

# ***Metabolic Analysis and Nutritional Therapy (MANT)***

## **Save Time & Money!**

*Metabolic Analysis and Nutritional Therapy is a way for you to gain valuable knowledge about your constitution (individual makeup) in order to make simple and appropriate changes in food and supplements.*

## ***Put your health in your hands***

***(rather than in the pocket books of pharmaceutical companies)!***

### **Do You Have:**

Digestive Disturbances  
Sleeping Problems  
Blood Sugar Imbalances  
Cravings  
Allergies  
Skin Conditions

### **Are You:**

Anxious or depressed  
Fatigued  
Overweight  
Diagnosed with any auto-immune disorder  
Bothered by recurrent infections or “flair-ups”  
Or just wish to monitor and maintain health...

Metabolic testing determines what foods are beneficial and those that are not for your specific metabolism! After completing an intake form and questionnaire in combination with urine and saliva analysis's, several reflex tests, and a series of pulses and a set of blood pressure readings in a specific order referred to as an orthostatic challenge, your doctor obtains vital information about your metabolism and then recommends specific supplements to assist the correction of the metabolic imbalances. A report is provided with descriptions of each metabolic imbalance and diagrams to better explain the effects of imbalances.

### **With the results, you will receive:**

- A report describing the results of the questionnaire and testing procedure, descriptions of your metabolic imbalances, dominate nervous system side, oxidation status, glandular and organ function etc.
- A personalized eating plan, eating right guidelines, and supplement recommendations
- How to determine your ideal protein and fat ratio to carbohydrate intake
- An evaluation (*read and understand Informed Consent*) of **49 different chemical and clinical tests** including zinc and iodine deficiencies. Calcium to phosphorus balance, and saliva and urinary pH.

### **With the information you will be provided with, you can alter your diet and supplementation to:**

- Prevent imbalances that generate disease by gaining autonomic nervous system balance
- Slow the aging process by reversal of oxidative stress by learning how to avoid foods and high levels of nutrients that create free-radical damage within your system
- Maintain glycemic control (Hypoglycemia/Diabetes)
- Obtain optimal PH
- Maintain chemical and mineral levels

***Ask how to use this tool to monitor health conditions! Correct imbalances before they progress into severe stages! Food is medicine; the pharmacy Mother Nature provides us with is therapeutic! Learning how and when (for certain conditions) to combine and prepare foods for your chemistry ensures proper regeneration by the proper maintenance of the metabolism!***

\* Whole Food Targeted Nutrition (WFTN) is used to balance the nervous and endocrine systems. This technique has been shown to be more effective than bio-identical hormone therapy. Ask for more information!

\* WFTN is an all-natural supplementation program that allows for your needs to be individualized. After all, you are unique and your nutritional requirements are different than everyone else's! That's exactly what we find out when performing the metabolic analysis – what your needs are. Then progress is easily monitored with the same testing.

**Description:**

*Metabolic Analysis and Nutritional Therapy (MANT), name created by C2H, is an analysis to gain valuable knowledge about your metabolism.*

Q: How does MANT relate to, or is compatible with blood work and body composition:

Although this testing is certainly diagnostic, it is not a common analysis. It is not commonly known nor accepted by conventional medicine. It was developed by a group of medical professionals and is taught mainly to chiropractors.

MANT is not intended to be diagnostic. MANT does not take the place of any other quantifiable test. However it is compatible with and complements such tests as CBC, lipid panels, etc. MANT gives indicators as to hydration, oxidation, sugar, carbohydrate, and protein metabolism, as well as the multiple other metabolic tendencies.

\* Quantifiable data is not given (other than pH), in another word; quantities of mineral, hormone, neurotransmitter, blood cell levels etc. are not given or measured in quantity. However all of the above is indicated within the metabolic testing and encompasses the metabolic imbalances.

\* Metabolic imbalance *descriptions* are provided in your report.

Q: Are ProBiotics always good to consume?

No! This is a common mis-understanding of basic GI function. Although vital, friendly bacteria can be problematic in some cases i.e.- constipation, some forms of muscular pain, etc.

Q: All general supplements are healthy for you right?

Absolutely not! There is much difference in the quality and form of nutrients. There are chemical (synthetic/man made) which are toxic and better avoided completely in my opinion, and there are *whole food* supplements. It is always wise to consult a whole food specialist before implementing any supplement. Food is therapeutic and in a concentrated form and therapeutic dose can be dangerous!

For example someone with low blood pressure self-administering supplements could have complications!

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