

Personalized Nutrition Consultants

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

The Scientific Power of Customized Supplementation

For one to fully understand the greatest value of personalized supplementation, we must refer to the basic definition of nutrition and directly apply this principle to each person:

Nutrition: Nutrition is the *exact* science of evaluating:

- The ***nutrient constitution of food*** before you eat it
- ***Exactly what your body does with that food*** once inside you through the processes of digestion, absorption, and utilization
- ***Which nutrient residues are excreted*** from the body

Simply, ***nutrition measures*** what nutrients you start with, then what happens to these nutrients once inside you, and then what comes out of your body after its finished utilizing nutrition at the cellular level.

Personalized scientific orthomolecular methodology allows us to understand *precisely* what is going on in your body so that we can manipulate and design your diet until your body runs perfectly.

The key word in this process is ***Control***.

By utilizing personalized nutrition technology, ***we can conduct a controlled scientific experiment in your body*** using reliable scientific data in a cause and effect setting. Based upon what we find in your first Total Body Chemistry test, we can adjust your diet and supplements to effectively improve your metabolic efficiency according to what has worked before on millions of other patients.

The first ***retest*** then provides us with a comparison profile from which to clearly understand how well your body is responding to the program and how we can make even further dietary and supplemental refinements to assure eventual success in achieving maximum metabolic efficiency. This is the creation of radiant healthfulness.

In order for this therapy to be a ***true nutritional process***, we must scientifically measure exactly what's in the foods you eat, how it's used by the body and then what is left over when the body is done with it. Your hair specimen yields the "nutrition-necessary" insights for both how nutrients are retained and used by the body, and, what is cast off after the cells have used this nutrition.

The problem is, this orthomolecular-science-validated nutritional evaluation process **cannot account** for the actual nutrient value of the foods that we routinely consume. It is well documented that nowadays there is no dependable nutrition in food. Random nutrient analysis of food-(including organics)- reveals up to 92% less vitamins and minerals in the foods of today as compared to the levels found 30 years ago*-(not counting artificially enriched foods). Add to this fact, genetic modification of seed stock, weakly constituted topsoil with imbalanced synthetic enrichments as well as fertilizers with toxins, toxic insecticides, over processing, improper storage and over cooking, etc.
*Senate Documents #264 & #268 and other related research

This is where ***Personalized Nutrition Consultant's*** customized supplements apply.

Continued use of our United States Pharmacopoeia-**(USP)-grade lab-customized supplements, enables us to account (to the microgram), for the nutritional constitution of your food; at least to the minimum of the given supplemental values. (**USP standards are the highest available in the supplement industry, available only through licensed laboratories due to HHS/CLIA governmental and their own self-imposed regulation—exceeding FDA standards).

We use these customized supplements to accomplish three goals:

- Control and intensified concentration/synergism of the key nutrients consumed through supplements, regardless of the lack of nutrients in “real” food eaten.
- Freedom from concern about the variable nutrient constitution of food.
- Full understanding of *exactly* how your body is reacting to each nutrient that we carefully and dependably feed it. This yields the most precise comparative insight into determining exactly how your body's cells are responding.

This process is orthomolecular nutrition science at its very finest.

These individually customized supplements are *an absolutely necessary part* of this overall nutrition therapy. Without them, there can be no true accountability established for the nutrient constitution of the foods that you consume.

Following the recommended guidelines outlined by the test results, provides each individual the optimum opportunity for creating maximum health and wellness.

Guided by 50 years of orthomolecular medical research, positive health outcomes are scientific, predictable, and dramatically accelerated over food intake alone!

To Order your Customized Supplements, visit www.RealPNC.com and choose “Order.” Enter your Lab# and 30 – 60 – 90 – 120 day plan and pricing and submit with credit card information. Your order will be shipped via 2-Day Air.

Please let us know if you'd like to be automatically notified for on-going re-tests & supplement ordering.