



Nutrition Response Testing

Nutrition has been a big part of my practice since the day I opened my clinic nearly nine years ago. Good healthy food is a passion (and distraction) of mine, but unfortunately the nutrient density of what's available at the market is not what it used to be. And intensive marketing of unhealthy foods undermines even the strongest among us.

I had the delight of attending a seminar on Nutrition Response Testing back in January that Standard Process of Minnesota had arranged. When I received the flyer for the event I had no idea what Nutrition Response Testing (NRT) was, but I immediately knew I had to attend. Thank goodness I had the foresight to attend the seminar because Nutrition Response Testing is the most remarkable healing program.

NRT allows the body's own innate intelligence to inform me (through muscle testing) of what organs/areas are stressed, which area needs to be addressed first, and which supplement will provide the body with what it needs to heal.

The NRT healing program uses Standard Process products. I wrote extensively and enthusiastically of [my visit](#) to the Standard Process farm and facilities back in October of 2012.

I have been using Nutrition Response Testing to enhance my health as well as the health of my family and friends since January. Now I am offering it as a service to all of my patients. I view the NRT program as my personal insurance policy because I would like to continue to be vibrant and healthy as I age. As a clinician I love the fact that the powerful nutritional supplements from Standard Process made from real food grown in healthy soil make acupuncture and herbal therapy even more efficacious.

If you have a chronic issue that you just can't shake, or would like to enhance your vitality, or have your own "personal insurance policy," then Nutrition Response Testing may be just what you need.