

## Be Informed

### Prevent Illness Instead Of Treating It

The symptom survey program in Nutritec looks at the basic issues that upset your body chemistry which can ultimately lead to disease.

Nutritec examines the impact of lifestyle & diet and how your system is effected by overconsumption of refined carbohydrates and sugars. As an example, a diet high in refined carbohydrates (white flour and sugar) will disrupt digestion, vitamin B, E, & calcium metabolism. One teaspoon of sugar can disrupt your body chemistry for up to 72 hours. The average American consumes between 140 and 220 pounds of sugar per year. Primitive man consumed less than one pound per year. This overconsumption will ultimately congest liver and gall bladder functions. This congestion will eventually lead to toxicity in your body resulting in aches & pains, mental sluggishness, and fatigue just to name a few.

The Nutritec program identifies these root causes using the information provided by you in your symptom survey. Your health practitioner uses the findings of Nutritec to plan a course of action to prevent further escalation of problems or even eliminate them and as a proactive means of promoting good health. As the age old adage says: "An ounce of prevention is worth a pound of cure."



*NUTRITEC, Your Ally in the Quest For Good Health!*

*Keeping the Spirit of the Lee Foundation Alive!*



I.F.N.H.  
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## Setting the Standard in Patient Nutritional Software



***Take Nutritec's  
Symptom Survey  
Today for a Healthier  
Tomorrow!***

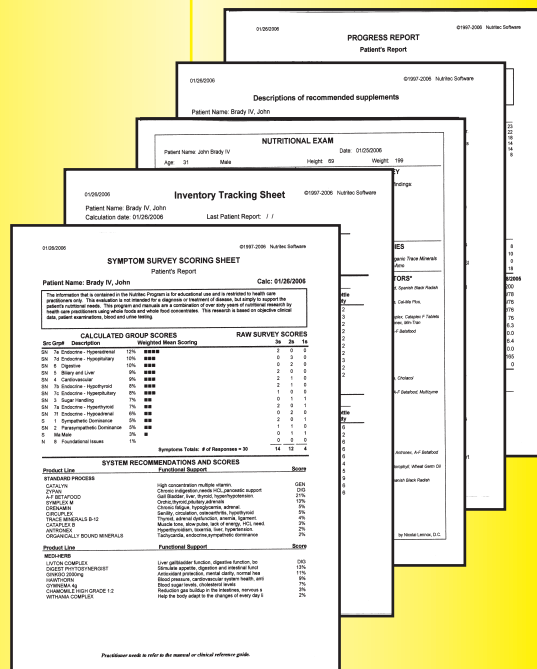
Nutritec software is not just another symptom survey software package. It is one of *the most completely integrated tools* in your healthcare practitioner's office. By looking at each group, the questions within those groups, and how they relate to each other, Nutritec can perform up to 2,400 calculations. This helps your practitioner find the foundational issues and root causes that are effecting your health.

Nutritec offers the ability to step outside the box by using *more than just one* modality in reviewing you and developing your personal protocol. The protocol you are given is custom fitted to your needs.

This latest version of Nutritec software incorporates the **Nutritional Exam** along with many new features. This modified version of the physical exam taught in medical schools in the 1940's and 1950's gives your practitioner the clinical tools that don't cost you thousands of dollars to verify those basic issues that effect your health, such as digestion, liver and gall bladder, endocrine, and others. Nutritec software correlates the results from *both* the symptom survey and the **Nutritional Exam** to provide an individualized treatment program to best fit your needs.

The practitioner receives concise analytical reports based on many factors in both the *symptom survey* and the **Nutritional Exam**. You, the patient, receives easy to understand reports and recommendations based on your personal profile, custom fitted to your health concerns.

## Take That Major Step Up To The Next Level Of Nutritional Analytic Solutions



**Take Nutritec's symptom survey today for a healthier tomorrow.**

The International Foundation for Nutrition and Health has an extensive library filled with material that you can use to educate yourself in the area of whole food nutrition and how it can help you attain a healthier lifestyle and diet.

Many times the choices we make are not easily recognized as being detrimental to our health. It is only through a determined effort to educate ourselves, that we can affect our own health for the better.

Log onto [www.ifnh.org](http://www.ifnh.org) for other patient support material. Join the I.F.N.H. as a member and help keep the *message of whole food nutrition and the spirit of Dr. Royal Lee and the Lee Foundation alive!*

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