

# **Nutri-Body<sup>®</sup> Analysis**

**David W. Rowland PhD**

**This Evaluation is designed to assess bodily signs which may relate to nutritional imbalances. Its sole purpose is to educate and inform. It is not intended to diagnose diseases. If you suspect that you may have a medical problem, please seek competent medical care.**

**This Analysis was prepared by:**

**Trish Leclair**

**Natural Health and Nutritional Specialist**

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# Nutri-Body<sup>®</sup> Analysis

David W. Rowland PhD

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**Address :** 884 Cavalcade Terrace  
**City :** Victoria  
**Province :** BC  
**Postal Code :** V9B 6W5  
**Phone :** 250-478-7142

**Date Evaluated :** 4/3/2011  
**Last Evaluated :**  
**Evaluation Type :** First  
**Sex :** Female  
**Age :** 37

A1	A2	A3	A4	A5	A6	A7	A8
16	24	20	12	24	12	30	50

B1	B2	B3	B4	B5
48	25	30	30	16

C1	C2	C3	C4	C5	C6
25	7	36	0	12	30

D1	D2	D3	D4	D5	D6	D7	D8
24	30	30	7	8	24	16	0

E1	E2	E3
30	20	0

F1	F2	F3
6	30	0

G1	G2	G3	G4	G5	G6	G7	G8	G9
9	9	28	21	24	10	12	9	3

H1	H2
0	0

I1	I2	I3	I4	I5
10	0	16	24	6

J1	J2	J3	J4	J5	J6	J7	J8	J9
60	24	16	18	24	44	16	28	0

K1	K2	K3	K4	K5	K6	K7
30	24	15	30	4	28	21

## Macro Nutrients (A)

A1 - Water

16

A2 - Fibre

24

A3 - Essential Fatty Acids

20

A4 - Protein

12

A5 - Lysine

24

A6 - Methionine

12

A7 - Phenylalanine

30

A8 - Tryptophan

50

## Digestive Imbalances (B)

B1 - Low Stomach Acid

48

B2 - High Stomach Acid

25

B3 - Liver/Gall Bladder

30

B4 - Intestinal Malabsorption

30

B5 - Lactic Bacteria

16

## Excesses (C)

C1 - Sugar

25

C2 - Sodium (Salt)

7

C3 - Caffeine

36

C4 - Chlorine

0

C5 - Fluoride

12

C6 - Nicotine

30

## Macro Minerals (D)

D1 - Calcium

24

D2 - Magnesium

30

D3 - Potassium

30

D4 - Iron

7

D5 - Manganese

8

D6 - Zinc

24

D7 - Sulphur

16

D8 - Silicon

0

## Micro Minerals (E)

E1 - Iodine

30

E2 - Chromium

20

E3 - Selenium

0

## Fat-Soluble Vitamins (F)

F1 - Vitamin A

6

F2 - Vitamin D

30

F3 - Vitamin E

0

## Water-Soluble Vitamins (G)

G1 - Vitamin B-1

9

G2 - Vitamin B-2

9

G3 - Niacin, Niacinamide

28

G4 - Pantothenic Acid

21

G5 - Vitamin B-6

24

G6 - Biotin

10

G7 - Vitamin B-12

12

G8 - Folic Acid

9

G9 - Vitamin C

3

## Other Nutrients (H)

H1 - Choline

0

H2 - Bioflavonoids

0

## Toxic Metals (I)

I1 - Aluminum

10

I2 - Cadmium

0

I3 - Copper Excess

16

I4 - Lead

24

I5 - Mercury

6

## Glandular Imbalances (J)

J1 - Adrenals, Underactive

60

J2 - Adrenals, Overactive

24

J3 - Gonads

16

J4 - Kidney/Bladder

18

J5 - Pancreas

24

J6 - Thyroid, Underactive

44

J7 - Thyroid, Overactive

16

J8 - Pituitary

28

J9 - Thymus

0

## Metabolic/Systemic Imbalances (K)

K1 - Allergies

30

K2 - Nervous System

24

K3 - Circulation

15

K4 - Hypoglycemia

30

K5 - Intestinal Parasites

4

K6 - Premenstrual Syndrome

28

K7 - Candidiasis

21

# Nutri-Body<sup>®</sup> Analysis

David W. Rowland PhD

## *Items of Concern*

**Your results have been interpreted according to the Nutri-Body<sup>®</sup> Analysis Program.**

***The items in the following sections represent the areas that require immediate attention.***

***You will be on your way to nutritional balance by first taking the necessary steps to correct these imbalances.***

***If you have any questions ask your Nutritional Consultant to explain.***

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60

### **J1 Adrenals, Underactive**

Reduce concentrated sugars and sweets of all kinds in the diet. The nutrients that the adrenal glands especially require are vitamin C, pantothenic acid, potassium, vitamin E and choline. Supplementary adrenal concentrate, from 50 to 300 mg. daily provides extra support above and beyond vitamins and minerals. See also Stress Formula and Adrenal Support Formula.

50

### **A8 Tryptophan**

Tryptophan is low in legumes, corn and rice. Abundant in turkey and milk. Available in supplement form as L-5 Hydroxy-Tryptophan, in 50 mg. capsules, from U.S. sources. Best taken between meals, on an empty stomach.

48

### **B1 Low Stomach Acid**

A high score in this section suggests that your stomach is not producing enough hydrochloric acid (HCl) and enzymes to digest foods properly. Such underactivity is often accompanied by constipation and poor mineral absorption.

It is important not to combine sugars with proteins, nor sugars with fats, at the same meal. (Examples: steak and pie, orange juice and eggs.) That is because sugars are digested in the intestine. If eaten alone they pass through the stomach in minutes. Proteins and fats, however, need to stay in the stomach for 2.5 to 4 hours. If sugars and proteins/fats are eaten at the same time, the stomach holds on to the entire mass, causing putrefaction, gas and bloating. A young person with ample hydrochloric acid may get away with unwise food combinations, because HCl neutralizes the byproducts of putrefaction. The older we get, however, the less HCl our stomachs produce and the more we need to be careful how we combine our foods.

Consuming fruits, juices and other sweets one half hour before a meal (as an appetizer) or on an empty stomach, three hours after a meal (as a snack) is sometimes all that is necessary to clear up digestive disturbances. If not, then a broad spectrum digestive aid is needed -- one containing betaine hydrochloride (HCl), pepsin, papain, and bromelain. A formula such as this can be taken as needed with meals. Start with one tablet per meal and gradually increase until there is no more digestive discomfort. Larger, heavier meals usually require more tablets than lighter ones. (Soups/salads may require none.) A little experimentation is often very helpful. Too much HCl can cause a burning sensation. If that happens, back off by one tablet.

**J6 Thyroid, Underactive**

Nutrients that support thyroid function include iodine, selenium, cysteine and the B-complex vitamins. The Thyroid Support Formula is a nutritional breakthrough that supports the entire thyroid metabolism. It is especially helpful for those cases where blood tests show adequate levels of thyroid T-4 hormone but the person has all the signs of low thyroid function, because not enough T-3 hormone is getting to the tissues that need it. [The Basal Temperature Test is a reliable self-test that can confirm the presence of hypothyroidism.]

A Multi-glandular Formula can sometimes be beneficial to thyroid function, because it supports all of the glands in the network. Sometimes the thyroid can be underactive because it does not get the signals it needs from the pituitary, or because it is working overtime to compensate for weak adrenals, ovaries or pancreas.

# Nutri-Body<sup>®</sup> Analysis

David W. Rowland PhD

## *Items to Watch*

**Your results have been interpreted according to the Nutri-Body<sup>®</sup> Analysis Program.**

***The items in the following sections represent areas that you should be aware of. While these are areas that you should watch, your primary focus should be on correcting the items of concern.***

***Items to be watched usually correct themselves as you progress toward nutritional balance.***

***If you have any questions ask your Nutritional Consultant to explain.***

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36

### **C3 Caffeine**

Avoid coffee, black tea, chocolate and cola drinks. The Stress Formula, can help to reduce caffeine cravings by helping the body to normalize its blood sugar levels.

30

### **D2 Magnesium**

Magnesium and calcium deficiency states are closely related. Magnesium is needed to keep calcium in solution, so that it can be readily utilized by the body. Food sources: figs, lemons, grapefruit, yellow corn, almonds, nuts, seeds, dark green vegetables, apples, raw wheat germ, soybeans, seafood, bran. Supplementary range: 500 to 800 mg. daily.

30

### **C6 Nicotine**

Stop smoking. The Stress Formula, can help to reduce cravings by helping the body to normalize its blood sugar levels. An extra 6,000 mg. daily of vitamin C can also help bodily tissues rid themselves of accumulated nicotine.

30

### **D3 Potassium**

Potassium is required daily in very large amounts. Fortunately, it is readily available from a wide variety of foods, especially those that are natural and unprocessed. Food sources: bananas, apricots, citrus fruits, cantaloupe, tomatoes, watercress, green leafy vegetables, mint leaves, sunflower seeds, potatoes, dates, figs, peaches, peanuts, raisins, fish, seafood, whole grains. Supplementary range: 400 to 700 mg. daily.

30

### **F2 Vitamin D**

Sources: sunlight, cod liver oil, egg yolks, liver, herring, sardines, salmon, tuna, organ meats. Supplementary range: 400 to 1,000 IU daily.

30

### **K4 Hypoglycemia**

Also called low blood sugar. Sugar, caffeine, tobacco and alcohol all cause blood sugar to rise immediately, but also to plummet to new low levels shortly afterward, in sensitive people. With this condition it is essential to restrict one's intake of refined and concentrated sugars of all kinds, coffee, tea, chocolate, colas and alcohol. In some cases it may also be helpful to eat four or five small meals throughout the day rather than the traditional three large ones. Supplementation needs to include vitamin C, the B-complex vitamins (especially pantothenic acid), chromium and zinc. The Stress Formula, is most beneficial in helping to restore blood sugar balance.

30

### **K1 Allergies**

The symptoms in this section are all possible reactions to hidden food allergies. A high score most probably means that allergies are involved, but it cannot tell which foods are causing the problem. They will be different for each person, because of biochemical individuality. Common offenders are milk products, wheat, chocolate, egg, orange, peanut, potato, sugar, seafood, tomato, pork and beef. Almost any food can cause a response in a sensitive person, and the foods craved most are usually the culprits. All suspect foods need to be eliminated at the same time in order to ensure results. If you are sensitive to a food, even one molecule of it can be too much. Unless you eliminate offending foods completely, no amount of supplementation may bring complete relief. [Recommended reading: One's Food is Another's Poison, by David W. Rowland, PhD]

Short fasts can help the body to clear itself of residues of offending foods. The Cleansing Fast is particularly effective for this purpose.

Weak digestion may allow undigested protein molecules to enter the bloodstream, thus causing untoward reactions. The Digestive Enzyme Formula, can help correct this kind of weakness.

Allergies overwork the adrenal glands. When the adrenals are supported, many allergic responses diminish or disappear. See Stress Formula or Adrenal Support Formula. [For further details about hidden food allergies, read One's Food is Another's Poison, by David W. Rowland, PhD]

30

### **E1 Iodine**

Food sources: seafood, kelp, dulse. Supplementary range: 0.5 to 1.5 mg. daily.

30

### **A7 Phenylalanine**

Phenylalanine is usually well supplied from diets that are sufficiently high in protein. Some individuals, however, may have an unusually high requirement for phenylalanine or may otherwise benefit from taking additional amounts. Supplements of phenylalanine are available in 500 mg. capsules from U.S. sources. Best taken between meals, on an empty stomach.

## **B4 Intestinal Malabsorption**

A high score in this section suggests a "leaky gut" that absorbs what it shouldn't and doesn't absorb what it should. Look for hidden food sensitivities, especially lactose and/or gluten intolerances. A high score in this section often means that one's body does not absorb sufficient fat-soluble vitamins (e.g., A, D, E) even when intake is high. B-12 and folic acid are often poorly absorbed as well.

Almost any food could be involved, depending on one's unique biochemistry. The most likely culprits, however, are (a) milk products (milk, cheese, cottage cheese, ice cream, yogurt) (b) cereal grains (wheat, rye, oats, barley), (c) refined and concentrated sugars (white sugar, brown sugar, raw sugar, sucrose, maple syrup, honey, molasses, corn syrup), and/or (d) the nightshades (tomatoes, potatoes, peppers, paprika, eggplant, cayenne, tobacco). Whenever food sensitivities are involved, complete relief is not possible until all of the offending foods are identified and eliminated from the diet completely.

[Recommended reading: "Tracking Down the Culprits" in One's Food is Another's Poison and "Leaky Gut" in Digestion: Inner Pathway to Health, both by David W. Rowland, PhD]

## **B3 Liver/Gall Bladder**

These signs indicate that there is not enough bile getting into the duodenum when it is needed. Bile is needed to break down large fat globs into tiny droplets, so that the fat-splitting enzymes from the pancreas can work on them. Without enough bile, fats and minerals combine in the gut to form insoluble soaps -- often causing constipation and mineral deficiencies. Bile also has a sterilizing effect on putrefaction in the gut.

The symptoms in this section can be corrected by taking supplementary digestive enzymes containing bile and pancreatin with each meal that contains any significant amount of fat. If your gall bladder has been removed, then this form of supplementation will be most beneficial.

Gallstones can also create the symptoms in this section. Many people have gallstones without knowing it. These are stones of solidified cholesterol that plug the gall bladder and prevent bile from flowing as needed. To get rid of gallstones, see "gall bladder flush" handout.

## **K6 Premenstrual Syndrome**

The surge of female hormones renders many women hypoglycemic for part of their monthly cycle. (See section K.4 on hypoglycemia.) For women who get enough magnesium, vitamins A, C, B-1, B-2, B-6, niacinamide and pantothenic acid, PMS is not usually a problem. Supplementation with the Stress Formula, Flaxseed Oil and the Female Multiglandular is usually very effective.

28

### **J8 Pituitary**

Nutrients that support pituitary function include vitamin E, the B-complex vitamins, manganese, and pituitary concentrate (from 20 to 60mg. daily).

28

### **G3 Niacin, Niacinamide**

These are two forms of what is sometimes known as vitamin B-3. Food sources: liver, lean meat, whole wheat, brewer's yeast, kidney, wheat germ, fish, eggs, roasted peanuts, chicken/turkey breast, avocados, dates, figs, prunes, seafood, rhubarb, milk products. Supplementary range: 50 to 350 mg. daily.

25

### **C1 Sugar**

These are the signs of consuming too much dietary sugar, regardless of one's ability to metabolize it. (If you have difficulty metabolizing sugar you will also score high on Section K.4, Hypoglycemia.) The human body was designed to consume only foods from nature, in which concentrated sugars are relatively scarce. Sugar goes by many names: white sugar, brown sugar, raw sugar, maple sugar, maple syrup, corn syrup, honey, molasses, sucrose, glucose, dextrose, fructose, levulose, lactose, etc. None of these are important to a healthy diet. Some may be tolerated only as a rare, occasional treat, depending on each person's unique biochemistry.

25

### **B2 High Stomach Acid**

Eliminate coffee, tea, colas, alcohol, tobacco and concentrated sugars and sweets of all kinds. Increase dietary fibre and dietary protein. Eat frequent small meals throughout the day. Aloe is very healing to the stomach wall. Raw cabbage juice is also very healing, as is vitamin A (40,000 I.U. daily).

24

### **K2 Nervous System**

Symptoms of this nature often subside in response to supplementation with calcium, magnesium and potassium -- and the B-complex vitamins (at least 50 mg. of each of the major B-vitamins). These kinds of imbalances may also respond to nutritional support for Hypoglycemia (section K.4), Allergies (K.1) or Circulation (K.3).

24

### **A5 Lysine**

If following a diet high in grains you may not be getting enough lysine for full protein utilization. Adding more legumes (beans, lentils, chickpeas) can increase dietary lysine - provided your digestive system is up to the task of breaking down complex starches.

Lysine as a supplement is available in 500 mg. capsules from U.S. sources. May be taken with meals if the purpose is to enhance the protein quality of the diet. For therapeutic purposes it is best taken between meals on an empty stomach.

24

### **J5 Pancreas**

If you have a high score in this section, it would be good to get a medical diagnosis to find out if diabetes may be involved. In any event, eliminate alcohol and all concentrated sugars and sweets of all kinds. Nutrients that support pancreas function include zinc, chromium and manganese.

24

### **G5 Vitamin B-6**

Also known as pyridoxine. Food sources: brewer's yeast, wheat bran, wheat germ, liver, kidney, heart, cantaloupe, cabbage, milk, eggs, beef, green leafy vegetables, whole grains. Supplementary range: 50 to 110 mg. daily.

24

### **D6 Zinc**

Food sources: steak, lamb chops, wheat germ, brewer's yeast, pumpkin seeds, sunflower seeds, eggs, ground mustard, liver, mushrooms, oysters, seafood, soybeans/tofu. Supplementary range: 25 to 95 mg. daily. Lower levels are required for sexual maturation in males, for growth in youngsters of both sexes, and for general adult maintenance. Higher levels are required to provide specific support for the male prostate.

24

### **D1 Calcium**

Calcium and magnesium deficiency states are closely related. Magnesium is needed to keep calcium in solution, so that it can be readily utilized by the body. Food sources of calcium include yogurt, cheese, milk, soybeans/tofu, sardines, salmon, peanuts, walnuts, sunflower seeds, dried beans, green vegetables, almonds, beef liver. Supplementary range: 400 to 1,200 mg. daily.

24

### **J2 Adrenals, Overactive**

Reduce concentrated sugars and sweets of all kinds in the diet. The nutrients that the adrenal glands especially require are vitamin C, pantothenic acid, potassium, vitamin E and choline. Supplementary adrenal concentrate, from 50 to 300 mg. daily provides extra support above and beyond vitamins and minerals. See also Stress Formula (page 49) and Adrenal Support Formula.

## A2 Fibre

Most western diets lack sufficient fibre. The human colon is convoluted in shape and works best when it is full of water and indigestible plant fibre. A high score in this section suggests that one needs to increase one's daily intake of 100% whole grains, legumes, vegetables, nuts, seeds, and fruit.

Finely powdered psyllium hulls make an excellent fibre supplement -- one rounded tablespoon mixed in a large glassful of water, once or twice daily, as needed. Psyllium is a bowel normalizer. It helps to speed up transit time if too slow (e.g., constipation), or slow it down if too fast (e.g., diarrhea).

Many people are constipated without realizing it. Having a "regular" bowel movement every day does not give the whole picture. What one passes today could be from a meal eaten three days ago. To find out for sure, eat some beets. Time how long it takes for the red stain to completely disappear from subsequent bowel movements. If it takes longer than 24 hr., you are constipated.

Stubborn, chronic constipation may be caused or aggravated by low thyroid conditions (section J.6) or low stomach acid (B.1).

No one can be truly healthy with a stagnant colon. Toxins and putrefactive byproducts are reabsorbed into the body and contribute to many disease processes. Colon cleansing with a specially formulated herbal fibre blend is highly recommended. There are very effective ones that combines psyllium, pectin, peppermint, acidophilus, garlic, guar gum, papaya, dandelion, red raspberry, elder bark, red clover, senna, ginger, buchu, cascara sagrada, burdock, buckthorn, yellow dock, rhubarb, cinnamon, barberry and plantain

## I4 Lead

Lead does not belong in the human body. Avoid exposure to exhaust fumes, cigarette smoke, solder, and food in tins with solder seals. The Heavy Metal Detox Formula, can help the body to rid itself of excess lead. Supplementing with calcium and magnesium (if they are deficient) can help to displace lead in the bones. Lead can be reduced in the digestive tract by foods rich in pectin (e.g., apples, oranges, bananas, cherries, grapes, pineapple, tomatoes, peaches, raspberries, avocado, raisins, carob, sunflower seeds.) Apples are the richest source of pectin, and from three to six daily are needed to have a significant lead-reducing effect.

**K7 Candidiasis**

Candida albicans is a fungus that is a normal inhabitant of the intestinal tract. Sometimes, however, it proliferates beyond the immune system's capacity to keep it under control and may permeate other tissues of the body, where it does not belong. To treat this condition it is necessary to restrict one's intake of refined and concentrated sugars of all kinds, baked goods, alcohol, yeast, fermented foods, mushrooms, cheese, vinegar, milk, dried fruit, malted cereals and beverages, and processed, pickled or smoked meats. Avoid antibiotics, cortisone and oral contraceptives, if at all possible. A homeopathic dilution of candida albicans, 30C (taken 10 drops under the tongue, three times daily) can help to stimulate the immune system to cut back on the candida overgrowth. Lactobacillus acidophilus capsules (up to eight per day) can help to restore the beneficial flora necessary to keep candida in check. Herbs with anti-fungal properties (e.g., garlic, grapefruit seed extract, pau d'arco) can help to reduce the candida population in the gut.

Candida can never be completely eliminated from the gut, but it can be reduced to normal levels. If candida gets into the bloodstream, acidophilus and herbs may not be able to reach it. There are, however, a few relatively safe prescription medications that a holistic medical doctor can prescribe for advanced systemic cases. Oil of Oregano, taken 2 drops under the tongue 3 times daily (between) meals is also effective and eliminating candida from the blood (i.e., systemic candidiasis).

**G4 Pantothenic Acid**

Food sources: meat, eggs, whole grains, wheat germ, bran, kidney, liver, heart, green vegetables, brewer's yeast, nuts, chicken, legumes, salmon, mushrooms, elderberries, oranges. Supplementary range: 50 to 1,400 mg. daily.