

OPTIMAL NUTRITION: A SOLID FOUNDATION FOR HEALTH

Optimal nutrition means different things to different people. We all know the basics: eat your vegetables, cut down on fats and sweets, drink plenty of water — things we've heard since we were kids. Some of us heed this advice and eat plenty of fruits, vegetables, fiber and other wholesome foods, but others may eat broccoli once or twice a week and think that their nutritional bases are covered. Chances are, we could all benefit by doing more to ensure that our nutritional needs are being met. Why is this so important? Because optimal nutrition is essential for the healthy functioning of our body. Without it, subtle functional changes may occur that impede our progress on the road to vibrant health. You may not be aware of any problems, but that doesn't necessarily mean that your body is functioning optimally. An understanding of the many roles that nutrients play in our body is the first step in achieving that goal.

Nutrients For Life

The nutrients required to sustain life are the macronutrients — proteins, carbohydrates, and fats — which supply energy and build tissue; the micronutrients — vitamins and minerals — which are used by the body in much smaller amounts but are important in the regulation of all body processes and also act as structural components; and water, the overall vital nutrient sustaining all our life processes.

If we supply our bodies with adequate amounts of these nutrients, and in the proper ratios, then we help ensure optimal nutrition and a solid foundation for health. But what about you?

Are You Meeting Your Nutrient Needs?

Chances are that you may not be receiving all the nutrients you need from the foods you eat. According to recent health surveys, most of us don't even meet the Recommended Dietary Allowances (RDAs) of some essential nutrients, and few of us consume the recommended five daily servings of nutrient rich fruits and vegetables.

So how do you know if you are providing your body with the nutrients it needs? There are many signs that are indicative of optimal health: high energy; ideal weight; good muscle development; smooth and clear skin; glossy hair; clear eyes; normal appetite, digestion and elimination; and alert mental functions. If you are lacking in any of these areas, your foundation for health may be missing some important pieces.

Micronutrients

Why is it vital that we supply our bodies with optimal and regular intake of all micronutrients? Because vitamins and minerals are essential for a myriad of processes in our body: energy metabolism; growth and maintenance of skin, bones and other tissues; immune system function; brain functions; hormone production and regulation; detoxification; and many others. Because each micronutrient plays indispensable and diverse roles, a single deficiency can adversely impact these body functions.

Some of the micronutrients have achieved greater fame than others; for instance, everyone knows that calcium is essential for strong bones, vitamin E is good for our skin, and vitamin A is important for eyesight. But do you know why we need zinc, or niacin, or vitamin B₆? By looking at the following chart, you can see some of the important and varied roles that each micronutrient plays in your body.

Foundation For Health

Eating a well-balanced diet of wholesome, nutritious foods and taking a scientifically balanced multiple vitamin/mineral supplement helps to ensure that your body receives the optimum levels of each vital nutrient it needs. This is an essential foundation for good health.

LABORATORY NO.: [REDACTED]

SAMPLE TYPE: **SCALP**

PATIENT: [REDACTED]

AGE: [REDACTED]

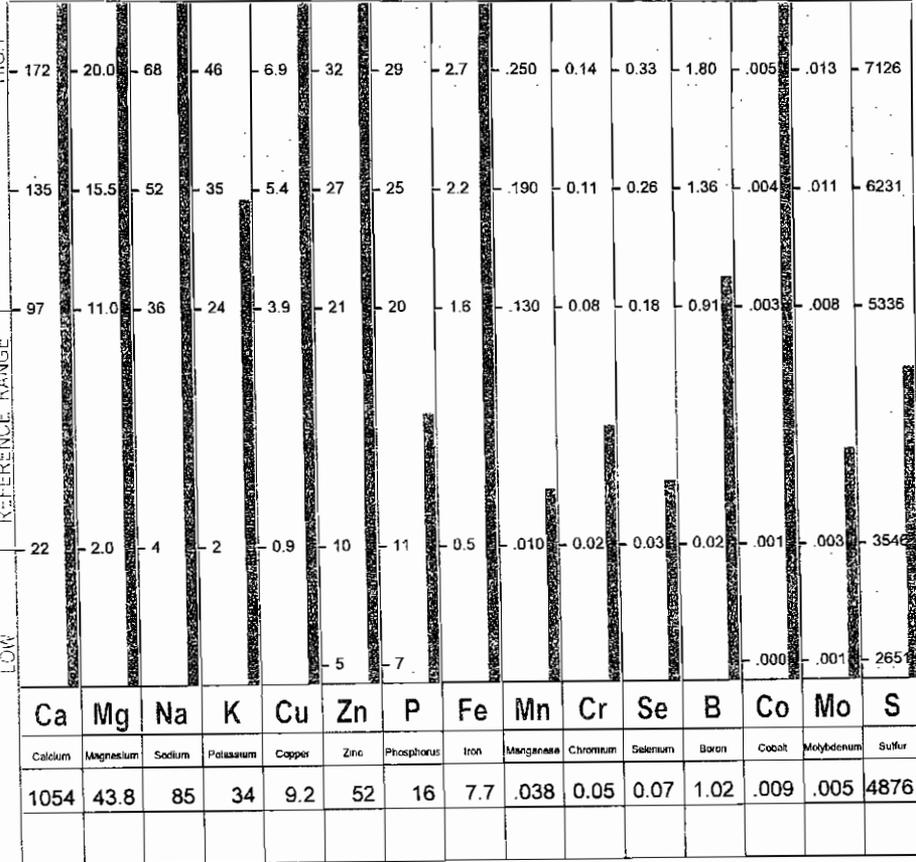
METABOLIC TYPE: **SLOW 1**

REQUESTED BY: **SARVESTANI, A.**

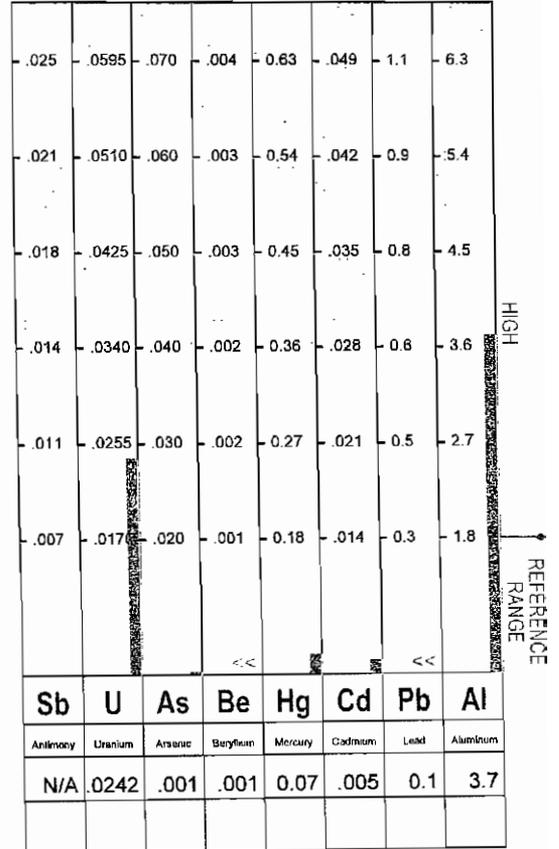
ACCOUNT NO: [REDACTED]

DATE: [REDACTED]

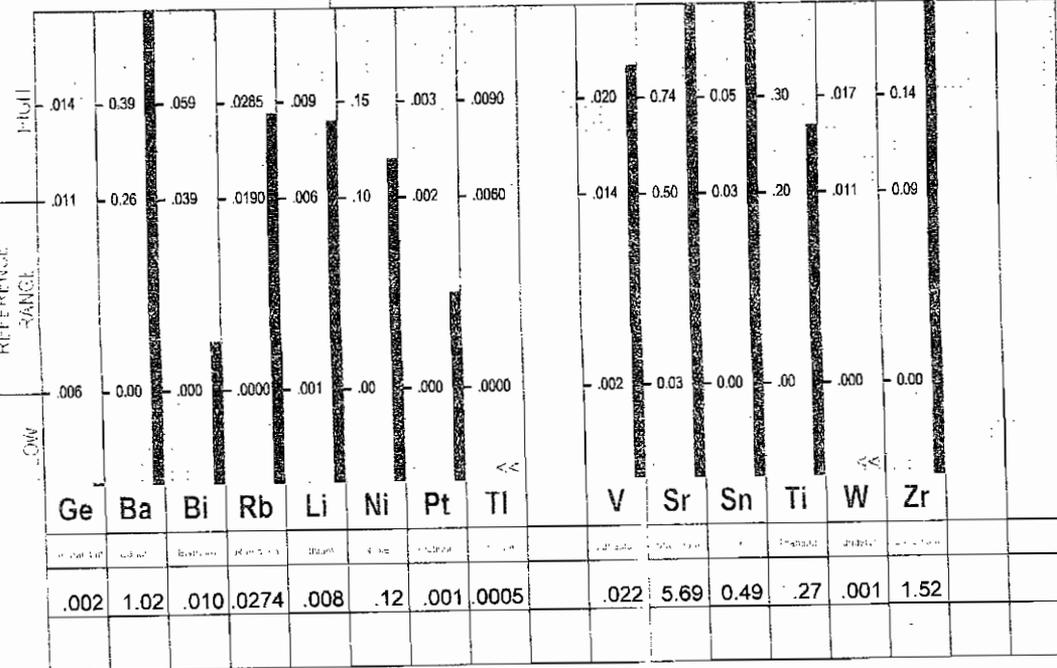
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



<<: Below Calibration Limit; Value Given Is Calibration Limit

QNS: Sample Size Was Inadequate For Analysis.

NA: Currently Not Available

Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

Laboratory Analysis Provided by Trace Elements, Inc. an H. H. S. Licensed Clinical Laboratory. No. 45 D0481787

10/29/2018

CURRENT TEST RESULTS

PREVIOUS TEST RESULTS