

What is Nutrition Response Testing®?

Ulan Nutritional Systems Inc. is the official organization for training in Nutrition Response Testing, a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these causes are corrected through safe, natural, nutritional means, the body can repair itself in order to attain and maintain more optimum health.

Who Developed Nutrition Response Testing?

Nutrition Response Testing was developed by Freddie Ulan, DC, CCN, in order to handle a severe illness he was experiencing himself in the early 1990s.

Nutrition Response Testing Vs. the Medical Model

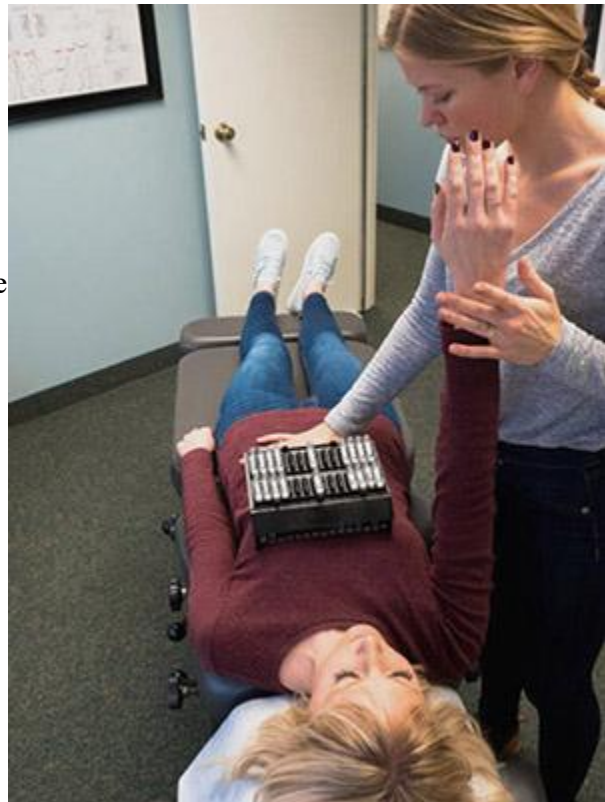
In medical practice there are two key parts: the diagnosis (identifying and/or naming the “disease” or syndrome) and the treatment (drugs, surgery, etc.). In Nutrition Response Testing we do not diagnose or treat disease—but we also have two parts: the analysis (the assessment of your body’s current health status) and the personalized health improvement program (using designed clinical nutrition).

Nutrition Response Testing Procedure: the Analysis.

The analysis is done through testing the body’s autonomic nervous system. Nutrition Response Testing analyzes different areas on the surface of the body that relate to the state of health and to the flow of energy in each and every organ and function of the body.

This information is derived from the part of the nervous system whose job it is to regulate the functions of each and every organ.

Each area that gives a response 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 these organs / areas, 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.



Instead of connecting electrodes to the areas being tested, as in an EKG, the Nutrition Response Testing practitioner contacts these areas with his/her own hand. With the other hand, he/she will test the muscle of your extended arm. If the organ/area 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. Next is the Personalized Health Improvement Program.

Let’s say the liver or kidney areas 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 organ/areas 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 have worked out a highly personalized nutritional supplement schedule, we have identified the most important first step in correcting the underlying deficiency or imbalance that caused the organ/area 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 malfunctioning 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.

Nutrition Response Testing Procedure: What is Designed Clinical Nutrition?

“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).

In most cases it is concentrated whole food, in a tablet, capsule or powder, prepared using a unique manufacturing process that preserves all of the active enzymes and vital components that make it work as Nature 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 organs/areas 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.

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.”

Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. These cannot be used in lieu of whole food supplements in a designed clinical nutrition program. The label “natural” is misleading when applied to nutritional products, as the FDA will approve such labeling based on a small percentage naturally sourced components. Usually such products don’t correct existing imbalances and may introduce new ones.

Your vitality and energy is derived from live food. Most foods available today are dead, or are not really foods at all: 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.

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 “studies”?

There is a Great Deal of Technology and Know-How Behind What We Do.

1. Through an analysis of your body’s organs/areas, 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 and eating habits, and in your routines, in order to bring about the best possible results.

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 nutritional deficiencies and restoring your body’s ability to heal itself.

Each patient gets a completely individualized program.

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 opens easily.

Therefore, since every case is different, by following the correct sequence as revealed through Nutrition Response Testing, even the most complicated cases can be handled.

To Find Out More, Set Up an Appointment - Call Stone Chiropractic, LLC at (860) 274-5484 and schedule a visit.

Disclaimer: Nutrition Response Testing is a non-invasive system of analyzing the body to assist a practitioner's assessment of underlying causes of ill health. This system is considered a form of integrative, complementary or alternative medicine and is used to provide information to a practitioner who is responsible for properly evaluating their client. Nutrition Response Testing is not intended to diagnose, treat, cure, or prevent any disease.