



WELCOME

Welcome to the Nourish Program at Nashville Holistic Nutrition. We are so excited to have you here and so honored to walk with you on this journey. Over the next several weeks, we will be giving you a strong foundation in nutrition, so that you will know how to nourish your body to promote healing. Our goal is that you will feel stronger and healthier with less symptoms and better blood sugar balance as we work together. We believe that every bite you take will either fight disease or feed it, so it is our goal to help you become a disease fighter! We love this quote by Aristotle that states **"Let food be thy medicine and medicine be thy food."** because food really is the foundation for prevention and healing. No supplement will ever overcome a diet that the body can't handle, and no one will make the decision for you, you must decide you are important enough!

When starting your healing journey, your attitude and choices make all the difference! No matter what your current lifestyle is, you can start making positive changes today! Perfection is not possible, and can actually lead to a negative mindset.. If you are on a plan, and eat a food that does not nourish your body, or you end up eating something you didn't plan on eating, don't beat yourself up. We are looking for progress, not perfection. If you feel negative effects from this such as bloating, brain fog etc, we call that negative reinforcement, and it's just a reminder that your body feels better without that food, so just get back on the train and start making mindful, healthy choices again. Each meal is a new opportunity to make a nourishing choice!

DAILY FOOD LOG GUIDELINES

INSTRUCTIONS

Write down the type of food you eat at each meal. Record anything and everything that passes your lips.

This includes snacks and the pass-thru-the-kitchen-to-get-to-the-other-room nibbles. Be as specific as possible. This includes sauces or any condiments - with the brand name.

WRITE DOWN EVERY MORSEL

Keep your form with you all day and write down everything you eat and/or drink, no matter how small, or large the serving. A piece of candy, package of chips, handful of nuts, soft drink, or juice...anything that crosses your lips.

DO IT NOW

Write it down immediately. Don't depend on your memory at the end of the day. Record as you go.

BE SPECIFIC

If you eat a BLT, write down the bacon, lettuce, and tomato. Include WHAT you eat with it (bread, mayo, cheese, onion rings, fries, cappuccino, chips, etc.) If you use oil to cook with, write down the exact oil used (olive, sesame, coconut, butter, etc.).

TELL THE TRUTH

There's nothing to be gained by trying to look good or please us when you are filling out the food log. We can help you more if we know exactly what you're eating, so help us!

EXAMPLE

Breakfast:

2 eggs
1 packet oatmeal
Half 'n half
2 cups black coffee

Lunch:

Corned beef on rye with the works
Cookie
Water

Afternoon Snack:

1 green apple
Wheat thins

Dinner:

Cesar salad
Lasagna at olive garden
2 bread sticks, extra tomato sauce

INSTRUCTIONS FOR TAKING WHOLE FOODS SUPPLEMENTS

- The products we utilize at Nashville Holistic Nutrition are only sold through professionals and have stood the test of time. They have been used by thousands of clinicians on millions of patients. They work great, if you take them properly.
- Many people find it most convenient to use a pill box to dose their supplements either daily or for the whole week.
- Since the majority of our supplements are made from whole foods, they work best when taken with food.
- Ideally, supplement dosages should be divided between three meals. Due to our hectic lifestyles, taking supplements three times a day is often prohibitive. Since missing dosages hampers progress, dividing the supplements between two meals works fine in most instances but is not considered ideal.
- If you miss a dose, take it as soon as you can or with the next dose.
- DO NOT take all your supplements at once unless you are instructed to do so.
- On rare occasions you will be advised to use supplements that work best taken between meals. They still work if taken with meals but results are slower.
- Whole food supplements do not cause side effects. If you have what you think is a reaction (extremely unlikely) to your supplements, come to the office that day or the next day. This is usually a sign that detoxification is occurring too fast and that we need to adjust your program accordingly. Most of the time this is actually a good sign. It can indicate that your body is ready to clean up and get on with the process of restoring your health and vitality.
- Congratulations for choosing a safe and natural method of health restoration!

WHY YOU NEED TO TAKE NUTRITIONAL SUPPLEMENTS

Years ago we could get all the vitamins, minerals, enzymes, coenzymes, phytonutrients, amino acids, and trace elements from our food supply. This is very difficult, to achieve today because:

- Soils have been depleted of vital nutrients, especially trace nutrients from over farming.
- Pesticides and insecticides are used much more extensively.
- Too many chemicals and preservatives are added to our foods.
- To prolong shelf-life, food is over processed, removing essential nutrients.
- Air and water pollution put a strain on our bodies detoxification systems.
- Today's lifestyle is faster paced and full of stress.
- We eat fewer raw foods.
- Foods are "enriched" with synthetic vitamins that may in themselves cause health problems.
- More harmful substances — prescription drugs, tobacco, and alcohol are being used far more than ever before.
- There is a tremendous consumption of devitalized convenience foods, and fast foods high in sugar, rancid harmful fats, and salt.
- Simply put: It's very difficult to get good, nourishing food.

Is there any wonder that one of the fastest growing industries in our country is the drug and medical industries? We are making ourselves sicker and sicker with **what we eat and don't eat** and then trying to cure ourselves with the latest drugs and medical "miracles". If all that worked so well, why do we constantly need new drugs, more hospitals, and more doctors?

Not much good can be said about the health food industry either. There is so much confusion and hype in the health food industry. If we were to believe everything that was advertised to cure this disease or that ailment, we would already have found the cure for all of mankind's ills — all without changing our diet or lifestyle at all. While many people are searching for the latest "magic silver bullet", most of the get-well-quick schemes are just that "SCHEMES" that are pure nonsense and prey upon people when they are at their most vulnerable — while they are ill.

So, yes, despite the confusion and outlandish claims from the health food industry, you do need to take nutritional supplements but **what kind, what particular products, how much of each, how often, how long** are questions that can only be answered for each individual on a personal level.

The average person who uses nutritional supplements seems to believe that more is better and that all supplements are the same. Nothing could be further from the truth. Nutritional supplements should provide nutrients in the same form found in whole foods. Doesn't this make sense? If you were eating a diet of whole foods grown on rich, fertile soil, you would be getting your nutrients in small amounts but in a complete form. You see, vitamins occur in very small amounts as part of a complex of synergistic elements and compounds.

In nature, vitamins never occur as the isolated chemical name you find on your vitamin bottle. True biologically active vitamins and minerals are actually a **group of chemically related compounds**. Synthetic vitamins are pure, isolated chemicals similar to drugs produced in a laboratory.

Most so-called natural vitamins are no better because they are fractionated, (split away with heat or chemicals) from their related chemical compounds also leaving behind only a fraction of the whole complex. This fractionating converts the whole vitamin compound from an active, biological, physiological nutrient into a disabled, debilitated chemical of dramatically lowered efficiency, activity and usefulness in your body.

The reason that synthetic or fractionated vitamins are vastly less effective in your body is that the body needs to **reassemble the whole vitamin compound** in order for it to work in your body. This is accomplished by robbing your body's reserves of the **synergistic components** that are missing from the synthetic or fractionated vitamin. In this way **these products can actually create nutritional deficiencies** rather than correct them. In fact, synthetic or fractionated vitamins can actually worsen the same conditions that their whole food counterparts help- such a synthetic beta carotene worsening lung cancer.

A vitamin product claiming to be **natural** or **organic** is often also synthetic or fractionated. **Natural** means anything that ultimately comes from nature. Even synthetic vitamins could be claimed to be "natural" because they were derived from the chemical breakdown of petroleum, which is found in nature. If you grind up a stone and put it in tablet form and sell it as a natural product, you would not be telling a lie. What about organic? This means anything that contains the carbon molecule. The oil and tires of your car contain the carbon molecule! Do you understand the trickery? **These terms alone are meaningless** when it comes to trying to evaluate whether or not a particular product will help you build health.

Whole food supplements are just what the name says. They are made from whole foods that have their nutritional components **concentrated**. And, just as important, **quality whole food supplements are processed without heat so that the vital, biological catalysts are not destroyed**. Whole food supplements supply you with high quality nutrients just as though you were eating a diet rich in those very nutrients. These are the kinds of supplements that will correct the **nutritional deficiencies** that can lead to ill health. They will help you build health, not just treat symptoms like medicines and most other vitamins products.

The benchmark of whole food nutrition has been, for over 80 years, a company called Standard Process Laboratories. Some of their products take up to six weeks to produce. They control the entire process from the planting of the seed, growing of the food, to the testing, and finally, the packaging. These products have been used over the years by thousands of doctors to help millions of patients. These are the products that will make up the core of the **“support the recovery”** portion of your “Nutrition Program.” Remember, the process of helping you recover your health and vitality is about **“removing barriers”** and **“supporting the recovery.”**

PEELING THE ONION - RETRACING SYMPTOMS

The healing process is often likened to "peeling an onion". Layer after layer of imbalances are uncovered as your body is capable of dealing with each layer of weakness. Typically this process continues until your body itself is able to handle any other layers that may be present without additional support from "Nutrition Response Testing" or "NRT". Indeed as each layer is peeled away it may be surprising to discover symptoms that had been present in the past. This is a very good sign that progress is being made.

Ultimately, the human body's natural state is health and it is constantly in an effort to heal and repair itself. Given a chance the body will completely repair itself and renew itself to its full genetic potential. However, it may have reached a point at which it can presently only deal with the most threatening situations leaving deeper problems hidden.

As the systems of the body become stronger and it has energies to deal with those hidden problems, you might experience what is often called 'retracing phenomenon'. It has been said that any step of decline in health the body has gone through might be gone through again as the body goes through its natural process of becoming well. It goes through the same steps in reverse order so to speak, step by step like "peeling an onion". Sometimes this means that symptoms will change or get worse before they get better, and this often conflicts with our natural desire to simply feel better. Don't be dismayed, you will feel better sooner than later.

Typically, 'retracing phenomenon', going back through the process of declining health, is relatively short lived and can often be handled with different or additional nutritional support or just some time. The symptoms of retracing usually will only last anywhere from one hour to a few days. One way that you can determine the difference between sickness symptoms and retracing phenomenon symptoms is how quickly 'retracing symptoms' change and develop into something different.

'Retracing symptoms' are an industrious effort of every tissue and organ of the body to set the stage for building health. 'Retracing symptoms' can feel very much like the flu or a cold. The body may use the lungs (mucous and/or bad breath), bowels (diarrhea or constipation), skin (fever and/or sweating, blemishes) and kidneys (increased urination and odor and/or change of color to the urine) to eliminate toxic waste. There may be nausea, headaches, and some mild feeling of the 'blues' while this process occurs.

'Retracing symptoms' often come shortly after you first start to feel better and have increased energy, as the body needs energy to complete the process. You may go through more than one round of 'retracing symptoms' as the layers of years of declining health are peeled away. You should tell us about your 'retracing symptoms' and are certainly advised to give us a call if they last more than a few days.

Be aware of your body and how it heals. You are on an amazing journey.

MUSCLE TESTING EXPLAINED

The muscle testing exam performed in this office is based on the technique developed by researchers in the US, Europe, and Asia over the past sixty years. This type of testing provides a great deal of information about the energized status of the body and its various organs, glands, and systems without having to penetrate the skin or use invasive techniques. The degree of accuracy is remarkable and best demonstrated by results achieved and the speed of that achievement by experienced practitioners skilled in Nutrition Response Testing.

Using the Nutrition Response Testing muscle testing system we can analyze bio-energetic reflexes and various acupuncture points for the integrity of energy flow in each organ. When the practitioner puts ischemic pressure (decreasing blood flow) on the dermatome relating to an organ, he or she is introducing a change of energy into that system as a challenge to the system integrity. If the strength of the test muscle remains, when it is challenged, it may be interpreted that the system of function associated is energized and potent. When a reflex tests weak or is defeated by the challenge it is interpreted that there is a loss of energy and adequacy about that system. It should be noted that a weakness can never be equated to a diagnosis of a disease or a condition, so that if the liver tests weak it could never be said that the liver is sick, only that the system is lacking the energy to resist the challenge test.

Weaknesses are interpreted as areas of need, areas wherein the body may require detoxification, strengthening, or repair. After one or more "Fine Tuning" and "Observation" periods of the Nutrition Program, specific for the target organ which was identified as weak, the reflex point no longer can be defeated by a challenge test. This is usually associated with an improvement in the individual's state of health and symptoms associated with that particular function in the body. There are many ways to strengthen a particular weakness, such as nutritional supplementation to enhance function in the specific area of need, lifestyle modification to unburden the physiology, chiropractic to influence the nervous tone and energy reaching the tissue, acupuncture to remove blockages in the normal flow of energy through the meridian pathways of the body, and others.

Muscle testing employs upper motor neuron pathways in the nervous system theorized to be weakened when the body is challenged, thus resulting in a widespread muscular weakness which can be identified by any single muscle or group of muscles. Type A muscle fiber contraction requires a significant amount of energy to contract, and this is why any distraction to the bodies systems such as a sensitivity to a major food group, an immune challenge, heavy metal toxicity or other challenge can weaken the muscles.

Nutrition Response Testing (NRT) is a form of kinesiological testing, of which there are many variations. NRT is an aggregate of the most reliable of these variations, and many practitioners are finding the advantage offered by NRT to quickly survey the body without unnecessary expense of penetration of the surface of the body. The improvement of health and vitality achieved through this approach is exciting to experience in your own body. It creates an interest in health minded individuals like you in finding bio-energetic reflex weaknesses before they manifest as symptoms, conditions or diseases, and this is truly a form of prevention.

SYMPATHETIC VS. PARASYMPATHETIC

For optimal digestion to occur, we must be in parasympathetic, or "rest and digest" mode. This branch of the Autonomic Nervous System (ANS) increases secretion of gastric juices, blood flow to the GI tract, and supports long-term health through optimal absorption of nutrients.

The sympathetic or "fight or flight" branch of the ANS, has the opposite effect on digestion: it inhibits gastric secretions, restricts blood flow to the GI tract, and prioritizes immediate survival over long-term health.

SYMPATHETIC STATE

- PUPILS DILATE
- SALIVATION INHIBITED
- HEARTBEAT ACCELERATED
- BRONCHI DILATED
- DIGESTION INHIBITED
- BILE RELEASE INHIBITED
- PERISTALSIS INHIBITED

PARASYMPATHETIC STATE

- PUPILS CONSTRICT
- SALIVATION STIMULATED
- HEARTBEAT DECELERATED
- BRONCHI CONSTRICTED
- DIGESTION STIMULATED
- BILE RELEASE STIMULATED
- PERISTALSIS STIMULATED

THREE BARRIERS TO RECOVERY

There are three major bio-energetic BARRIERS to your recovery that must be addressed before we have any chance of helping you live a healthier life. These three barriers must be handled as top priorities and in the proper order.

1.No Lock - If you have NO LOCK, you have no testable muscle. You can't hold your arm up against pressure. This situation is of the highest priority in helping you get well. Without the LOCK, we can do no further testing. We must be able to find a reason for the NO LOCK situation and correct that situation. The situation causing the NO LOCK is the issue that must be addressed first as your body considers it to be of the utmost importance at that point in time. Think of it this way. Since it is through the bio-energetic locking- mechanism that we are able to test the bio-energetic reflexes of your body, if there is NO LOCK, it is as though your body were saying to us, "Unless you fix this most important problem first, I will not give you any other information." Weird I know, but it works. If we are unable to fix the NO LOCK situation, then that person may not be a Nutrition Response Testing case. It really is that simple.

So the first step in helping you live a healthier more vital life is correcting the NO LOCK situation.

2.Blocked Regulation - Let me give you a little background information before I explain this one. Every function of your body is controlled by the Autonomic Nervous System (ANS). The word autonomic means: to self-regulate. In other words, the ANS controls the functions of your body without any conscious input from you. You don't have to think about your heart beating, your food digesting, your breathing, healing etc. It all happens automatically on its own.

BLOCKED REGULATION is literally interference to your body's ability to regulate function normally. This situation leaves you "closed to healing" and interferes with every kind of attempt to get well. Someone with BLOCKED REGULATION may be doing everything right: taking their supplements, making good food choices, etc., but still doesn't get well, or has minimal results. This is often a major contributor to being "Functionally Ill".

Of course, if you have BLOCKED REGULATION on your first visit, it must be addressed before anything else would be of benefit to you. Also, if during your Fine Tuning and Observation phase of your program, you become BLOCKED, you could have a cessation of progress or a worsening of symptoms. This could be caused by a deeper "layer" (read the "Peeling the Onion") needing to be dealt with or an environmental factor which is now affecting your ability to heal. Imagine it this way: Let's say you have neglected your lawn and your grass had grown very high and was looking really bad. You drag the mower out of storage and begin mowing when you hit a rock that you can't see due to the grass being so high. Now your mower blade is broken (BLOCKED REGULATION) and you take it to the repair shop. Well, it seems lots of mowers are broken and it will be two weeks before you can get your mower back.

What will happen to your grass? Will it get better or worse in those two weeks? It would obviously get worse because you now must fix what's more critical (the mower) and then complete the mowing.

Now let's relate that example to your body. You have neglected your digestive tract with a bad diet and the use of medications to cover up the heartburn and bloating. You come to see us and we find the right combination of nutritional supplements and dietary changes that bring tremendous relief. Then, all of a sudden, you awaken in the middle of the night with heartburn again. You come to the office complaining that the program is not working. We analyze and find that you have BLOCKED REGULATION (your mower is broken) and your body can't complete the job of healing the digestive tract.

We determine, through NRT, that you are BLOCKED due to an exposure to the pesticides you sprayed on your roses. Now, your body, in all its wisdom, stops working on healing the digestive tract and pays attention to the more critical situation of dealing with the pesticide toxicity. This new situation must be fixed before your body can return its attention to healing the digestive tract just like your mower must be fixed before you can mow your yard.

3.Switched Regulation – Once again we are considering your Autonomic Nervous System and its ability to regulate function normally. In this situation, your ANS is in a state of confusion. Someone with SWITCHED REGULATION may respond very well initially then worse and then better again within hours or days...off and on, not stabilizing. Or they may have the opposite response to the nutritional protocol than is expected. There is confusion that prevents your body from responding normally.

Much like BLOCKED REGULATION one can become "SWITCHED" at any time from deeper layers or environmental factors. In this instance you would typically have symptom improvement for a period of time and then do poorly again and then you would feel better with the passage of a little time and then do poorly again. This could be compared to the diabetic on drugs whose blood sugar does well one day and poorly the next. Or the person taking blood pressure medications that never has two good days in a row.

SWITCHED REGULATION could be compared to mowing your yard for a while and then taking two or three day break and then mowing a little more and taking another break. Your yard would never be completely mowed and even.

The NO LOCK situation, BLOCKED REGULATION and SWITCHED REGULATION are major barriers to your recovery from most any health challenge. They must be corrected at the highest priority.

FOOD IMMUNE REACTIVITY

Although many people have food allergies, Food Immune Reactivity (FIR) is much more damaging; FIR is intolerance to certain types of foods with long term negative health effects.

A typical allergic response to food is almost always apparent as the onset of symptoms comes quickly. Symptoms such as tingling or itching around the mouth, swelling of the lips or face, difficulty breathing, stomach cramping, diarrhea and/or vomiting, skin rash, or hives. If you've ever had a true allergic reaction to a food you are aware of it and avoid that food to prevent further reactions.

However, Food Immune Reactivity is much more subtle, in fact many people with FIR have no symptoms that they can directly relate to eating the offending food, With FIR, you may experience some or all or none of the symptoms mentioned, as well as a number of others that masquerade as symptoms of other physical conditions.

People who suffer with various health complaints, for which ordinary medical testing has been unable to identify the cause and offer a correction, are often victims of FIR. Symptoms are usually treated with drugs that expose one to a whole host of other potential symptoms (side effects).

Grains such as wheat and corn, sugar, dairy, and eggs are the foods most likely to cause Food Immune Reactivity. As many people are misdiagnosed with named diseases, they may actually be "living with" a condition (FIR) that can lead to severe, irreversible consequences.

Some of the conditions related to Food Immune Reactivity are skin conditions such as; psoriasis, eczema, acne, rosacea, hives, and neurological disorders such as; ataxia (loss of muscle coordination), severe headaches, autism, behavioral problems such as ADD and ADHD. Autoimmune diseases such as lupus and multiple sclerosis have been linked to FIR. Osteopenia and osteoporosis have been linked to FIR as well as rheumatoid arthritis and osteoarthritis. Thyroid disorders and diabetes are included in this long list of symptoms that can be related to FIR. As if this weren't enough, chronic fatigue syndrome, fibromyalgia, anemia, asthma, unexplained weight loss or gain, cardiomyopathy (heart muscle disease) and chronic infections have also been associated with a Food immune Reactivity.

Digestive disorders are by far the most obvious symptoms of FIR. The most common symptoms are bloating, gas, heartburn, diarrhea (sometimes violent), constipation, cramping, stomach pain, and nausea. These symptoms are especially common with sensitivities to grains, especially wheat.

Many people have suffered from some or all of these symptoms for which they take prescription medications. Obviously, treating the symptoms does nothing for what is really wrong and could eventually lead to serious complications because the cause of the symptoms was never corrected.

We have found that people who have had blood tests or skin prick testing for food sensitivities often are diagnosed as being reactive (allergic) to a long list of foods. This list may include foods that they never eat. Avoidance of all the foods on these lists is very difficult and leads to non-compliance or an attempt to mask the symptoms with allergy shots or prescription drugs. We have discovered that determining and eliminating the primary food sensitivity (the Driver...most often wheat) causing Food Immune Reactivity often eliminates sensitivity to many or all of the other foods on these long lists.

We have also discovered that merely eliminating the offending foods is not enough to solve the problem. The use of proper enzyme therapy is necessary to "clean up" (eliminate) the metabolic end products causing the sensitivity. Through Nutrition Response Testing we can determine exactly what type of enzyme and how much is needed to correct the problem. Symptoms vanish when the cause is addressed. At Nashville Holistic Nutrition we have a simple, effective way of determining if you are dealing with Food Immune Reactivity and we will recommend the proper remedies.

CHEMICAL & HEAVY METAL

If it has been determined through the bio-energetic testing procedures of Nutrition Response Testing that you need some detoxification, the following information is important to understand. Overtime metals and chemicals build up in the body. Toxins originate from everyday products that you use or to which you were exposed. For instance, mercury toxicity usually comes from amalgam (silver) fillings in teeth, some childhood vaccinations, flu shots, pneumonia shots, and other shots preserved with mercury. Aluminum toxicity can stem from cooking with aluminum cookware, using antiperspirant deodorants, drinking from aluminum cans, and using antacids. Other heavy metals can come from hair coloring, automobile exhaust, paint, metal water pipes, dyes, wood preservatives, and a number of other common sources.

Build up of toxins in the body is a very serious problem that can have a suppressive effect on any system of the body. It is especially suppressive to the immune system, to the bodies' ability to heal, and the ability to balance hormones. Heavy metals can affect any tissue of the body and can slow recovery from any health problem. People with high levels of toxins are often those that have seen many doctors with none being able to pinpoint the cause of their problem. Left uncorrected this will suppress your ability to recover from most other health challenges and needs to be handled as a priority.

CHEMICAL AND HEAVY METALS REFERENCE GUIDE

Chemicals

Acetates/Acetones - nail polish remover, paint thinner/remover

Alcohols - hand sanitizer, isopropyl alcohol, alcoholic beverages, perfume/cologne

Asbestos - construction materials, insulation, brake pads, automobile clutches, imported cement pipes, roofing materials, vinyl tile, potting soil

Benzene - crude oil, gasoline, cigarette smoke

BPA/PAH/PBDE/PCB - Plastics, industrial and indoor air pollution, personal care products

Chemical Additives

Chlorines/Amines - drinking water, shower water, swimming pools

Chloroform - tobacco smoke

Cosmetics

Dioxins - Combustion sources, (municipal waste or medical waste incinerators and private backyard barrel burning. Metal smelting. Refining and process sources. Chemical manufacturing sources.)

Fluoride- toothpaste, tap water

Food Dyes/ Colors- packaged/processed foods

Food Hormones

Formaldehyde- new building materials, carpets, NutraSweet, black pigment- clothing/leather, keratin hair treatments

Fragrances- perfumes, cleaning products, candles, plug ins

Fuels/ Hydrocarbons- exhaust

GMO's

Personal Care Products

Hazardous Toxins

Medications

MSG

Pesticides- herbicides, fungicides, bug killers

Plastics- food and water packages, bike shirts, recycled shirts

Radiation-all natural and man-made sources

Radon- basements, well water

Recreation Drugs

Selenium

Sulfur- fertilizer

Tobaccos

Vinyl Chloride- PVC Pipes, wire and cable coatings, packaging materials, upholstery for automobiles and furniture, wall and floor coverings, flooring, backing for carpet, house wares, automotive parts, medical devices, children's toys

Heavy Metals

Aluminum - cookware, Antacids, Antiperspirants, aluminum cans/foil, kitchen utensils, paints, dental composites, vaccines, teas (especially mint and peppermint, but all teas have aluminum), aspirin, astringents, auto exhaust, ceramics, cheese (processed), cigarette smoke, clays like bentonite, color additives, cookware, cosmetics, mercury amalgam fillings, 'natural' deodorant stones/crystals, tap water, some medications, nasal spray, pesticides, pollution, toothpaste, vanilla powder, and occupational exposure

Arsenic - Poisons, pigments, dyes, wood preservative, pesticide and insecticide, wine, well water, coal burning, seafood (shellfish), treated lumber, conventionally raised poultry and commercial chicken feed, some beer, drinking water, glass and mirror manufacturing, table salt, tobacco smoke, rice and rice products (organic has much less), cosmetics, soil, electronic and photoelectric processes

Americium - smoke detectors, industrial plants, cosmic radiation from space or naturally occurring radioactive materials in our body or in soil, air, water, or building materials. Man-made sources of radiation are found in consumer products, industrial equipment, atom bomb fallout, and to a smaller extent, from hospital waste and nuclear reactors.

Antimony - this toxic metal is found mostly in medicine and pigments, drinking tap water, brake-pedal systems for heavy-weight vehicles, flame-retardants, glass-making ceramics, batteries

Barium - groundwater contamination, occupational exposure, cigarette and tobacco, medical procedures, televisions, radiological procedures, pyrotechnics, cathode-ray tubes in plasma screens, flat panel display devices, paper filler, rat poison, filler for rubber, plastics, and resins

Beryllium - occurs naturally in air, water, soil, cell phones, medical devices, pollution from coal power plants/manufacturing plants, tobacco smoke, air pollution, dental crowns, electronics, industrial dust, metal working, mining, steel alloys, volcanic ash, and X-ray tubes

Cadmium - Water from galvanized pipes, evaporated milk, cigarette smoke, sewage sludge, paint pigments, air pollutions, weathering rocks, forest fires, volcanoes, exposed foods (shellfish, mussels, cocoa powder, dried seaweed), tobacco, mining, soft water, phosphorus fertilizers

Chromium (hexavalent compounds) - textile dyes, pigments, paints, ink, plastics, air pollution, dental crowns, commercial diet-aids, cement, cheese (American), jewelry, oysters, tattoos, tobacco smoke

Cobalt - pigments, B 12 vitamins, lithium batteries, medical procedures, food, water, soil from leaks in industry

Copper - copper plumbing, sewage sludge, some beers, swimming pools, copper cookware, inorganic mineral supplements, dental crowns, IUDs, birth control pills, pesticides, herbicides

Cyanide - natural substances in some foods and in certain plants such as cassava, lima beans and almonds. Pits and seeds of common fruits, such as apricots, apples, and peaches, may have substantial amounts of chemicals which are metabolized to cyanide. Cigarette smoke and the combustion products of synthetic materials such as plastics. Combustion products are substances given off when things burn. In manufacturing, cyanide is used to make paper, textiles, and plastics.

Gold - dental fillings, jewelry, injections for arthritis, electrical connectors, computers, nuclear medicine, electromagnetic radiation reflector, CDs, dishes with gold leaf

Iron - dyes, inks, paints, pigments, poor inorganic mineral supplements in food, blood transfusions, white flour (enriched), drinking water, tobacco, air pollution, shellfish, steel fabrication

Lead - car exhaust, paint plumbing, canned food, hair dyes, newsprint, tap water, batteries and battery manufacturing, cigarette smoke, coal combustion, colored inks, root canals, eating utensils, industrial emissions, mascara, milk, pencils, pesticide residue, PVC containers, rain water, smelters, cans with lead solder sealing (such as juices, vegetables, etc.), tobacco/smoke, toothpaste tap water, wine, toys, batteries, ammunition, stained glass, and computer/television screens

Lithium - Batteries, medication, portable machines (cell phone, computers, power tools, cameras etc.), small amounts are found in foods, lubricating grease, ceramics and glass

Manganese - Ceramics, antiseptics, dyes, medicines, steel products, air pollution, water supply, gasoline, soy infant formula, pesticides

Mercury - dental fillings, mercury vapor lamps, seafood (especially tuna, shark, mackerel, swordfish, and other large fish), polluted water, skin lightening creams, sewage sludge, vaccinations, soil, eye drops, soft contact lens solution, latex and oil-based antiseptics, batteries, body powders, bleached flour, broken thermometers, some Chinese herbs, cleaners and disinfectants including Ajax, Lysol, Comet, Derma Scrub, Dove soap, and Ivory liquid soap, chlorine and chlorine bleach, congenital intoxication (acquired in utero), cosmetics, diuretics, dyes, embalming fluid, engraving supplies, some medications, neuropathy, photo engraving, psoriasis ointment, tattooing

Nickel - cigarettes, dental crowns, coal combustion, batteries, baking powder, coins, cosmetics, hydrogenated vegetable oils (shortening, Crisco, fast food, margarine, processed foods, imitation whipped cream, interesterified fats, partially hydrogenated fats), nickel-plated jewelry, nickel-plated machine parts/tools, prostheses, spark plugs, stainless steel cookware/utensils, cardiac stents, soil, tobacco, water, rooibos tea and red teas

Platinum - jewelry, catalyst to make fertilizer, plastics, synthetic fibers, drugs, dental fillings, contaminated food, pacemakers, tobacco

Polonium - devices to eliminate static charge, and on brushes to dust photographic film, cigarettes/tobacco

Radium - luminous paints, fight cancer, drinking water/ground water

Silver - dental fillings, jewelry, coins, silverware, photograph processing, burn treatment, anti-bacterial medicine, pyrotechnics, scrap metal work, soil, surface and underground water

Strontium - PET scans, pyrotechnics and production of flares, air pollution, ceramic glazes, cathode-ray tubes for TVs, ceramic making, coal burning, glass making, making of fluorescent lights, some medicines, metal melting and casting, mining waste waters, oil, paint pigments, pyrotechnics, scrap metal work

Thallium - electronics, medical imaging, car exhaust, smog, ant killers, cardiac scanning, cement plants, coal ash, inhalation of contaminated dust from pyrite burners, kale and other cruciferous vegetables, lead smelting, manufacture of electronics, low temperature thermometers, optical lenses, imitation precious jewels, semiconductors, green-colored fireworks, oil drilling, anti-knock additive in some gasoline in areas where high-octane gas is in short supply, production of photoelectric cells, rodenticides, smelting activities, soil, water fluoridated with fluorosilicic acid, zinc smelting

Thorium - heat resistant ceramics, glass, lightbulbs

Tin - canned food, air, cable coverings, dental amalgams, dyes, food additive, fungicides, some herbs, landfills, licorice, occupational exposure, PVC, raincoats (with PVC), rubber substitutes, seafood, soil, smelting, tin recovery from scrap metal, soaps, some toothpaste, stabilizers in plastics and molluscicides, miticides, toys, tubing, upholstery textiles, water collected in galvanized (tin) roofs

Titanium - Baby Powder, Sunscreen, pigments of paint, preservatives in medications, tap/ well water, dental crowns, implants, cosmetics, reflective optical coatings, opacifier white pigments, plastic, tattoos, paper, ink, food, toothpastes, ceramic glazes, sunscreens

Uranium - food, well water, air, Fukushima fallout, contaminated soil, pottery glazes, high-energy X-rays, nuclear power plants, photographic chemicals, gyroscopic compasses, glassworks, artillery, war zones and anywhere military artillery is used or tested

Zinc - poor inorganic supplements in food, sunscreen, denture creams, mining, galvanized metals, zinc-carbon batteries, metal alloys, coins, sheet metals

SCARS

As a natural health care professional, nothing has surprised me more or amazed me more than the effect scars, on the surface of the body, can have on the bodies' ability to function normally.

You may be asking how scars on the outside of the body can cause problems inside the body...

Here are the basics of how this works. It is established fact that the human body has a bio-energetic electrical field and that this field is created by the flow of bioelectricity through the body and over the surface of the body. We also know that 80% of the sympathetic nerve fibers end in the skin. When the skin is cut or broken open and forms a scar, the scar is now a different type of tissue (fibrous) than the skin prior to the cut and the nerves are no longer organized in the same pattern. This new disorganized fibrous tissue and now more dense nerve structure can store bioelectricity much like a capacitor can store electrical energy.

Much like static electricity can build up in your body and then discharge from your body when you touch a metal object, the bioelectricity stored in a scar can begin to be released out of sync with the normal flow of energy in the body. This short circuit, so to speak, can cause dysfunction at a distant location. Often this bioelectrical short circuit can cause you to be blocked or switched which are major interferences to regaining your health. (See "Three Barriers..." handout.)

For example, a scar on the mid-line of the body, such as an episiotomy, C-section or laparoscopy scars can contribute to bio-energetic dysfunction of organs such as the thyroid, ovaries, uterus, bladder, heart and can be involved in feelings of depression, anxiety, panic attacks, and even chronic fatigue. Many other health challenges can be traced to scars on the surface of the body. Not all scars are active but, if you test for a scar with the NRT procedures, that scar is interfering with your ability to become healthier and must be addressed.