

A Natural Healing Center of Orange County

Shannon Lee Eggleston, H.H.P

New Client Information Form

Name: _____ Date: _____

Address: _____ Apt. # _____

City: _____ State: _____ ZIP: _____

Shipping Address: _____

Home Phone: _____ Work Phone: _____

E-Mail: _____

REFERRED BY: _____

Occupation: _____ Employer: _____

Date of Birth: _____ Age: _____ Sex: M/F Height: _____ Weight: _____

Overall Health (circle one): Excellent Good Fair Poor Other: _____

Chief Complaint (reason you are here): _____

Previous treatment for this complaint: _____

Current medications/drugs being taken: _____

Are you currently under the care of a physician or other health care professionals? (If yes, please give name and date of last visit): _____

Nutritional supplements you are taking: _____

Do you smoke, drink coffee or alcohol? (If yes, indicate how much):
Cigarettes: _____ Coffee: _____ Alcohol: _____



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New Client Information Form (continued from page 1)

Name: _____ Date: _____

HISTORY:

List any major illnesses (with approximate dates): _____

List any surgeries (with approximate dates): _____

Past Accidents or Injuries : _____

Marital Status S M D W Name of Spouse: _____

Describe health of spouse: _____ # of children: _____

Name of Child	Age	Sex	Any physical condition or concerns?
_____	_____	M/F	_____
_____	_____	M/F	_____
_____	_____	M/F	_____

Any family history of serious illness (circle those that apply): Cancer
Diabetes Heart Disease Other: _____

List any household pets or other animals you or your family are in close contact with: _____

What can we do to make you happier? _____

SIGNED: _____ DATE: _____

Goals! – Better Moods, Hormone Balancing, Flat Stomach, Less Gas,
Weight Loss, Clear Headedness, Pain Relief, Better Sleep.



Substance Survey Form

Name: _____ Date: _____

Please list any prescription medications you are currently taking or have taken in the last year:

Medications	Diagnosis
_____	_____
_____	_____
_____	_____

Please list any over-the-counter medications you are currently taking or have taken in the last year:

Product	Symptom	Quantity & Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please list any vitamins, supplements, herbs, or homeopathic medicines you are currently taking or have taken in the last year (use other side if needed):

Product	Symptom	Quantity & Frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check the following items which may apply to you and indicate the amount used:

- | | | |
|--|--|--|
| <input type="checkbox"/> Coffee
<input type="checkbox"/> Tea
<input type="checkbox"/> Soft Drinks
<input type="checkbox"/> Diet Soft Drinks | <input type="checkbox"/> Artificial Sweetener
<input type="checkbox"/> Antacids
<input type="checkbox"/> Laxatives
<input type="checkbox"/> Candy | <input type="checkbox"/> Ice Cream
<input type="checkbox"/> Alcohol
<input type="checkbox"/> Cigarettes
<input type="checkbox"/> Other Tobacco Products |
|--|--|--|

How many desserts do you have in an average week?: _____



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Sugar Handling Profile (Symptom Record)

Name: _____

Date: _____

INSTRUCTIONS: Place a ✓ mark in the boxes that apply to you.

<input type="checkbox"/>	Depression and/or anxiety	<input type="checkbox"/>	Attention-deficit syndrome
<input type="checkbox"/>	Nervousness	<input type="checkbox"/>	Mental dullness and/or poor concentration
<input type="checkbox"/>	Sugar intolerance	<input type="checkbox"/>	Vulnerability to insect bites – particularly flea & mosquito bites
<input type="checkbox"/>	Lack of appetite or excessive appetite	<input type="checkbox"/>	Chronic bed wetting
<input type="checkbox"/>	Vague yet chronic chest pains or shortness of breath	<input type="checkbox"/>	Temper tantrums and/or violent behavior
<input type="checkbox"/>	Irregular heat beat	<input type="checkbox"/>	Cravings for sugar and sweets
<input type="checkbox"/>	Chronic indigestion and/or constipation	<input type="checkbox"/>	Apathy or feelings of impending doom
<input type="checkbox"/>	Intolerance to protein (meats, soybeans, milk products, fish)	<input type="checkbox"/>	Eye fibrillations (twitches)
<input type="checkbox"/>	Leg cramps after exercising	<input type="checkbox"/>	Lack of urination
<input type="checkbox"/>	Chronic agitation or irritability	<input type="checkbox"/>	Loss of muscle tissue in the arms and legs
<input type="checkbox"/>	Phobia of “crawling on your skin”	<input type="checkbox"/>	Dysmenorrheal (painful menstruation)
<input type="checkbox"/>	Chronic fatigue	<input type="checkbox"/>	Chronic eye bleeding (retinal bleeding)
<input type="checkbox"/>	Sleep apnea (breathing disturbance)	<input type="checkbox"/>	Rapidly aging skin
<input type="checkbox"/>	Anger, fear, and/or paranoia	<input type="checkbox"/>	Chronic nausea and vomiting
<input type="checkbox"/>	Excessively rapid heat beat with only mild or moderate exercise	<input type="checkbox"/>	Cold hands, ears, feet
<input type="checkbox"/>	Lack of strength – or heaviness – in arms or legs	<input type="checkbox"/>	Sensitivity to noise
<input type="checkbox"/>	Burning and/or numbness or the arms, hand, feet and/or toes	<input type="checkbox"/>	History of bulimia
<input type="checkbox"/>	Enlarged heart and/or heart failure	<input type="checkbox"/>	Daily consumption of two or more alcoholic drinks
<input type="checkbox"/>	Chronic heartburn	<input type="checkbox"/>	Weekly consumption of raw fish
<input type="checkbox"/>	Swelling of the extremities	<input type="checkbox"/>	Chronic backaches that are unresponsive to traditional remedies
<input type="checkbox"/>	Bloating after eating	<input type="checkbox"/>	Feeling argumentative or quarrelsome
<input type="checkbox"/>	Chronic stomach ache or pain	<input type="checkbox"/>	Low tolerance for pain



Nutritec Software Symptom Survey Form

NAME: _____ DATE: _____

DOB: ____/____/____ SEX: Male Female

HEIGHT: _____ WEIGHT: _____

BLOOD PRESSURE: Pulse: **Sitting:** _____ **Standing:** _____

BP **Sitting:** _____ **PB Lying:** _____ **BP Standing:** _____

pH INDICATORS: **AM Saliva:** _____ **AM Urine:** _____

PM Saliva: _____ **PM Urine:** _____

INSTRUCTIONS: Completely black out one of the three circles:

1-mild, 2-moderate, or 3-severe

- MILD symptoms (once or twice last 6 month)
- MODERATE symptoms (once or twice last month)
- SEVERE symptoms (Chronic, once or twice last wk)
- Leave circles BLANK if they do not apply to you!

1 2 3 ----- GROUP 1 SYMPATHETIC DOMINANCE -----

- 1 Acid foods upset
- 2 Feel chilled often
- 3 "Lump" in throat
- 4 Dry mouth-eyes-nose
- 5 Pulse speeds after meals
- 6 Keyed up; unable to feel calm
- 7 Cuts heal slowly
- 8 Gag easily
- 9 Unable to relax; startles easily
- 10 Extremities cold and/or clammy
- 11 Strong light irritates
- 12 Urine amount reduced
- 13 Heart pounds after retiring
- 14 "Nervous" stomach
- 15 Appetite reduced
- 16 Cold sweats often
- 17 Body temperature rises easily
- 18 Skin sensitive to touch
- 19 Staring, blinks little
- 20 Frequently have a sour stomach

-- GROUP 2 PARASYMPATHETIC DOMINANCE--

- 21 Joint stiffness after arising
- 22 Muscle-leg-toe cramps at night
- 23 "Butterfly" stomach, cramps
- 24 Eyes or nose watery
- 25 Eyes blink often
- 26 Eyelids swollen or puffy
- 27 Indigestion soon after meals
- 28 Always seem hungry; 'lightheaded' often
- 29 Food digests rapidly
- 30 Vomit frequently
- 31 Frequently hoarse
- 32 Irregular breathing
- 33 Pulse slow or feels "irregular"
- 34 Slow gag reflex
- 35 Difficulty swallowing
- 36 Alternating constipation and diarrhea
- 37 "Slow starter"
- 38 Not easily chilled
- 39 Perspire easily
- 40 Poor circulation or sensitive to cold
- 41 Subject to colds, asthma, bronchitis

----- GROUP 3 SUGAR HANDLING -----

- 42 Eat when nervous
- 43 Excessive appetite
- 44 Hungry between meals
- 45 Irritable before meals
- 46 Get "shaky" if hungry

----- GROUP 3 SUGAR HANDLING continued -----

- 47 Feeling fatigued, eating relieves
- 48 "Lightheaded" if meals delayed
- 49 Heart palpitates if meals missed or delayed
- 50 Afternoon headaches
- 51 Upset feeling from excessive eating of sweets
- 52 Awaken after a few hours sleep, hard to get back to sleep
- 53 Crave candy or coffee in afternoons
- 54 Moods of depression, "blues", or melancholy
- 55 Abnormal craving for sweets or snacks

----- GROUP 4 CARDIOVASCULAR -----

- 56 Hands and feet go to sleep easily, numbness
- 57 Sigh frequently, "air hunger"
- 58 Aware of "breathing heavily"
- 59 Discomfort at high altitude
- 60 Opens windows in closed room
- 61 Susceptible to colds and fevers
- 62 Afternoon "yawner"
- 63 Get "drowsy" often
- 64 Swollen ankles worse at night
- 65 Muscle cramps, worse during exercise; "charley-horses"
- 66 Shortness of breath on exertion
- 67 Dull pain in chest or radiating into left arm, worse on exertion
- 68 Bruise easily, "black/blue" spots on arms or legs
- 69 Tendency to anemia
- 70 Frequently have "nose bleeds"
- 71 "Ringing in ears" or noises in head
- 72 Tension under the breast-bone, or feeling of "tightness" in the chest, gets worse on exertion

----- GROUP 5 LIVER/BILIARY -----

- 73 Dizziness
- 74 Dry skin
- 75 Burning feet
- 76 Blurred vision
- 77 Itching skin and feet
- 78 Excessive falling hair
- 79 Frequent skin rashes
- 80 Bitter or metallic taste in mouth in the mornings
- 81 Bowel movements painful or difficult
- 82 Feelings of worry, dread, or insecurity
- 83 Feeling queasy; headache over eyes
- 84 Greasy foods upset
- 85 Stools light-colored
- 86 Skin peels on foot soles
- 87 Pain between shoulder blades
- 88 Using laxatives
- 89 Stools alternate from soft to watery
- 90 History of gallbladder attacks or gall stones
- 91 Sneezing attacks
- 92 Dreaming, nightmare-type bad dreams
- 93 Bad breath (halitosis)
- 94 Milk products cause distress
- 95 Sensitive to hot weather
- 96 Burning or itching anus
- 97 Crave sweets

----- GROUP 6 DIGESTION -----

- 98 Loss of taste for meat
- 99 Lower bowel gas several hours after eating
- 100 Burning stomach sensations, eating relieves
- 101 Coated tongue
- 102 Pass large amounts of foul smelling gas
- 103 Indigestion 1/2 -1 hour after eating; may be up to 3-4 hrs.
- 104 Mucus colitis or "irritable bowel"
- 105 Gas shortly after eating
- 106 Stomach "bloating" after eating

- 1 2 3 ----- GROUP 7A HYPERTHYROID -----**
- 107 Insomnia
 - 108 Nervousness
 - 109 Can't gain weight
 - 110 Intolerance to heat
 - 111 Highly emotional
 - 112 Flush easily
 - 113 Night sweats
 - 114 Skin is thin and moist
 - 115 Inward trembling
 - 116 Heart palpitates
 - 117 Increased appetite without weight gain
 - 118 Pulse races when resting
 - 119 Eyelids and face twitch
 - 120 Irritable and restless
 - 121 Can't work under pressure

- GROUP 7B HYPOTHYROID -----**
- 122 Noticable weight gain
 - 123 Decrease in appetite
 - 124 Easily fatigued
 - 125 Ringing in ears
 - 126 Sleepy during day
 - 127 Sensitive to cold
 - 128 Dry or scaly skin
 - 129 Constipation
 - 130 Mental sluggishness
 - 131 Hair coarse, falls out
 - 132 Headaches upon arising wear off during day
 - 133 Slow pulse, below 65
 - 134 Frequent urination
 - 135 Impaired hearing
 - 136 Reduced initiative

- GROUP 7C HYPERPITUITARY -----**
- 137 Failing memory
 - 138 Low blood pressure
 - 139 Increased sex drive
 - 140 Headaches, "splitting or rendering" type
 - 141 Decreased sugar tolerance

- GROUP 7D HYPOPITUITARY -----**
- 142 Abnormal thirst
 - 143 Bloating of the abdomen
 - 144 Weight gain around hips or waist
 - 145 Sex drive reduced or lacking
 - 146 Tendency toward ulcers and/or colitis
 - 147 Increased sugar tolerance
 - 148 (FEMALE) Menstrual disorders
 - 149 (YOUNG GIRLS) Lack of menstrual function

- GROUP 7E HYPERADRENAL -----**
- 150 Dizziness
 - 151 Headaches
 - 152 Hot flashes
 - 153 Increased blood pressure
 - 154 (FEMALE) Hair growth on face or body
 - 155 Sugar in urine (not diabetes)
 - 156 (FEMALE) Masculine tendencies

- GROUP 7F HYPOADRENAL -----**
- 157 Weakness and/or dizziness
 - 158 Chronic fatigue
 - 159 Low blood pressure
 - 160 Nails weak and/or ridged
 - 161 Tendency toward hives
 - 162 Arthritic tendencies
 - 163 Perspiration increase
 - 164 Bowel disorders
 - 165 Poor circulation
 - 166 Swollen ankles
 - 167 Crave salt
 - 168 Brown spots or bronzing of skin
 - 169 Allergies - tendency to asthma
 - 170 Weakness after colds or influenza
 - 171 Muscular and nervous exhaustion
 - 172 Respiratory disorders

- 1 2 3 ----- GROUP 8 FOUNDATIONAL ISSUES-----**
- 173 Apprehension
 - 174 Irritability
 - 175 Morbid fears
 - 176 Never seems to get well
 - 177 Forgetfulness
 - 178 Indigestion
 - 179 Poor appetite
 - 180 Craving for sweets
 - 181 Muscular soreness
 - 182 Depression; feelings of dread
 - 183 Noise sensitivity
 - 184 Acoustic hallucinations
 - 185 Tendency to cry without reason
 - 186 Hair is coarse and/or thinning
 - 187 Weakness
 - 188 Fatigue
 - 189 Skin sensitive to touch
 - 190 Tendency toward hives
 - 191 Nervousness
 - 192 Headache
 - 193 Insomnia
 - 194 Anxiety
 - 195 Anorexia
 - 196 Inability to concentrate; confusion
 - 197 Frequent stuffy nose; sinus infections
 - 198 Allergy to some foods
 - 199 Loose joints

- FEMALE ONLY -----**
- 200 Very easily fatigued
 - 201 Premenstrual tension
 - 202 Painful menses
 - 203 Depressed feelings before menstruation
 - 204 Excessive and prolonged menstruation
 - 205 Painful breasts
 - 206 Menstruate too frequently
 - 207 Vaginal discharge
 - 208 Hysterectomy /ovaries removed
 - 209 Menopausal hot flashes
 - 210 Menses scanty or missed
 - 211 Acne, worse at menses
 - 212 Long standing depression

- MALE ONLY -----**
- 213 Prostate trouble
 - 214 Urination difficult or dribbling
 - 215 Frequent night time urination
 - 216 Depression
 - 217 Pain on inside of legs or heels
 - 218 Feeling of incomplete bowel evacuation
 - 219 Lack of energy
 - 220 Migrating aches and pains
 - 221 Too easily tired
 - 222 Avoids activity
 - 223 Leg nervousness at night
 - 224 Diminished sex drive

IMPORTANT

List below your five main physical complaints in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____

Notes:

Nutrition Response Testing®

New Patient Orientation

Welcome to Nutrition Response Testing

- Most of our new patients have been referred to us by other satisfied patients.
- Did you hear about us from someone who was very happy with their results?
- However you heard about us, you probably want to know what “Nutrition Response Testing” is – and what we do.

What is Nutrition Response Testing?

Nutrition Response Testing is very precise and scientific. However, if I were to analyze you using Nutrition Response Testing before it was explained to you, you might find it strange, or simply not believable – only because it is probably very different from anything you may have experienced before.

I can completely understand that because when I first saw this type of work being done my first reaction was, “Hmmm, what is this strange stuff?” No one was more skeptical than I was. As a result, I studied Nutrition Response Testing extensively to see if it was for real. And I am sure happy I did because it helped me improve my health, and because of Nutrition Response Testing, we are here and are able to help you improve your health.

Quite frankly, if you want to get healthy and stay healthy, it is important that you understand what Nutrition Response Testing is, and what our recommendations are based on.

Otherwise, you are less likely to follow through and actually so what you need to do to get well. To put it simply, if you don't follow through, you won't get well. And if you are not going to get well, why do it in the first place?

The results we have been having with Nutrition Response Testing are often in the 90% and better range. The only reason we are here is to help you get well. We have no other reason for being here and, hopefully, you are here for that same reason. That is why I want to make sure you get the correct understanding of what Nutrition Response Testing is right from the start.

Let's Get Started

In medical practice there are two key parts: the diagnosis (identifying and/or naming the “disease” or syndrome) and the treatment (drugs, surgery, etc.).

In Nutrition Response Testing we do not diagnose or treat disease – but we, also, have two parts: **the analysis** and the **personalized health improvement program (using designed clinical nutrition)**.

Simply put, first we do an analysis and then we design a natural health improvement program to help you handle what we find in our analysis of your body condition.

First the Analysis

The analysis is done through testing the body's own neurological reflexes and acupuncture points. The neurological reflexes are derived from the part of the nervous system whose job it is to regulate the functions of each and every organ. The acupuncture points are selected from the ancient Chinese system of acupuncture, which is thousands of years old.

Nutrition Response Testing is a study of how the different points on the surface of the body relate to the health and to the flow of energy in each and every organ and function of the body.

Interestingly, since the human anatomy has not changed significantly in thousands of years, the utilization of these reflexes and specific points have become extremely useful in our practice because they are so accurate!

Think About It

Each Nutrition Response Testing reflex represents a specific organ, tissue, or function, and indicates the effect that energy, or the lack of energy, is having on the body. By testing the Nutrition Response Testing reflexes, we have a system of monitoring your body at each visit that has proven to be extremely accurate clinically, and that helps us identify exactly what the body needs and how well we are meeting that need.

Doesn't this sound like something you would want for yourself in order to predict, with certainty, what is needed and wanted by the body to get you to the next stage of improved health?

How do we access the Nutrition Response testing reflexes in order to get this information?

If I were to hook you up to an electro-cardiograph machine and take a reading, that would make perfect sense to you, right?

What is actually happening during this procedure? Electrical energy from the heart is running over the wires. This electrical energy make the electrocardiograph record the energy pattern in the form of a graph or chart. I could then study this graph and tell you what it all means.

Here is what we do with Nutrition Response Testing. Instead of connecting electrodes to the specific points being tested, the Nutrition Response Testing doctor contacts these points with his/her own hand. With his other hand, he/she will test the muscle strength of your extended arm. If the reflex being contacted is active, the nervous system will respond by reducing energy to the extended arm, and the arm will weaken and drop. This drop signifies underlying dysfunction, which can be affecting your health.

Why is the person who referred you feeling better?

Because we did a Nutrition Response Testing analysis for him or her, we found the "active" reflexes, and then made specific nutritional recommendations to help the body return to a better state of health.

We are prepared to do the exact same thing for you now. Isn't that exciting? However, the best is yet to come.

The Second Part – the "Personalized Health Improvement Program"

Let's say the liver or kidney reflexes are active. Then what?

Our next step is to test specific, time-tested and proven, highest-possible quality nutritional

formulas against those weak areas, to find which ones bring the reflexes back to strength.

Our decades of clinical experience tells us that when we have found the correct nutritional supplements, as indicated by this procedure and when we work out a highly personalized supplement schedule, we have accomplished the most important first step; correcting the underlying deficiency or imbalance that cause the reflex to be active in the first place. By following the program as precisely as possible, you are well on your way to restoring normal function and improving your health.

It's that simple!

In medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or to surgically remove the "offending" organ or part.

In Nutrition Response Testing we use "DESIGNED CLINICAL NUTRITION" to correct the cause of the problem, so that the body can regain the ability to correct itself.

What exactly is DESIGNED CLINICAL NUTRITION?

First of all, Designed Clinical Nutrition is not "over-the-counter" vitamins. Over-the-counter vitamins are pharmaceutically engineered chemical fractions of vitamin structures reproduced in a laboratory. They are not "whole food", and the body does not actually recognize these as anything even vaguely beneficial (to put it mildly). Please ask about our audiotape: "***The Whole Truth About Vitamins***", for an entertaining in-depth explanation of this aspect of vitamins and other nutritional supplements.

Because they are not made from whole foods, "over-the-counter" vitamins lack the essential synergistic elements normally present in WHOLE foods.

An example of a whole food could be carrots. Carrots are high in Vitamin A Complex. A "complex" is something made up of many different parts that work together. Synthetic vitamin A does not contain the whole "Vitamin A Complex" found in nature. So, if we were looking for a food high in Vitamin A, carrots might be one of our choices.

If one actually were deficient in any of the components of Vitamin A Complex, one would be wise to seek out a supplement that was made from whole foods that were rich in this complex – not from chemicals that are engineered in a laboratory to look like one little part of the Vitamin A Complex that has erroneously been labeled as “Vitamin A”.

Vitamins that are being used all over today generally only need to have a small percentage of their actual content derived from natural sources to be labeled as “natural”. If they are not derived from whole foods, they often make you feel even more deficient and nutritionally out-of-balance. They can create other health problems because they do not contain all of the co-factors found in nature that make the vitamins work.

So-called “scientific research” done with these shoddy substitutes, repeatedly “proves” that vitamins don’t do much good for anyone. Can you imagine who pays for these “researches”?

“Designed Clinical Nutrition” is exactly that: **designed** (*especially prepared based on a specific plan*) **clinical** (*pertaining to the results gotten in clinical use or actual practice on huge numbers of patients over many years*) **nutrition** (*real food, designed by nature to enable the body to repair itself and grow healthfully*).

It is a whole food in a tablet, capsule or powder, concentrated in a vacuum, cold-process system that preserves all of the active enzymes and vital components that make it work as the Creator intended. These real food supplements have been designed to match the needs of the body, as determined by the positive response shown when tested against the active Nutrition Response Testing reflexes that were found on your individual Nutrition Response Testing analysis. These are nutrients you are simply not getting, or not assimilating, in your current diet.

These deficiencies may be due to your past personal eating habits and routines, but it is for sure, in some large extent, due to the lack of quality in the foods commercially available in grocery stores or restaurants today.

SUMMARY

1. Through an analysis of your body’s reflexes, we help you to determine the exact nutrients

you need to supplement your diet, in order to bring about balance and better health.

2. We make these highly concentrated, therapeutic formulations available to you in tablets, capsules, or in powdered form to “supplement” your current diet. That’s why they are called “food supplements”.
3. Depending on your individual situation, we might also require that you make some specific changes in your diet & eating habits, and in your routines, in order to bring about the best possible results.

How are these products produced?

One example of a designed clinical nutrition supplement that we use is called “Catalyn”. This product is produced by starting with a wide variety of carefully chosen organically grown vegetables, taking the water and fiber out using a vacuum, low heat process – without heating or cooking the vegetables – and then utilizing the concentrated food to make a bottle of Standard Process Catalyn Tablets.

The key to this whole procedure is the way it is done, using the “Standard Process” method.

- A. Standard Process nutrients are derived from plants grown on their own farms, in soil free of pesticides – and no chemicals are ever used. PhD’s check the soil before the seeds are sown, to make sure of the fertility of the soil – and even the weeding is done by hand.
- B. The machinery involved in the processing of these products is made of glass and stainless steel only.
- C. The temperature used in processing harvested plants is never raised above the point of 90 degrees Fahrenheit, so that the active ingredients are not cooked; they remain active and alive, and have a very long shelf life.

Your vitality and energy is derived from live food. Most foods today are all dead – or are not really foods at all – as in boxed cereals, canned vegetables, soda pop, etc. You can really understand the difference between dead, devitalized, pseudo-foods, with the synthetic or isolated vitamins on one hand, and “Designed Clinical Nutrition” and a diet of real foods, on the other.

There is a great deal of technology and know-how behind what we do.

Having been designed through decades of clinical use on tens of thousands of patients, and on patients from many different types of health care practitioners, you can be assured that Nutrition Response Testing is capable of evaluating and solving your health concerns.

A complete Nutrition Response Testing analysis can be done on each patient on each subsequent visit, thereby revealing the next layers of dysfunction so these can also be addressed and corrected.

In this way, each patient gets a completely individualized handling, in the correct sequence, for his or her body.

Very much like opening a combination lock, you must use the right numbers in the right sequence and in the right direction at the right time – then the lock falls open.

By following the correct sequence as revealed through Nutrition Response Testing, you don't "shot-gun" your diet or supplements. With a correctly done Nutrition Response Testing analysis, we can determine the correct food supplements for you – designed to give your body the best possible chance of getting well and staying that way.

Conclusion

Many people we see in our practice have eaten themselves into their current state of ill-health, to or degree or another. The deficiencies or imbalances lead to a breakdown in resistance, or immunity, and a loss of the ability to cope with environmental stresses (chemical, microscopic, or otherwise).

The **good news** is that it is possible to reverse the process!

It is possible to restore your health

What could be more natural? What could be more correct? Each cell, tissue, and organ in your body is in the process of replacing itself every day, month, and year. The health of each organ is dependant on making the correct

nutrients available to upgrade or to maintain the health of the body at a cellular level.

Designed Clinical Nutrition provides the right basic materials.

Nutrition Response Testing tells you when and what to use to bring about the desired result.

With this understanding of what we can do, can you see how we might be able to help you do something effective to get yourself well?

And once that is achieved, do you see how you might be able to use this approach to stay well?

Now you have the complete 1-2-3 package. You now know:

- What we do.
- How and why we do it.
- What you need to do to have the potential of restoring your health and staying healthy.

But in the end, you are the one responsible for your own condition. And with our guidance, we feel that – if you are a Nutrition Response Testing case – your chances of greatly improving your health can be as high as 90% or better.

In our experience, if our analysis indicates that you are not a Nutrition Response Testing / nutritional case, then in all probability, while a nutritional program may give you some benefit, it may not give you the maximum results you desire.

But if our analysis confirms that you are a Nutrition Response Testing / nutritional case then, in our experience, nothing else will ever come close to what you can possibly achieve using Nutrition Response Testing and Designed Clinical Nutrition.

We wish you the best of good luck in your quest to take back full responsibility for your health. Just remember to do it one step at a time, and that we are here to guide you in that quest.

Once we accept your case, you can count on us to do everything in our power to help you achieve your health objectives, and to help you achieve a healthier, happier life.

May you never be the same.

Cancellation Agreement Form

Please Read Before Signing:

I understand that I have 24 hours until my next appointment to cancel or reschedule my appointment without being charged full price. If for whatever reason I call to cancel or reschedule my appointment with LESS than 24 hours notice, I will then be charged full price. Unless there is a valid reason and proof why I would have to cancel or reschedule on short notice then I wouldn't be charged full price.

Date: _____

Print Name: _____

Signed: _____

(If minor, signature of parent or guardian required)

Witness: _____



PERMISSION & AUTHORIZATION FORM REGARDING THE USE OF NUTRITION RESPONSE TESTING

PLEASE READ BEFORE SIGNING:

I specifically authorize the natural health practitioners at A Natural Healing Center to perform a Nutrition Response Testing health analysis and to develop a natural, complementary health improvement program for me which may include dietary guidelines, nutritional supplements, etc. in order to assist me in improving my health, **and not for the treatment, or “cure”, of any disease.**

I understand that **Nutrition Response Testing is a safe, non-invasive, natural method** of analyzing the body’s physical and nutritional needs, and that deficiencies or imbalance in these areas could cause or contribute to various health problems.

I understand that Nutrition Response Testing is not a method for “diagnosing” or “treating” any disease including conditions on cancer, AIDS, Infections, or other medical conditions, and that these are not being tested for or treated.

No promise or guarantee has been made regarding the results Nutrition Response Testing or any natural health, nutritional, or dietary programs recommended, but rather I understand that Nutrition Response Testing is a means by which the body’s natural reflexes can be used as an aid to determining possible nutritional imbalances, so safe natural programs can be developed for the purpose of bringing about a more optimum state of health.

I have read and understand the foregoing.

This permission form applies to subsequent visits and consultations.

Date: _____
Print Name: _____
Address: _____
City: _____ ST: _____ ZIP: _____
Phone: (____) _____
Signed: _____
(If minor, signature of parent or guardian required)

Witness: _____



For her, the healing is in the eating

Shannon Eggleston treats a range of ailments from the standpoint of diet.

By **DORIS BENAVIDES**
THE ORANGE COUNTY REGISTER

Shannon Eggleston grew up in Hawaii learning what to eat to perform well as an athlete.

"Working for Ironman Triathlon in Hawaii during 10 years brought me to where I am today," Eggleston said.

As part of the support crew at the triathlon, Eggleston learned what someone needs to eat for each sport. She applied that to herself during years of canoeing.

That experience, plus her 15 years fishing for salmon commercially in Alaska, inspired her to what she became what she calls a natural path practitioner (she says she's not a member of any naturopathic organization), and owner of Natural Healing Center of Orange County, in Brea and Costa Mesa.

Here, Eggleston shares her experience.

Q. Where does treatment start?

A. In the first session I analyze people's body through a pH test - a little piece of tape you put in your mouth to check fat assimilation. I also apply the nutrition response testing technique. I perform a gait analysis, analyze people's sleeping behaviors, their pain pattern, apply a heart rate variability test, and I get a wellness score. As people get better their score goes up.

Then I do a type of a muscle testing, holding the arm up and checking at what point the arm goes down, while doing acupuncture. Overall, I test how those points relate to each other. I check neurological reflexes.

With the results of these tests I figure a healing plan using food as medicine.

Q. How does that work?

A. First, people go off the food that makes them weak for a week. Then I compare the first testing with a second one. I check the thyroid reflex point, the stomach reflex point and



COURTESY OF SHANNON EGGLESTON

CHECKUP: Shannon Eggleston works with client Romina Landers. Eggleston analyzes people's bodies to determine their wellness score.

HEALTHY ALTERNATIVES

the intestinal reflex point. Some people are bloated, nauseous and tired. They drink a lot of coffee and sometimes with just one week out of the coffee and off of food such as corn, dairies and sugar, they feel better. Their intestinal reflexes are no longer weak, and a whole new layer of health pops up and you get to see different reflexes.

Q. Who are your clients?

A. People who feel weak, who want to feel more energy. Athletes who want to be more competitive by cutting time. People who want to rehabilitate injuries, and those who are looking for scar tissue relief. For this I also use the cold laser treatment, which is a little cold light that looks like a pencil light. (It) helps heal scars and helps people with more energy. I also apply the Chinese cupping, another modality of Chinese therapy. It is a suction glass that you put on scars.

I also receive patients who are suffering from emotional disorders such as anxiety, or post-surgery problems.

Q. How long does recovery take?

A. After the first visit, and by taking off the food that makes them weak, people immediately start feeling better. It takes

about three or four visits for basic symptoms to heal. I tell my patients that it takes one month of healing for every year of dysfunction.

But the true healing, when they are symptom-free, happens in three months. Reflexes are clear in three months. I ask my patients to check in once a month for a wellness check.

Q. Talk about the food treatment.

A. I use Standard Process organic food - whole food organic supplements that can be purchased at any doctor's office.

I suggest phase 1 and 2 diets, depending on where (they are weakest). For example, if the thyroid reflex is weak or the adrenal reflex is weak or brain reflexes are weak, the person needs essential fatty acids.

Q. Could you provide an example of a treatment?

A. A client came in because she wanted to feel better from her anxiety. She's been (taking) anxiety medicines her whole life, and she also (has) diabetes. I set her up with a whole all fresh food regimen to eat e

Natural Healing Center of Orange County

Shannon Eggleston, founder and chief executive.

Academic background: Mueller College of Holistic Studies in San Diego; doctorate, Southern College of Naturopathy; natural response testing certified; studies with Standard Process organic foods.

Cost: \$130 for first visit. Includes full body analysis. Lasts 30 minutes-1 hour. Patients get results right away and a healing plan. \$65 for follow-up visits, 15-30 minutes. First heart rate variability test is free; \$25 subsequently

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two hours. She had to stay away from caffeine, sugar and essential fats, roasted nuts, popcorn, cookies with lard, and beans with lard.

After four weeks eating normal food she recovered her normal blood pressure. The doctor cut down half the diabetes medication after 14 years of taking it, and she is out of the anxiety medication.

Q. Do you work with children?

A. Yes, my youngest client was 9 weeks old. She had colic.

Q. What was the treatment?

A. Hormone balancing and an organic food medicine. She was symptom-free four days later. The coughing and crying stopped. She is 4 years old now and she still comes for wellness checkups. My oldest client is 96 and lives pain-free now.

Alternative

An O.C. woman says the right diet can help as much as medicine > 2