

## **NUTRITION RESPONSE TESTING** Part Two

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In the last issue, we started talking about a technology that I have been very excited about called Nutrition Response Testing, developed by Freddie Ulan DC, CCN, a non-invasive way of looking at the internal functioning of the body. This is a technique used for humans that I have been able to adapt to use in animals, as it is easily adaptable to them. We talked about how we use Applied Kinesiology (also known as muscle testing), through the use of an indirect tester with animals. We discussed how we begin the exam by looking at the status of the Autonomic Nervous System and check it for neurologic switching, and/or blocked regulation. The Autonomic Nervous System is responsible for overseeing all of our internal organ function, things such as making sure the heart beats, that the gut is digesting, and that we breath automatically. We left off by saying there were 5 main stressors that can wreak havoc on both the Autonomic Nervous System, and the body's organs.

The 5 main stressors that affect whether an animal (or human!) is switched or blocked, or that can test locally to a particular organ are food (and/or digestion), heavy metal toxins, solvent or chemical toxins, immune challenges such as bacteria, yeast, parasites, or virus, and scars. Obviously there can be as many potential stressors to the body as your imagination dictates, including structural and emotional issues, but fortunately the majority seem to fall under these categories.

Food, as you can imagine, is a huge potential stressor to the body, as there are many food allergies in animals, both blatant, as well as subclinical in nature. Through the Applied Kinesiology, we can custom tailor the nutrition to the animal's body, and determine which foods may or may not work for that individual. Also, equally important is digestion, as oftentimes food issues are not allergies, but rather a factor of poor digestion. If I had to pick what the most common problem is that I see in all species, I would say without a doubt it is digestive issues. I am almost more surprised when I see an animal that does NOT have any digestive issues, or does not need the benefit of digestive enzymes or help of some sort.

Next stressor is heavy metals. People are always AMAZED to see their animals test to metal toxins, and can't understand where they come from. My favorite reply? "Living on planet earth!" We live on such a toxic planet, that no being is safe from accumulating toxins in their body. We humans have done a GREAT job of destroying the air, water, and soil on this planet, and turning it into a toxic waste dump, if you will. So, toxins accumulate in ours and in animals bodies over time in the cells/tissues. Our poor livers/kidneys/lungs etc try to work triple overtime to clear these things on a daily basis, but get overwhelmed by the load sometimes, so instead of being

excreted, the toxins accumulate. We humans, and the animals, are no different than the fish in the ocean that accumulate mercury...you just hear more about them. I think they just have better press agents! Metals are extremely disruptive to the Autonomic Nervous System and its proper function, and also to various organs. For example, heavy metals are "thyroid killers".

Also, solvent and chemical toxins throw the same kind of toxic stress to the system. Again, we are surrounded on this planet by solvents and chemicals, including things like common household cleaners (unless you are using the types available at stores like Whole Foods). Same thing happens here—the body gets overwhelmed in trying to clear these things and can't keep up, so solvent and chemical toxins accumulate in the body.

Next common stressor is pathogens, or immune challenges, such as bacteria, yeast, parasites, and virus. Obviously, these things are ubiquitous, and it depends on how good the animal's immune system is whether it can withstand these challenges or not. It is common to see pathogens live in the body for long periods of time, where it can interfere with proper function, yet not cause any typical outward symptoms. For example, when a person gets a cold sore, they didn't typically JUST contract that virus...it lives in the body, and just erupts from time to time.

Scars are often a major stressor as well, and can have POWERFUL input on disrupting normal function of the Autonomic Nervous System. Spay scars, neutering, microchips, tattoos, brands, docking, ear cropping, and other surgical sites, etc can often be the underlying cause of some animal's symptoms. Even things the body interprets as scars, such as repeated blunt trauma (like spurs on a horse), can be a factor. I have two fascinating cases where scars were the MAIN key to unlocking an animal's issues, as well as hundreds of cases where it was at least one of the factors that needed to be addressed.

We will continue in the next issue and look at the next steps involved in the Nutrition Response Testing exam.