

# **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.**

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# Nutri-Body<sup>®</sup> Analysis

David W. Rowland PhD

Name :  
Address :  
City :  
Province :  
Postal Code :  
Phone :

Date Evaluated :  
Last Evaluated :  
Evaluation Type :  
Sex :  
Age :

A1	A2	A3	A4	A5	A6	A7	A8
0	36	55	24	30	24	24	20

B1	B2	B3	B4	B5
30	0	30	10	0

C1	C2	C3	C4	C5	C6
45	7	0	0	0	0

D1	D2	D3	D4	D5	D6	D7	D8
12	9	6	7	56	20	40	24

E1	E2	E3
35	30	0

F1	F2	F3
18	5	10

G1	G2	G3	G4	G5	G6	G7	G8	G9
3	6	4	6	12	10	6	3	3

H1	H2
20	10

I1	I2	I3	I4	I5
5	0	8	4	3

J1	J2	J3	J4	J5	J6	J7	J8	J9
27	0	32	6	0	16	0	12	4

K1	K2	K3	K4	K5	K6	K7
2	0	3	3	0	12	15

## Macro Nutrients (A)

A1 - Water

0

A2 - Fibre



A3 - Essential Fatty Acids



A4 - Protein



A5 - Lysine



A6 - Methionine



A7 - Phenylalanine



A8 - Tryptophan



## Digestive Imbalances (B)

B1 - Low Stomach Acid



B2 - High Stomach Acid

0

B3 - Liver/Gall Bladder



B4 - Intestinal Malabsorption



B5 - Lactic Bacteria

0

## Excesses (C)

C1 - Sugar



C2 - Sodium (Salt)



C3 - Caffeine

0

C4 - Chlorine

0

C5 - Fluoride

0

C6 - Nicotine

0

## Macro Minerals (D)

D1 - Calcium



D2 - Magnesium



D3 - Potassium



D4 - Iron



D5 - Manganese



D6 - Zinc



D7 - Sulphur



D8 - Silicon



## Micro Minerals (E)

E1 - Iodine



E2 - Chromium



E3 - Selenium

0

## Fat-Soluble Vitamins (F)

F1 - Vitamin A



F2 - Vitamin D



F3 - Vitamin E



## Water-Soluble Vitamins (G)

G1 - Vitamin B-1

3

G2 - Vitamin B-2

6

G3 - Niacin, Niacinamide

4

G4 - Pantothenic Acid

6

G5 - Vitamin B-6

12

G6 - Biotin

10

G7 - Vitamin B-12

6

G8 - Folic Acid

3

G9 - Vitamin C

3

## Other Nutrients (H)

H1 - Choline

20

H2 - Bioflavonoids

10

## Toxic Metals (I)

I1 - Aluminum

5

I2 - Cadmium

0

I3 - Copper Excess

8

I4 - Lead

4

I5 - Mercury

3

## Glandular Imbalances (J)

J1 - Adrenals, Underactive

27

J2 - Adrenals, Overactive

0

J3 - Gonads

32

J4 - Kidney/Bladder

6

J5 - Pancreas

0

J6 - Thyroid, Underactive

16

J7 - Thyroid, Overactive

0

J8 - Pituitary

12

J9 - Thymus

4

## Metabolic/Systemic Imbalances (K)

K1 - Allergies

2

K2 - Nervous System

0

K3 - Circulation

3

K4 - Hypoglycemia

3

K5 - Intestinal Parasites

0

K6 - Premenstrual Syndrome

12

K7 - Candidiasis

15

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## *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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**D5 Manganese**

Food sources: nuts, green leafy vegetables, peas, beets, egg yolks, whole-grains, bananas, bran, celery, legumes, liver, pineapple. Supplementary range: 15 to 22 mg. daily.

**A3 Essential Fatty Acids**

Essential fatty acids (EFAs) are required to build cell membranes and hormones. They are an incredibly important part of one's immune system. They have no substitute. If the diet does not provide enough, the body cannot make do with anything else.

The safest dietary sources of EFAs are butter, olive oil, peanut oil, and avocado oil -- plus the naturally occurring fats in fish, eggs and poultry -- plus the naturally occurring oils in fresh, raw almonds, walnuts, sunflower seeds and pecans. Avoid polyunsaturated vegetable oils (e.g., safflower, sunflower, soy, corn, sesame). Regardless of how naturally these oils may have been processed, they are chemically unstable and can break down in the body to produce excess levels of free radicals, which are causative factors in heart disease and cancer. Especially avoid deep fried foods and rancid fats and oils of all kinds.

Organic flaxseed oil makes an excellent EFA supplement -- especially if it is sealed in dark gelatin capsules so that it is never exposed to the air. One to three capsules daily are all that most people may require.

**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.

**D7 Sulphur**

Food sources: eggs, garlic, meat, poultry, fish, legumes, soybeans/tofu. Supplement sources: L-cysteine, L-methionine, and methyl-sulfonyl-methane (MSM). Cysteine and methionine are ingredients in the Arterial Cleansing Formula and the Heavy Metal Detox Formula.

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## *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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**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

**E1 Iodine**

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

**J3 Gonads**

**FEMALE:** Nutrients that support female glandular function include vitamin E, vitamin B-6, vitamin C and adrenal and pituitary glandular concentrates. See Female Multiglandular.

**MALE:** Nutrients that support male glandular function include vitamin E, vitamin C, zinc, prostate and testes concentrates, and the amino acids, alanine, glycine and glutamic acid. See Men's Formula and Male Multiglandular.

**E2 Chromium**

Food sources: meat, shellfish, clams, brewer's yeast, whole grain cereals. Supplementary range: 220 to 333 mcg. daily.



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**D8 Silicon**

The earth's most abundant mineral but not well provided in most diets. Food sources: unrefined grains, cereals, root vegetables. Supplementary range: 20 to 22 mg. daily.

20

**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.

20

**H1 Choline**

Choline is a lipotropic factor. Food sources: brewer's yeast, fish, liver, brain, heart, legumes, soybeans, peanuts, wheat germ, egg yolks, green leafy vegetables, whole grains. Supplementary range: 120 to 440 mg. daily.

20

**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.