

## Start to Finish – Nutritional Repair & Fortification

The program that you are preparing to embark upon is a bold and direct approach to significantly overhauling your body. By the end of eight or nine months you will have cleansed, repaired, and fortified almost every gland and organ in your body. Resultant from this will be a great deal of prevention from future health issues, including reducing the likelihood of experiencing some of the big problems like cancer, heart problems and diabetes. As well you will probably experience a degree of strengthening in your physical stamina and strength as well as your emotional/spiritual state of mind.

Each of the visits will seek to identify your primary imbalances (the ones that are causing other imbalances downstream) and a strategy of nutrient supplementation will be recommended to target and improve the function of a specific system or tissue. While nutritional measures are gentle, when applied constantly and chronically they can yield almost miraculous results. This practice has taught us what is possible through nutritional therapy, and still daily it teaches more.

The following is a typical sequence of approach so that you may have some concept of the plan, although each person is unique and progresses at their own pace.

- Month 1-3      Endocrine balancing, Alkaline promotion and general mineral replenishment, Unburdening the liver and digestive system of its toxic load
- Month 4-6      Creating independence from sugar forming high glycemic foods thus reducing insulin and cortisol imbalance, Identification of food allergies and removal of the primary inflammation engines, Parasite infestation and infection removal through up-regulation of the immune system, Correction of gut flora imbalance and dysbiosis,
- Month 7-9      Addressing circulatory issues as a long-term preventative measure especially with the heart and brain and legs, Begin specific correction of chronic conditions like arthritis or autoimmune issues, Deep organ work like spleen and lymphatic system repair

Maintenance care usually starts without complication around the ninth month and is a graduation into less frequent office visits (every 12 to 24 weeks) and more of basic nutritional support to lead your lifestyle with occasional elective system repair and fortification processes that usually last one or two months each.

While there are many variables in the course of the nutritional therapy generally it follows these guidelines. Our intention is for total correction of your symptomatic profile with the potential for medication reduction under your medical doctor's direction by the time we finish the nine months. It is so exciting to see what your body is capable of as it regards the innate healing potential, and indeed that renewal reminds us of how remarkably we were designed. For many patients this represents training in a culture which allows people more alternatives when they face greater health challenges in the future.

It is our greatest joy and fulfillment to introduce this approach to you.