

## **NUTRITIONAL RESPONSE TESTING New Patient Orientation**

### **What is Nutritional Response Testing?**

Nutritional Response Testing is a **personalized health improvement program** using designed clinical nutrition (herbal remedies, nutraceuticals, and homeopathic remedies may also be utilized). Nutritional Response Testing was designed for and is currently utilized in many holistic healthcare offices for humans, but the technique is easily modified for animals. Just as in conventional medical practice, where there are two key parts: diagnosis (identifying and/or naming the “disease” or syndrome) and treatment (drugs, surgery), Nutritional Response Testing also has two parts: **analysis** and a **natural health improvement program**.

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 Chinese system of acupuncture.

Nutritional Response Testing is a study of how 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. Each Nutritional Response Testing 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 Response Testing reflexes, we have a system of monitoring your pets’ body at each visit. This has proven to be extremely accurate clinically, and allows identification of specifically what the body needs and how well the need is being met.

### **How do we access the Nutritional Response Testing reflexes in order to get this information?**

What actually takes place when you or your pet is connected to an electro-cardiograph (EKG) machine? Electrical energy from the heart is conducted through electrodes and wires to a machine. This energy pattern is then recorded as the EKG output in the form of a graph or chart. This graph may then be studied to determine the electrical operation of the heart. Instead of connecting electrodes to the specific points being tested, the Nutritional Response Testing doctor contacts these points with their hand. With their other hand, they will test the muscle of the indirect testers 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 may be affecting your pets’ health. This is the **analysis** portion of the Nutritional Response Testing exam.

### **The Personalized Health Improvement 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. 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. By following the program as precisely as possible, your pet is on their way to restoring normal function and improving their health!

In conventional medicine, a 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 Response Testing, we use designed clinical nutrition to correct the cause of the problem, so that the body can regain the ability to correct itself.

### **What is Designed Clinical Nutrition?**

First of all, Designed Clinical Nutrition does not consist of '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. Because they are not made from whole foods, over-the-counter vitamins lack the essential synergistic elements normally present in whole foods.

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 were 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 can make your pet 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.

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 Response Testing reflexes that were found on your pet's Nutritional Response Testing analysis. These are nutrients that your pet is simply not getting, or not assimilating in their current diet.

If you wish to learn more about this subject you can read the book [Why Do I Need Whole Food Supplements: What Everyone Must Know About the Vitamins They Are Taking](#) by Lorrie Medford, certified nutritionist.

## **Summary**

1. Through an analysis of your pets' body reflexes, we determine the nutrients your pet needs to supplement their diet in order to bring about balance and better health. (We often suggest a diet change, which can minimize the number of supplements required).
2. These highly concentrated therapeutic formulations are available as tablets, capsules, or as powdered formulations (dependent upon the supplement) to supplement your pets' diet.
3. Depending on your pets' situation (i.e. food allergies identified), we might also require that you make some specific changes in your pets' diet and eating habits, and in their routine, in order to bring about the best possible result.

## **How are these products produced?**

One example of a designed clinical nutrition supplement is "Catalyn". This product is produced by starting with a wide variety of carefully chosen organically grown 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 bottle of Standard Process Catalyn Tablets. The key to this whole procedure is the way it is done, using the "Standard Process" method. Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides – no chemicals are ever used. PhD's check the soil before the seeds are sown, to make sure of the fertility of the soil - even the weeding is done by hand. The machinery involved in the processing of these products is made of glass and stainless steel only. 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 pets' vitality and energy are derived from live food. All dry and canned pet food diets are comprised of dead foods. There is a big difference between dead, devitalized foods containing synthetic or isolated vitamins and a diet of real live food.

## Conclusion

A complete Nutritional Response Testing analysis may be done on each pet on each subsequent visit, thereby revealing the next layer of dysfunction so they also may be addressed and corrected. In this way, each pet receives 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 Nutritional Response Testing analysis can determine your pets correct food supplements to give their body the best possible chance to get well and then to stay well.

Each cell, tissue, and organ in your pets' 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 the cellular level. Designed Clinical Nutrition provides the right basic materials. Nutritional Response Testing tells you when and what to use to bring about the desired result.

Nutritional Response Testing can ideally be used to do wellness and preventative healthcare screenings. It is a wonderful way to be able to identify things in the body BEFORE they become problematic, and handle them effectively. It also allows us to design a complete nutritional program for your pet, custom tailored to their individual needs.

Portions of this handout taken from:

Dr. Freddie Ulan's Nutritional Response Testing™ New Patient Orientation with permission

## PROGRAM GUIDELINES

Please place this in an obvious location as a pleasant reminder:

1. We expect you to keep all appointments as scheduled in order to ensure maximum progress in your pets' care. If for some reason you cannot make an appointment, please call at least 24 hours in advance. You will need to reschedule that appointment for the **SAME** week and not fall into the following week.

Follow-up visits generally take 20-30 minutes. Extended visits are scheduled if we anticipate additional procedures other than Nutritional Response Testing such as allergy elimination, acupuncture, VOM, or Bowen for example. Please write down your questions and let the doctor know about these at the beginning of your visits. In between visits, it is highly recommended that you take up any questions with the Patients Advocate either by phone or in person.

2. TRY NOT to miss any doses of your pets' supplements. Missed doses will slow down improvement and extend the time it takes to complete the program. If you miss giving your pet a dose, make it up at the next dosage time. If this happens repeatedly, let the doctor know so the supplement schedule can be modified.
3. Please keep in mind that our supplements do NOT cause "side effects" as they are not drugs. Occasionally after starting a nutritional program, your pet may feel a temporary worsening or even feel "sick". If this occurs, do NOT cancel your appointment. Immediately call the office. Sometimes these "flare-ups" are actually a "Healing Crisis" which indicates your pets' body is starting to heal by throwing off toxins that have been keeping him/her sick. By fine-tuning your pets' program, we can help him/her through these types of situations much more smoothly, if they even occur. When your pet is not doing well it is often more important to come in so we can fine-tune the program and help your pet correct the underlying cause of the problem more rapidly.
4. Please consider all the dynamics in your life that could interfere with or prevent you and your pet from doing or completing a health improvement program. If you need assistance in working out how to handle any obstacles in your quest for better health for your pet, please stay in communication with the doctor and patient advocate.

## Holistic Medicine Exam / Fee Schedule\*

\*As of 11/2012 – subject to change

Welcome to Sunrise Pet Clinic Holistic Medicine Service. Dr. Holly Burgess and Dr. Janet Forrer offer several alternative healing modalities including acupuncture, kinesiology (muscle testing), Nutritional Response Testing, Nambudripad's Allergy Elimination Technique (NAET), Veterinary Orthopedic Manipulation (VOM), Chinese herbal medicine, and nutritional supplementation. In addition, Dr. Forrer utilizes some homeopathic remedies, and Dr. Burgess utilizes Animal Bowen Therapy. Below is a review of our exam fees:

Initial alternative medicine consultation: 60 minutes	\$115.00
Re-check alternative medicine visits: 30-60 minutes	\$57.00 - \$115.00
Brief alternative medicine visits: 20 minutes	\$41.00

The exam fee includes review of history, physical examination, and typically a kinesiology exam associated with the Nutritional Response Testing technique (please refer to the Nutritional Response Testing handout). If another treatment modality is utilized during the exam session the additional fees are as follows:

Acupuncture	\$67.00
AACT (Brief – Extensive)	\$45.00-\$65.00
VOM	\$25.00 + exam fee
Animal Bowen	\$65.00
Initial supplements / herbs	\$30.00-\$50.00 (on average)

All new alternative patients receive a kinesiology exam in the form of Nutritional Response Testing). This exam, along with the history, conventional physical exam, and a symptom survey are reviewed by the doctor before final recommendations are made for your pet. It takes 3 to 4 months for an organ to repair and rebuild once we identify and eliminate a stress and provide specific organ nutrition. Problems that have been present for a longer period of time require healing nutrition for longer periods of time. There are cases where an animal's system is so debilitated that it can no longer respond to nutritional supplementation. We make every effort to identify these types of cases and review any expectations before we embark on a recommended program. Generally, we will continue therapy for a minimum of 4 months before the treatment is deemed unsuccessful. Ideally, a maintenance nutritional program is continued throughout the pet's life, with 1 to 4 visits annually recommended.

Nutritional Response Testing is always used in conjunction with NAET (allergy elimination) such that the underlying imbalances that are causing allergies may be corrected with dietary supplements. NAET is started only after the patient is on a good diet and nutritional supplementation program.

Acupuncture patients are seen approximately once weekly for 6-8 treatments. Young pets, or those with acute injuries, may not need additional treatments. For geriatric or chronic disease patients, the treatment interval is extended to the greatest time period that the patient's clinical signs remain controlled (4-8 weeks). The VOM schedule is similar to the acupuncture treatment schedule. Animal Bowen is performed weekly for 3 to 5 weeks then as needed thereafter.

Please refer to the following Websites for more information on the above modalities and holistic veterinary medicine: NAET: [www.vetnaet.com](http://www.vetnaet.com) or [www.naet.com](http://www.naet.com) / Acupuncture: [www.ivas.org](http://www.ivas.org) Bowen: [www.animalbowen.com](http://www.animalbowen.com) / Holistic Veterinary Medicine Association: [www.ahvma.org](http://www.ahvma.org)

# Holistic Medicine Consultation Initial Questionnaire

Please complete this questionnaire **BEFORE** arriving for your initial appointment.

1. Briefly describe your pets' primary medical problem(s) or the reason for today's visit.
  
2. What medications, supplements, or treatment modalities have been used to treat this (these) problem(s)? Have any of these treatments helped? Did any of them make the condition worse?
  - a. List all medications and supplements (everything other than food and treats) that your pet is currently taking (strength and number of times per day it is taken if different from above).
  
1. Are there any other chronic (long term) conditions your pet has that we need to know about?
  
2. What do you hope to accomplish for your pet with holistic medical care?
  
3. Has your pet had any adverse reaction(s) to medications, vaccinations, supplements, or foods?
  
4. List all foods and treats that your pet eats and has access to daily (include amounts and brand names).
  
5. Where has your pet lived or traveled to in his/her lifetime?
  
6. List any surgeries or operations your pet has had and approximate dates or age.
  
7. Any past accidents or injuries?

8. What other pets are in the household? Do they have any physical conditions that concern you?
  
9. Has anyone in your family utilized holistic health care? If so what modalities?

You must understand that NONE of the alternative medicine modalities that we utilize at Sunrise Pet Clinic; Nutritional Response Testing acupuncture, Veterinary Orthopedic Manipulation, NAET, or Animal Bowen Therapy are methods for diagnosing any disease conditions such as cancer, an infection, or other medical condition. If we feel your pet needs ancillary diagnostics to better evaluate a condition we will recommend them. Nutritional Response Testing DOES give us a non-invasive method of analyzing the body's physical and nutritional needs and identifies deficiencies and imbalances that can cause or contribute to various disease states. Our goal is to develop a natural complimentary health improvement program for your pet which may include dietary guidelines, nutritional, herbal and/or homeopathic supplements, and/or structural support by means of acupuncture, VOM, or Bowen therapy. These modalities are complimentary to any conventional treatments your pet is taking.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_