antagonism of the adrenal and thyroid glands *a/r magnesium deficiency *a/r zinc deficiency, low sodium and potassium levels compared to calcium and magnesium retention, disturbed amino acid balance (other) multiple nutritional disturbances, low tyrosine levels, increased ammonia and all toxic buildups, metabolic disturbances of glucose, protein and fat.
9. **Overweight Syndromes (including obesity)** A dramatically slowed down Metabolic Rate characterized by the body's excessive accumulation of sedative minerals (and their related non-mineral nutrients) as compared to *a/r deficiencies of stimulatory minerals and their directly relate non-mineral nutrients. Sedative nutrients found in excess in overweight syndromes usually includes: B2, B12, D, calcium, magnesium, zinc, copper, and chromium while deficient stimulatory nutrients include A, B1, B3, B5, B6, B10, E, phosphorous, sodium, potassium, iron, manganese, and selenium.



The Knowing of a Nutrition Detective

THE INCREDIBLE NEWS for *Nutrition Detectives* is that the above problems and over 200 more illnesses, can be significantly *prevented, reduced and even reversed* from the proper implementation of *Personalized Nutrition* as presented in our clinically proven, medically approved frontline laboratory mediated program!

Retests monitor your rebalancing progress at the cellular level; each stage of development is measured. The overwhelming body of scientific research proves beyond a shadow of a doubt that there is no chance of getting these measurements and adjustments right unless you become a real *Nutrition Detective* by getting tested!

Forget about Diets. Get tested.

“What’s most important is inside you – if you only knew.”

- Dr. Greg Tefft

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Replace your Guesswork with Lab Work

Myth: You are what you eat

Truth: You are what you obtain from what you eat

Result: Excesses & Deficiencies of minerals that lead to illness and disease

Solution: Measuring with Total Nutrition Testing and correcting the imbalances