

How Personalized Nutrition Works

More than Common Sense, it's the Power of Science

The Benefits

Detection

Personalized Nutritional Testing reveals *exactly* what biochemical disturbances your body's cells are suffering from.

How? Through direct and indirect measurement of each body's:

- Primary nutrient and toxic metal retention profile (deficiencies/excesses and ratio imbalances of minerals, vitamins, proteins, fats, sugars, toxics and more)
- Metabolic type, rate, and tissue acidity/alkalinity
- Thyroid and adrenal glands' functional hormonal output
- Autonomic nervous system function
- Diet-related disease tendencies
- Nutrition-related symptoms experienced
- Digestive system weaknesses
- Mineral-related allergic tendencies
- Sensitivities to concentrated sugars and insulin resistance
- Biochemical pathways where the greatest metabolic dysfunction **is** occurring

Correction

Personalized Nutrition *nutritionally* repairs and rebalances *any* biochemical disturbances found inside your body's cells.

How? Our orthomolecular medical laboratory-proven program of ***completely personalized*** nutrition and supplementation is precisely tailored to biochemical uniqueness and describes:

- Foods to completely *avoid* immediately, and those to *eat more* of daily
- Detoxification procedures to rid the body of poisons and sources of external contaminants to be aware of
- Macro and micro nutrient zone recommendations (exact proportions of food and supplemental nutrients for the fastest, most complete results)
- A scientifically-derived nutritional and toxic baseline from which to compare future metabolic improvements (beyond the energy gain, symptom-reduction and anti-aging effects that most people experience)
- How to make every bite count and factor in every supplemental nutrient in exact synergistic proportion, for the best results possible as allowed by genetic design

RealPNC.com

Measuring what your specific body needs to live lean, long, strong & better