



**DISCOVER
THE
NUTRITIONAL
STORY
IN YOUR
BLOOD TEST™**

*A***RE YOU SUFFERING
FROM THE EFFECTS OF NUTRITIONAL
DEFICIENCIES OR IMBALANCES?**

NUTRIENTS such as amino acids, enzymes, fatty acids, vitamins, minerals, and electrolytes are the building blocks of the body. They provide energy, support metabolism, and are needed for many biochemical reactions to sustain health. Key nutrients may become deficient for various reasons. These may include:

- **D**isease processes, which may block metabolism
- **P**oor dietary habits
- **P**hysical, mental, and emotional stress

When key nutrients become deficient, many metabolic processes are affected. The body may initially try to compensate for such imbalances. However, if they are prolonged, they may contribute to hormonal issues, metabolic disorders, increase in toxic load, oxidative stress, organ weakness, etc. Many symptoms such as tiredness, fatigue, and irritability may be effectively addressed with proper nutritional considerations.

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Blood Nutrition Expert

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BloodNUTRITION™
SCIENCE

STOP!

are you getting
the information
about your
INDIVIDUAL
nutritional needs
from:
the internet?
magazines?
friends?

DISCOVER

what **YOU NEED**
from
YOUR INDIVIDUAL
BLOOD TEST

“*There is no general screening test that is more efficient, effective, and affordable than a comprehensive blood chemistry panel. It allows the healthcare provider to establish a baseline of biomarkers that can be used to track the patient's health and nutritional needs immediately and over a period of time.*”

Datis Kharrazian, D.C., D.H.Sc.



What is **BLOOD NUTRITION™**?

Blood Nutrition™ is an innovative, science-guided look at nutritional strengths and weaknesses through individualized blood analysis. This new scientific approach can offer a clear plan for your **OPTIMUM HEALTH**.

AS A RESULT, a new generation of healthcare professionals is emerging with the tools and keys that can reveal the more subtle imbalances and assist in correcting them.

A COMPREHENSIVE APPROACH TO HEALTH

To address the true cause of symptoms, one should look for their origin from a science-guided perspective by considering:

- 1 Physiological distress or disease conditions
- 2 Nutritional distress or imbalances
- 3 Mental/emotional distress

Any of these factors may be the source or a contributing factor for the symptoms of imbalance.

THE CORNERSTONE OF AN EFFECTIVE HEALTH STRATEGY IS A NUTRITIONAL AND LIFESTYLE PLAN THAT IS BASED ON YOUR BIOCHEMISTRY.

Success here is dependent on the establishment of an accurate nutritional profile guided by scientific approaches, such as a comprehensive **BLOOD TEST**.



BLOOD NUTRITION™ Science

THIS ADVANCED SCIENTIFIC APPROACH IDENTIFIES **NUTRITIONALLY SIGNIFICANT** information through the careful analysis of the various blood values.

Certain indicators can reveal electrolyte, mineral, and other nutritional imbalances. Once addressed, one can optimize the metabolic processes and help maintain the healthy performance of the body.

A balanced nutritional state is essential for achieving and maintaining health!

Nutritional analysis of your Blood Test may indicate the need for:

- key nutrients such as vitamin A, B6, B12, D
- fluid and electrolyte balance
- minerals such as magnesium, calcium, and iron
- tissue hydration
- antioxidants
- enzymes
- nutritional support of key organs
- nutritional support of metabolic pathways
- the need for lifestyle changes



NUTRITIONAL IMBALANCES ?

IF YOU HAVE nutritional imbalances, you may be experiencing the following:

- *Mental/emotional symptoms including mood swings*
- *Structural/musculoskeletal symptoms*
- *Optical symptoms such as difficulty in night vision.*
- *Symptoms such as weight gain, fatigue, pain, etc.*
- *Cardiovascular health issues*
- *Others*

One of the most scientific ways to identify nutritional imbalances is to have your blood test evaluated by a nutritionally trained doctor or healthcare practitioner. A comprehensive blood test is affordable and results are normally received within a few days.

Ask your practitioner how to get started!

