

Nutritional Therapy F.A.Q.

What is Nutritional Therapy?

Every cell within our body is made up of nutrients and also *requires* nutrients to function properly. Cells that are nutrient-sufficient provide the body with the essential building blocks it needs to maintain health and metabolic balance. *Nutrient-deficient* cells result in imbalances and dysfunction which can ultimately lead to disease and chronic illness.

Nutritional Therapy is a modality that supports your body's innate preference towards nutrient-sufficiency. Optimal wellness can be attained by balancing body chemistry, therefore reducing or even eliminating dysfunction. A certified Nutritional Therapy Practitioner (NTP) focuses on supporting the pillars of health referred to as **The Foundations** through bio-individualized dietary, lifestyle, and nutraceutical recommendations while advocating a properly prepared, nutrient-dense, whole foods diet to maintain nutrient-sufficiency.

Every person has a unique health history with varying degrees of nutritional deficiencies, toxic burdens, lifestyle and eating habits as well as physiological function. A **Nutritional Therapist** is focused on the bio-chemical individuality of each client, and recognizes that there is no "one-size fits all" approach to diet and wellness. We focus on your unique needs in order to provide a finely tuned, customized nutritional program designed to help you achieve and maintain lifelong wellness. ***No other nutritionist or dietician uses this comprehensive, individualized approach to nutrition.***

How does Nutritional Therapy work?

A **Nutritional Therapist** is certified by the Nutritional Therapy Association Inc.® (NTA) to perform Functional Evaluations and use other evaluative tools in order to assess individuals for nutritional deficiencies. NTPs do not treat or diagnose illnesses or diseases. We understand that health is built on specific **Foundations** and that by balancing and supporting these **Foundations** one can achieve optimal health and vitality.

The FOUNDATIONS:

- Diet
- Digestion
- Blood sugar balance
- Mineral balance
- Fatty acid balance
- Hydration

NTPs recognize that weaknesses within **The Foundations** lead to the degenerative health issues that plague our clients. We believe that within each one of us, lies an **Innate Intelligence** designed to govern the inherent and autonomic workings of the body. Most of us are familiar with this Innate Intelligence in the form of hunger, thirst or the need to sleep. When we tap into our body's natural ability to heal, it guides us to choose the nutrients that we need to maintain health and wellness. By getting back in touch with our Innate Intelligence, we can balance our Foundations more efficiently.

How does Nutritional Therapy fit in with other modalities?

NTPs realize that there are other important factors that contribute to health that lie outside the scope of Nutritional Therapy such as electromagnetic frequencies, emotional issues, structural challenges and energetic disturbances. It is crucial to address these needs as well in order to achieve optimal health. Referrals to other practitioners and specialists to support these needs are not uncommon.

Here at Dynamic Health, clients with chronic, underlying conditions have the distinct advantage of beginning a nutritional therapy program to build and support their **Foundations** while transitioning into a deeper detoxification program with Dr. Cousino. Once **The Foundations** are balanced, Dr. Cousino can move clients onto protocols that provide systemic purification, immune support, hormone balance and address other disturbances within the body. Once these issues have been resolved, clients can move on to a foundational maintenance program that further supports their overall health and well-being.

What tools does an NTP use?

NTPs utilize several tools to determine which of **The Foundations** are out of balance and then use a clinical approach to develop a bio-individualized program for you.

- *Initial Interview & Consultation*
 - Provides an opportunity to get to know you, understand your health concerns and allows us to determine whether or not nutritional therapy can support your body's unique needs.
- *Food Journals*
 - Allows us to assess how you can better provide your body with the proper nutrients it needs to support The Foundations. Very specific recommendations are made so that you are taking in adequate macro and micronutrients in their proper ratios. Your diet will be fine-tuned throughout your program so that your unique nutritional profile is being met.
- *Nutritional Assessment Questionnaire (NAQ)*
 - Provides insight into your particular presentation and the burden your symptoms have on your body. This tool is crucial to understanding where dysfunction lies within your body and will aid in guiding your practitioner through the Functional Evaluation and LNT processes.
- *Functional Evaluation (FE)*
 - The **Functional Evaluation is a unique, clinical assessment specific to Nutritional Therapy**. Often referred to as **FUNCTIONAL NUTRITION**, it allows the practitioner to tap into your body's Innate Intelligence to gain insight into your specific Foundational weaknesses. The FE is a gentle, non-invasive, hands-on health assessment tool that provides your practitioner with clinical information about potential nutrient deficiencies and identifies specific areas within The Foundations that may need additional support. It specifically involves the use of various neuro-lymphatic and neuro-vascular reflex points, as well as other assessment techniques, such as blood pressure assessment and pupillary response testing. For more information on the FE, please read below.
- *Lingual-Neuro Testing (LNT)*
 - Allows us to determine which nutritional supplements and foods your body needs to attain and maintain optimal wellness. This process gives us the ability to fine-tune your nutritional protocol to meet your bio-individual needs.
- *Follow up Assessments*
 - Allows us to track and monitor your progress and make any adjustments that are needed as your body heals.

What is the Functional Evaluation (FE) & Lingual-Neuro Testing (LNT)?

The **Functional Evaluation** is a technique commonly used in conjunction with nutritional supplements and herbal remedies, however, foods can also be used. This clinical evaluation assists NTPs in determining the effectiveness of diet or lifestyle therapies and evaluates long term changes in the body's various systems.

The FE utilizes a collection of reflex points on various locations on the body. Your NTP will palpate (apply light pressure to) these reflex points and determine potential nutritional deficiencies or sufficiencies across various systems, organs, and functions of the body.

Lingual-Neuro Testing (LNT) is the part of the FE process that allows your practitioner to determine the specific nutrient profiles that are most beneficial to your body. LNT is a valuable biofeedback tool that enables your NTP to determine whether or not a nutritional supplement or food is exactly what is needed to support your Foundations. One of the functions of the taste buds on your tongue is to taste a substance, receive information about its nutritional profile and then send signals to the appropriate receptor sites in the body in order to let them know that specific nutrients are on their way. This is exactly how LNT accesses the body's inherent ability to discriminate between what it needs and what it does not need. By utilizing this tool, your NTP can resolve a specific problem such as a weak organ or a nutritional deficiency in order to promote healing within your body. This simple and effective technique is the difference between generic nutritional programs and a *personalized nutritional therapy program*. Some clients prefer to skip the FE and LNT process and receive a generic nutritional program based on the practitioner's education and experience working with other clients. This works very well for distance clients, however, a client can choose to utilize the FE and LNT to receive a personalized plan that reflects both the value of the practitioner's experience and the innate intelligence of their own body. This results in a bio-individualized nutritional program that is fine-tuned to meet your specific needs.

The **Functional Evaluation** has been designed and sourced to include reference points from the following well-known practitioners:

- Frank Chapman, DO – Discovered a series of neuro-lymphatic reflex points he used for diagnosis and treatment of disease
- George Goodheart, DC – Discovered the connection between the Chapman Reflex Points and Lingual-Neuro Testing
- Robert Ridler, DC – Developed a series of functional reflex points
- Terrance Bennet, DC – Developed Neuro-vascular reflex points
- Major DeJarnette, DO, DC – Liver Sign, Gallbladder Thumb Web, Thenar Pad Signs, Pancreas and Spine
- Various Medical Signs – Murphy's Sign, Lowenburg's Sign, Sanchez Cuenca Test, Ragland's Sign

Who would benefit from Nutritional Therapy?

Nutritional Therapy is designed to help numerous individuals with many health presentations and goals over a wide age range. Whether you suffer from a specific condition, collection of symptoms, lack of energy, or simply want to be healthier, Nutritional Therapy can benefit you.