

# Wellness Profile – Summary

Customized for:

**Mortimer Snerd**

Phone (888) 888-1212

Provided By:

**Reflections Of Nature, LLC**

Linda and Lowell Dietz

5225 Laurel Terrace

Flowery Branch GA 30542

(770) 965-3199

E-mail: software@healthtrains.com

Date: 6/3/98 12:23:13 PM

The material in this report is based on research relating statistical cases of how people felt and the nutritional supplements they took to feel better in conjunction with current research on nutritional support for various situations. It is not intended as a prescription or substitution for good sound health care by a professional. In the event the reader of this material uses the information without the approval of his doctor, he is prescribing for himself, which is his constitutional right to do. And he assumes the responsibility for his health. No person, nor any supplement manufacturer, not even the person supplying this report assumes any responsibility for the results obtained from the correct or incorrect application of the information supplied herein.

*The following paragraphs contain dietary information relating to specific areas of your Wellness Profile with a High percentile (marked with an H after the title) or Very High percentile (marked with a VH after the title and the title in bold text).*

*See NSG (Supplement Name) means, see Nutritional Selections Guidelines (printed after Phase 4) paragraph on the Supplement Name for supporting ingredients current scientific evidence indicates provide the most benefit.*

**The statements contained in this Analysis have not been evaluated by the FDA.**

**Example: Tomorrow the sun will rise and warm the earth.**

**Just because a statement has not been evaluated by the FDA, does not make it any less true.**

**Your physician and/or dietician should be willing to work with you nutritionally.**

## 6. CALCIUM and MAGNESIUM:"

Calcium and Magnesium are necessary for neuro-muscular coordination. Research has shown that many women and men may not consume adequate Calcium, Magnesium and Vitamin D in their diets. Calcium in dairy products may be poorly assimilated. Therefore, dairy products may not be reliable dietary sources of Calcium. Green leafy vegetables are the most reliable, but spinach, rhubarb, and caffeine may inhibit absorption. Dolomite is not a reliable source due to possible contamination by lead. Prevention and reversal of osteoporosis depends on adequate intake of Calcium, Magnesium, Vitamin D, Zinc, Copper, and Manganese. Evidence suggests that supplementing with Calcium and related other minerals is a priority today and should to be started early to aid in the promotion of strong bones as menopause approaches. (See NSG #14 Calcium)

## 8. TOTAL MINERAL:

Mineral absorption may be affected by the use of diuretics and excessive coffee consumption, too much fiber (more than 40 grams/day), poor mineral balance and toxins.

## 29. PMS/PREMENSTRUAL SYNDROME:

Women whose general health and resistance are good may be more apt to have less PMS than women whose diets are lacking in optimal amounts of nutrients and who lack adequate physical exercise according to Dr. Ronald V. Norris in his book [qq...PMS[qq.... Natural diuretics include watermelon, parsley, asparagus, strawberries, and Alfalfa (not sprouts). GLA (Gamma Linolenic Acid), EPA (Eicosapentaenoic Acid), Lecithin, Calcium and Magnesium (plus Vitamin D), and stress nutrients, particularly B-Complex Vitamins, Zinc, Carotenoids, Vitamin E + Selenium, and Vitamin C are nutrients commonly used by women who prefer to use a natural approach to reducing or eliminating the discomfort of PMS. Some Soy Protein products have been shown to provide adequate phyto-estrogens, and other phyto-chemicals which may ease or eliminate symptoms of both PMS and Menopause. Perimenopausal and Menopausal women may wish to look at natural alternatives to Estrogen Replacement Therapy (ERT). Scientific studies suggest that, along with a healthy diet and lifestyle, consuming phytoestrogens (plant estrogens) may compensate for some of the reduced production of hormones during menopause. (See NSG #28 Hormone Balancing Herbs, #10 Alfalfa, #25 GLA, #19 EPA, #32 Lecithin, #14 Calcium, #11 B-Complex, #42 Zinc, #12 Carotenoid Complex, #17 Vitamin E, #13 Vitamin C, #40 Soy Protein.) (SEE Vitamin E at the end of Analysis.)