

Nutrition Response Testing™

New Patient Orientation

Welcome to Nutrition Response Testing™

- Most of our new patients have been referred to us by other satisfied patients.
- Did you hear about us from someone who was very happy with their results?
- However you heard about us, you probably want to know what "Nutrition Response Testing" is - and what we do.

What is Nutrition Response Testing™?

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using Nutrition Response Testing before it was explained to you, you might find it strange, or simply not believable – only because it is probably very different from anything you may have experienced before.

I can completely understand that because when I first saw this type of work being done, my first reaction was "Hmm, what is this strange stuff?" No one was more skeptical than I was. As a result, I studied Nutrition Response Testing extensively to see if it was for real. And I am sure happy I did because it has helped me improve my health, and because of Nutrition Response Testing, we are here and are able to help you improve your health.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Nutrition Response Testing is, and what our recommendations are based on.

Otherwise, you are less likely to follow through and actually do what you need to do to get well. To put it simply, if you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The results we have been having with Nutrition Response Testing are often in the 90% and better range. The only reason we are here is to help you get well. We have no other reason for being here and, hopefully, you are here for that same reason. That is why I want to make sure you get the correct understanding of what Nutrition Response Testing is right from the start.

Let's get started

In medical practice there are two key parts: the diagnosis (identifying and/or naming the "disease" or syndrome) and the treatment (drugs, surgery, etc.).

In Nutrition Response Testing we do not diagnose or treat disease - but we also have two parts: the analysis and the personalized health improvement program (using designed clinical nutrition).

Simply put, first we do an analysis, and then we design a natural health improvement program to help you handle what we find in our analysis of your body and condition.

First the Analysis

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 ancient Chinese system of acupuncture, which is thousands of years old.

Nutrition Response Testing is a study of how the 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.

Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points have become extremely useful in our practice because they are so accurate!

Think about it

Each Nutrition 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 Nutrition Response Testing reflexes, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us identify exactly what the body needs and how well we are meeting that need.

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Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to get you to the next stage of improved health?

How do we access the Nutrition Response Testing™ reflexes in order to get this information?

If I were to hook you up to an electro-cardiograph machine and take a reading, that would make perfect sense to you, right?

What is actually happening during this procedure? Electrical energy from the heart is running over the wires. This electrical energy makes the electrocardiograph record the energy pattern in the form of a graph or chart. I could then study this graph and tell you what it all means.

Here is what we do with Nutrition Response Testing. Instead of connecting electrodes to the specific points being tested, the Nutrition Response Testing doctor contacts these points with his/her own hand. With his other hand, he/she will test the muscle of your 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 can be affecting your health.

Why is the person who referred you feeling better?

Because we did a Nutrition Response Testing analysis for him or her, we found the "active" reflexes, and then made specific nutritional recommendations to help the body return to a improved state of health.

We are prepared to do the exact same thing for you now. Isn't that exciting? However, the best is yet to come.

The second part – 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.

Our decades of clinical experience tell us that 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 in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine, the medical 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 Nutrition 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 exactly is DESIGNED CLINICAL NUTRITION?

First of all, Designed Clinical Nutrition is not '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 (to put it mildly). Please ask about our audiotope: "*The Whole Truth About Vitamins*," for an entertaining, in-depth explanation of this aspect of vitamins and other nutritional supplements.

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 often make you 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.

So-called "scientific research," done with these shoddy substitutes, repeatedly "proves" that vitamins don't do much good for anyone! Can you imagine who pays for these "researches"?

"Designed Clinical Nutrition" is exactly that: **designed** (*especially prepared based on a specific plan*) **clinical** (*pertaining to the results gotten in clinical use or actual practice on huge numbers of patients over many years*) **nutrition** (*real food, designed by nature to enable the body to repair itself and grow healthfully*).

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 Nutrition Response Testing reflexes that were found on your individual Nutrition Response Testing analysis. These are nutrients you are simply not getting, or not assimilating, in your current diet.

These deficiencies may be due to your past personal eating habits and routines, but it is for sure due, in some large extent, to the lack of quality in the foods commercially available in grocery stores or restaurants today.

SUMMARY

1. Through an analysis of your body's reflexes, we help you to determine the exact nutrients you need

to supplement your diet, in order to bring about balance and better health.

2. We make these highly concentrated therapeutic formulations available to you in tablets, capsules, or in powdered form to "supplement" your current diet. That's why they are called "food supplements."

3. Depending on your individual situation, we might also require that you make some specific changes in your diet & eating habits, and in your routines, in order to bring about the best possible results.

How are these products produced?

One example of a designed clinical nutrition supplement that we use is called "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:

A. Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides - and no chemicals are ever used. Ph.D.'s check the soil before the seeds are sown, to make sure of the fertility of the soil - and even the weeding is done by hand.

B. The machinery involved in the processing of these products is made of glass and stainless steel only.

C. 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 vitality and energy is derived from live food. Most foods today are all dead - or are not really foods at all - as in boxed cereals, canned vegetables, soda pop, etc. You can readily understand the difference between dead, devitalized pseudo-foods, with the synthetic or isolated vitamins on the one hand, and "Designed Clinical Nutrition" and a diet of real foods, on the other.

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There is a great deal of technology and know-how behind what we do

Having been designed through decades of clinical use on tens of thousands of patients, and on patients from many different types of health care practitioners, you can be assured that Nutrition Response Testing is capable of evaluating and solving your health concerns.

A complete Nutrition Response Testing™ analysis can be done on each patient on each subsequent visit, thereby revealing the next layers of dysfunction so these can also be addressed and corrected.

In this way, each patient gets 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.

By following the correct sequence as revealed through Nutrition Response Testing, you don't "shot-gun" your diet or supplements. With a correctly done Nutrition Response Testing analysis, we can determine the correct food supplements for you – designed to give your body the best possible chance of getting well and staying that way.

Conclusion

Many people we see in our practice have eaten themselves into their current state of ill-health, to one degree or another. The deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (chemical, microscopic, or otherwise).

The good news is that it is possible to reverse the process!

It is possible to restore your health?

What could be more natural? What could be more correct? Each cell, tissue, and organ in your 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 a cellular level.

Designed Clinical Nutrition provides the right basic materials.

Nutrition Response Testing™ tells you when and what to use to bring about the desired result.

With this understanding of what we do, can you see how we might be able to help you do something effective to get yourself well?

And once that is achieved, do you see how you might be able to use this approach to stay well?

Now you have the complete 1-2-3 package. You now know:

- What we do
- How and why we do it
- What you need to do to have the potential of restoring your health and staying healthy.

But in the end you are the one responsible for your own condition. And with our guidance, we feel that – if you are a Nutrition Response Testing case – your chances of greatly improving your health can be as high as 90% or better.

In our experience, if our analysis indicates that you are not an Nutrition Response Testing / nutritional case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

But if our analysis confirms that you are an Nutrition Response Testing / clinical nutrition case, then, in our experience, nothing else will ever come close to what you can possibly achieve using Nutrition Response Testing and Designed Clinical Nutrition.

We wish you the best of luck in your quest to take back full responsibility for your health. Just remember to do it one step at a time, and that we are here to guide you in that quest.

Once we accept your case, you can count on us to do everything in our power to help you achieve your health objectives, and to help you achieve a healthier, happier life.

May you never be the same.



It is with gratitude and appreciation that I write this letter for the care that I have received from Dr. Mike.

I am a 65-year old grandmother of nine and have always felt blessed that I've never had to deal with any major health issues and always considered myself a pretty healthy person. That was until March of 2012 when I had a severe outbreak of hives – from the top of my head to the bottom of my feet. After two weeks of horrible itching and visits to the ER, two trips to Urgent Care and a referral to an allergist in St. Cloud, I was still miserable. Every visit to the doctor or allergist resulted in an increase in the amount of meds I was prescribed until I was so drugged I was almost non-functional. I couldn't work, didn't dare drive and could hardly walk. Basically, I slept or I itched!

The nights were always the worst. I often woke up with blood stains on the bedding from scratching so hard – even in my sleep. I would sometimes get up during night and take a cool shower or soda bath or just walk the floors and cry. One night when the itching was extremely bad, I decided I needed another dose of meds. After I'd gone down the steps from our second floor bedroom, I realized I was so disoriented from the drugs that I should have awoken my husband. But it was too late. I was at the bottom of the steps and was too weak to call for him so I made my way to the kitchen to take yet more meds. I dosed out the meds and reached for a glass to get some water. What happened next still makes me shudder. At that moment, I could not remember how to turn the water faucet on! I had to focus on the glass in my hand and concentrate with all my being on how to fill my glass with water.

The daily meds I was taking at that time included 60 mg of prednisone, 2 anti-histamines, a histamine blocker, sleeping pills and an anti-depressant (even though I argued with the doctor that I was not depressed – not that I didn't have every right to be – but I was told that the drugs wouldn't hurt and sometimes were very effective as a source of treatment). I also had been prescribed an EpiPen in the event I started having difficulty breathing.

The next day when my daughter called, I told her about my little episode from the night before. She told me I had to get off all the meds and find some other way to treat my hives. She works as an Office Manager for a Health Source Clinic in the metro area and told me to call and make an appointment with Pfeffer's. (Actually, I think she said if I didn't make an appointment, she was driving to Alexandria to take me there personally).

That proved to be the best advice I could have received. The next day I was in Dr. Mike's capable hands. I must have been in pretty bad shape because my appointment lasted most of that afternoon. He explained to my husband and me that the liver filters toxins from the body and the toxins in my body were too much for my liver to process and that was causing me to break out in hives. The next step was to determine what kinds of toxins were causing me such misery. He explained he would use Nutritional Response Testing (NRT) to make that determination and in contrast to treating me with drugs, his treatment for me would be with whole food supplements and changes to my diet.

Nutritional Response Testing is simple, quick, painless and absolutely amazing! NRT tests neurological reflexes and acupuncture points. Each NRT reflex represents a specific organ or function and indicates the effect that energy – or lack of energy – has on the body.

That being said, I will try to explain how it works. Dr. Mike contacts these reflex and acupuncture points with one hand while with his other hand, he tests the muscle strength in my arm. If the reflex being tested is active, the nervous system responds by reducing energy to the extended arm and the arm weakens and drops. This signifies some dysfunction within my body which affects my health. Once a weak area has been identified, nutritional whole food supplements are tested against it to determine what will bring the reflex back to strength.

What amazed me is that every organ and function in my body can be tested at every visit in just a few minutes so adjustments to the types and amounts of nutritional supplements I am taking can be quickly adjusted so my body is always receiving the exact dosage of what I need, when I need it.

It's now been six months since my first visit with Dr. Mike. My hives did not immediately go away and I still have an occasional outbreak (when I eat something that I shouldn't or come in contact with a toxin that I'm sensitive to), but I'm working, driving and functioning – drug free! Frankly, I don't know where I'd be today had it not been for the care and attention I received from Dr. Mike. I knew if I was having a bad reaction, I could call and he'd squeeze me in sometime that same day, retest me and adjust my supplements. Not only was he there for me during working hours, there were many nights he called me at home to make sure I was doing ok.

I've learned so much about nutrition and toxicity that in many ways, I feel my hives breakout was a blessing in disguise. Because of them and everything that Dr. Mike has taught me, I am healthier than I've ever been before. When I follow a low-glycemic, gluten-free diet and take my supplements, I feel great! When I stray from that, my body lets me know.

My husband and I are also living a healthier life style. We have gotten rid of all chemicals and bleaches in our home and clean with vinegar and water or hydrogen peroxide and water. Our toothpaste, soaps, shampoos and many other products are all natural or organic. And, an added bonus – I've lost 20 pounds, without even trying!

I would not wish hives on anyone. However, if you just want to feel better, be healthier or lose weight, I would recommend talking to Dr. Mike about Nutritional Response Testing – before you have a serious medical condition. If you are willing to make some changes to your diet and life style, I guarantee you will feel better than you've ever felt before!

We're so fortunate to have a person like Dr. Mike, with his training and compassion for his profession, right here in Alexandria. Thanks, Dr. Mike!

Linda Greseth