

Nutricheck



Nutritional Assessment

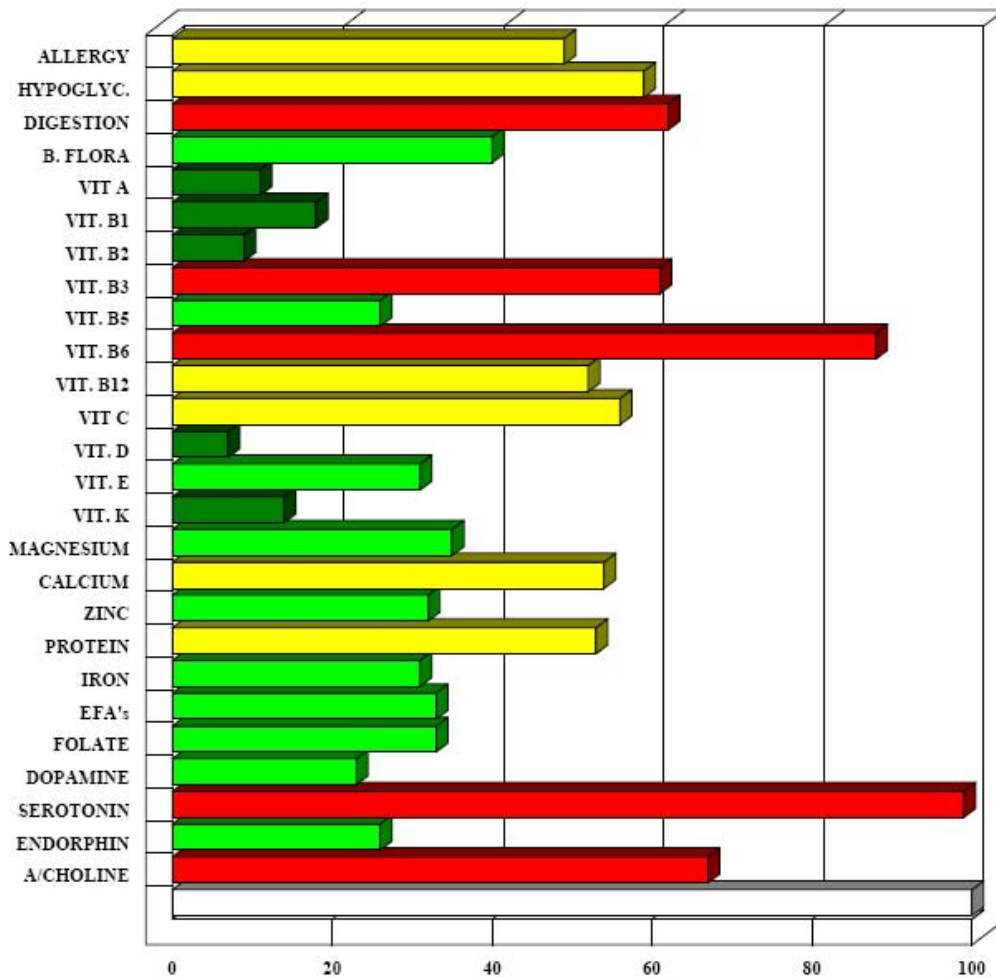
Nutritional Report for Susan Verybusy

Note: Medical information provided in this report is confidential. It is derived from the patient's answers to the *Nutricheck QUESTIONNAIRE* during a professional health consultation. It should not be used as a prescription for self-medication of nutritional supplements. It does not guarantee that the patient will necessarily benefit from such supplementation. All parties involved in the development of *Nutricheck* only recommend the use of this product to identify nutritional problems and requirements in conjunction with a consultation with a professional health practitioner.

Nutricheck Health and Nutritional Assessment

Report for: Susan Verybusy

Probability of Nutritional Dysfunction -



Key: 0-20 Unlikely 21-40 Low 41-60 Moderate 61-80 High 81-100 V.High

Abbrev: Hypoglyc.-Hypoglycaemia EFA's-Essential Fatty Acids A/Choline - Acetylcholine

This graph derives from the corrected score(s) for the selected nutritional area(s). The further to the right that the bar extends, the higher is the likelihood that this is a problem area for you, or that you may require professional help in assessing your need for dietary supplementation to improve your health. Please Note: This report is not a medical diagnostic program and is not intended to be a recommendation for self-medication, or to replace medical services.

Nutricheck Health and Nutritional Assessment

Report for: Susan Verybusy

ALLERGY

Nutricheck indicates a **MODERATE LIKELIHOOD** that your symptoms may be due to **ALLERGY** or sensitivity reactions to **FOODS** or **ALLERGENS** or **CHEMICALS** in your environment.

Many health symptoms may be due to sensitivity reactions to common foods, such as dairy foods, yeast-containing foods, wheat, corn and other grains OR to naturally-occurring food chemicals in fruit and vegetables. Food sensitivity reactions may be due to immune system reactions or to chemical reactions and may produce a wide variety of symptoms. A carefully supervised low-allergy/low-chemical diet may be required to treat this problem and a 4-week trial of such a diet may be beneficial in confirming if this type of problem exists.

A low-allergy diet is available in the Nutricheck program and is best supervised by your health practitioner.

SUGAR METABOLISM

Nutricheck indicates a **MODERATE LIKELIHOOD** that your symptoms may be due to a sensitivity reaction to **SUGARS**.

Many people are unduly sensitive to sugars and simple carbohydrates due to impaired activity of their cell Insulin-receptors. This leads to excessive production of Insulin when these foods are consumed and results in marked fluctuations of their blood sugar levels, called Functional Hypoglycaemia, which causes symptoms of tiredness, fatigue, mood swings, irritability, anxiety and panic. This condition is often triggered by stress, adrenal exhaustion, food sensitivity reactions, hormone imbalance and excessive intake of simple carbohydrates and sugars. It can be confirmed by a 5hr Glucose Tolerance Test, with measurement of serum insulin levels, and can be ordered by your health practitioner. It should respond to the Optimal Health Diet available in the NutriCheck program OR the Low-Allergy Diet should be used if food sensitivity is present.

DIGESTION

Nutricheck indicates it is **HIGHLY LIKELY** that your symptoms may be due to an impairment of **DIGESTIVE** function.

Impaired secretion of hydrochloric acid in the stomach and/or digestive enzymes by the pancreas is common in today's society and leads to impaired digestion of food, which in turn results in protein and nutrient deficiency. It also produces a high-level of food protein-fragments which can trigger food sensitivity reactions. This condition usually responds to supplements of betaine hydrochloride and/or pancreatic digestive enzymes, and treatment should be supervised by your health practitioner.

BOWELFLORA

Nutricheck indicates **SOME POSSIBILITY** that your symptoms may be due to a disturbance of the **BOWEL FLORA**.

The human intestine contains large numbers of bacteria and fungi, with over 100 types of organisms being present. Many of these can produce a variety of toxic chemical products which may irritate the bowel and adversely affect function of the liver, nervous system and immune system. Ideally, the level of the toxigenic organisms is controlled and neutralised by the 'friendly bacteria' which predominate in the intestine. A high level of 'friendly bacteria' is necessary for good bowel function, improves immune system function, improves liver detoxification, reduces cholesterol levels and neutralises cancer-causing chemicals produced by the toxic bacteria and present in food. An excessive growth of toxigenic organisms, known as **BOWEL DYSBIOSIS**, can occur due to high consumption of sugars and animal fats OR if the 'friendly bacteria' level is decreased by antibiotics and often plays a significant role in chronic illness.

It can be corrected by rebuilding the population of 'friendly bacteria' with supplements of Lactobacillus acidophilus and Bifidobacteria PLUS specific chemicals to control the growth of fungi and thrush. Consult your health practitioner for advice on the best method of correcting this problem.

Please Note: This report is not a medical diagnostic program and is not intended to be a recommendation for self-medication, or to replace medical services.