

Finding the Root Causes of Health Problems

Addressing Patients Who Have Problems Getting Well

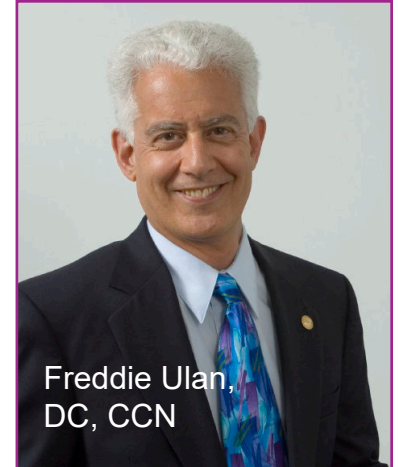
by Freddie Ulan,
DC, CCN



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What does it mean to be able to find the underlying root cause of a patient's health problem? And what does it mean in terms of what you can do for a patient, if you know what that underlying root cause is with certainty?

If you were following the medical healthcare model, you'd note the symptoms, then come up with a drug to prescribe to the patient, with the goal of suppressing or reducing his or her symptoms.

But as holistic healthcare practitioners we know that just suppressing or reducing symptoms does not accomplish the goal of restoring true health. Often, the symptoms may be reduced, but the underlying condition is still

there. And often, it will start to find other ways to manifest itself.



But if you could easily find the actual underlying cause of each patient's health condition, then you could start handling

that and begin the process of restoring true health to each patient, which is why we got into this profession in the first place.

Nutrition Response Testing

Nutrition Response Testing is a non-invasive system of analyzing the body in order to determine the underlying causes of ill health. When these are identified and corrected through safe, natural, nutritional means, and in the right sequence for that patient, their body can repair itself in order to attain and maintain more optimum health.

In Nutrition Response Testing, we are interested in finding out the actual underlying causes of health challenges. It is a system of identifying the underlying (usually hidden to modern examination procedures) causes and once these causes are located, it can open the door to a correct handling to eliminate these.

The miracle is that the correct handlings fall generally in one of two categories or a combination of both. It's either a nutritional deficiency or some sort of toxicity, or a combination of the two. These reduce normal function, and prevent healing by blocking the body's ability to respond.

In allopathic medicine, the doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom, or surgically removes the "offending" organ or malfunctioning part.

In Nutrition Response Testing we do not "diagnose" or "treat" disease, but we also have two parts: the analysis (the assessment of the body's current health

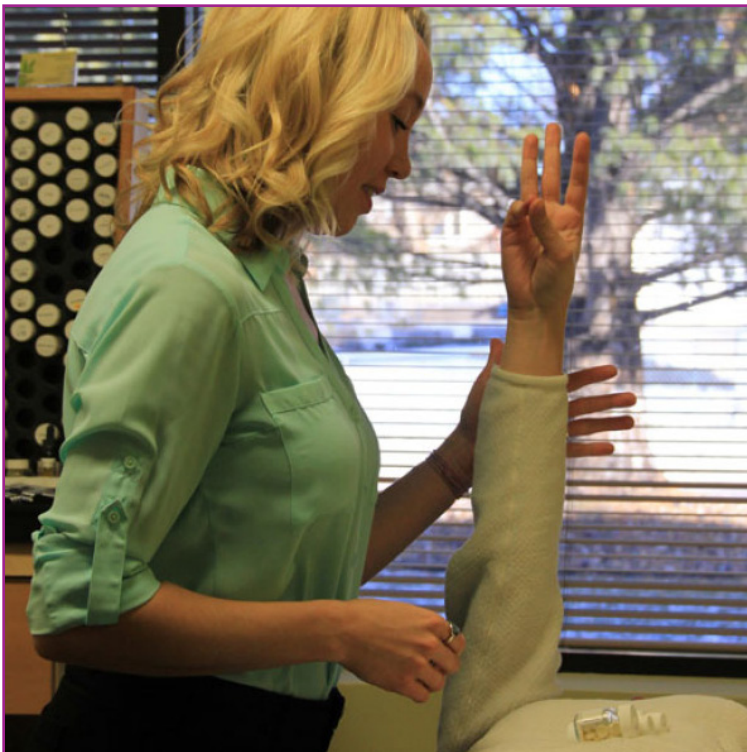


status) and the personalized health improvement program (using what we call designed clinical nutrition). We correct the cause of the problem, so that the body can regain the ability to heal itself.

The point being that the allopathic medical model does not actually work on restoring the body's ability to heal itself: they're working on suppressing or alleviating symptoms by bypassing the autonomic nervous system with drugs or surgery. And that's the difference between what we do and what is being done under the allopathic medical model.

We're not looking for a "safe medication." The whole purpose of a medication or a drug is to cover up or suppress a symptom—change the symptom picture. Make the person look and act like he's doing better. While that's happening the body now has to find a new channel for manifesting the disease that's still developing. We are only interested in finding and correcting underlying causes.

The Five Most Common Underlying Causes



The biggest breakthrough I made was discovering that there are things that can prevent the body from healing even if you do everything else right. In years of researching this and applying it to thousands of patients, we came down to the fact that there are five major barriers to healing that are the most common stressors on a body.

When you have someone who

comes in with a problem and you fix it; and they come back and the problem is still there so you fix them again; and the guy comes back...if you're constantly fixing the same thing then what you have been addressing is not the root cause of the problem.



So, if that's not the root cause, what is? Most often it's a hidden barrier to healing, a stressor that exists within the body itself, which, once identified can be corrected.

One or more of these five barriers to healing are what we find present in just about every patient that comes in who has been having chronic health problems and not getting well.

Major Barrier to Healing #1: Food Intolerances and Sensitivities to Common Foods

Many patients have developed intolerances or sensitivities to many common foods that were previously the mainstays of healthful diets. The big ones are grains and dairy, but sugars and other common foods that are eaten regularly can also be culprits and act as a stressor and barrier to healing when present.



The key here is that grains have been overly processed, destroying their former nutritive value, and most are raised with pesticides and are even genetically modified so they are no longer safe foods. The same applies

to most commercial dairy products. And we all know that refined sugar is a key cause of inflammation and is empty of nutrients.

When a patient has sensitivities to these, they must be handled as a priority in order to make it possible for the body to heal itself. There are several safe natural ways to accomplish this.

Major Barrier to Healing #2: Hidden Immune Challenges

Hidden Immune Challenges are the next major barrier to healing. When there is a hidden immune challenge as the root cause of an organ dysfunction, nothing else you do to try to repair that organ will work. I have often compared the challenge of correcting health problems with putting out a fire in a wooden structure. The patient shows signs of adrenal exhaustion. We recommend the highest quality adrenal support products, and far too often the patient's body does not respond as hoped for. This is like trying to repair a burning building by bringing in the carpenter while the fire is still raging. When a hidden immune challenge is adversely affecting that adrenal gland, that is the fire that needs to be put out before we bring in the carpenters!

So, you can see that if hidden immune challenges are present, and the body is suffering from chronic viral, bacterial, fungal or parasite problems, nothing you do will help this patient until these are handled. Fortunately, this is not difficult at all, using safe natural nutritional means when you know exactly what you are dealing with.



Major Barrier to Healing #3: Heavy Metal Toxicities

Over the past few decades we are seeing more and more chronically ill patients unable to restore their health because of unsuspected heavy metal toxicity. When we first started noting these as a common denominator in many chronically ill patients back in the early 1990's, there was no easy fix for these. Fortunately today we have quite a few safe natural solutions for reducing heavy metal toxicities which are preventing body healing from occurring, whether these are from mercury, aluminum, lead or a myriad of other metals now common in foods, water and even in the air we breathe.



When present, these heavy metal toxicities lower immune and endocrine and neurological function and are a hidden stressor which is a major barrier to healing.

Thus they can prevent recovery when other proven effective therapies are administered.

Major Barrier to Healing #4 Toxic Chemicals

Toxic chemicals are a growing cause of inability to heal or recover one's health. There are so many thousands of chemicals in use in common products including our foods, skin and body care products and our water, that when these are present as a barrier to healing, they must be addressed as a priority in order to enable maximal recovery to occur.

Examples include: Acetates (as in nail polishes and removers), chlorine,

dry cleaning fluids, food dyes and food colors, food preservatives, formaldehyde, pesticides, petroleum solvents, alcohols, and even fragrances in perfumes and cleaning products are some of the most common chemicals affecting people. We developed a test kit that can test for whether a chemical is affecting someone and find out which one. And with modern nutritional approaches, we can now assist the patient in safely eliminating these from their bodies while giving them lifestyle guidance that will reduce their intake.



Major Barrier to Healing #5: Scars on the Surface of the Skin

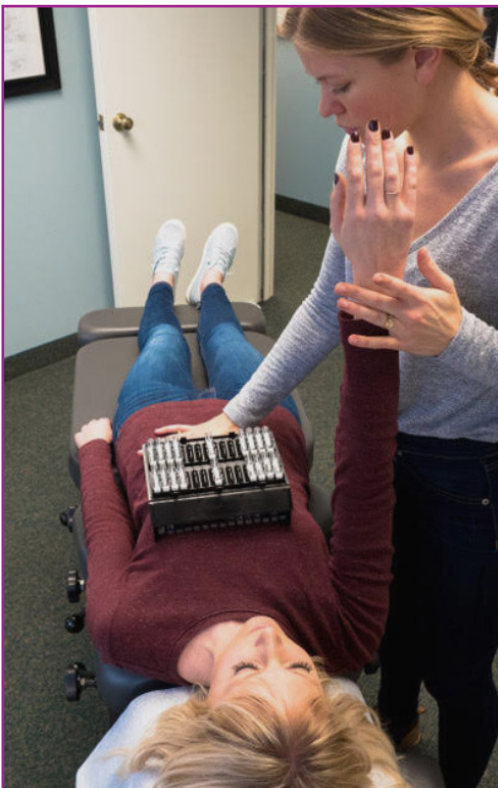
One of the most surprising breakthroughs which have been of almost shocking benefit was the discovery of something that came totally out of the blue; it's based on some old research that was done in Germany and Russia. This is the discovery that many organs are no longer able to function optimally because of a neurological disturbance caused by operation or injury scars on the surface of the body. These scars can affect the transmission of nerve impulses of the autonomic nervous system, which controls the function of every organ and system. An explanation of how this works is not possible in a publication such as this, but the results of handling the negative impact of a scar on the autonomic nervous system



can be extremely dramatic. In fact, it has been the source of some of the most dramatic recoveries we have seen in our practice over the years. This phenomenon will be covered in depth and fully demonstrated at each level of training in Nutrition Response Testing, from the most basic Introductory course all the way to the most Advanced Clinical Training.

Finding the Root Cause

Basically, Nutrition Response Testing is a non-invasive method of accessing the innate intelligence of the body via its autonomic nervous system. It is done by measuring the response that the autonomic nervous system has to a non-invasive challenge, such as with our body scan and the use of proprietary test kits.



In a nutshell, when you are doing a Nutrition Response Testing analysis, you're assessing the energetic condition of various organs and systems in the body with a relatively easy-to-do but highly technical analysis, in order to readily determine not only what needs to be addressed, but in what order -- the exact priorities -- in order to bring about more optimum health through safe natural means.

The key though is our ability to find the underlying root cause, and what to do about it through our 13-step procedure.

This testing allows us to know immediately what nutritional product to use to help the person --without the side effects of pharmaceutical drugs, but with whole food nutrition, herbs, or safe homeopathic remedies.

Nutrition Response Testing utilizes a unique muscle testing system derived from Applied Kinesiology developed by Dr. George Goodheart, as well as other methods from German, Chinese, American and Oriental medicine. I have taken these various methods and combined them into a very workable system which has proven to be extremely duplicatable, not only from patient visit to patient visit, but also doctor to doctor in those educated and trained in the system.

In our new ***Welcome to Nutrition Response Testing*** Online Course you can see for yourself the exact procedures that are used and how easy it is for you to learn them and start getting results in your practice.

Summary

In summary, clinically speaking, when the body's priorities are correctly determined and addressed in correct sequence (as determined through the Nutrition Response Testing procedures), by the time you have handled the first and second one, you will quite often find that remaining issues are often spontaneously resolving "on their own." This is what makes what many have called "miracle healings" possible and somewhat routine in our practices.

It is "technical" — I obviously can't communicate all of it in a short publication. What I can say, after several decades of effectively teaching this work, is that any practitioner with above average intelligence, who is already trained in his basic health care discipline, -- can rapidly start



applying this work and start seeing results even after only learning it at the beginning and intermediate levels.

But, above that there is Professional Level Training in the expanded basics of Nutrition Response Testing and the intricacies of the most



effective nutritional patient management, that has already taken the practices of many hundreds of practitioners to levels of healing and financial success they previously only dreamed of.

And since it is practically a natural law that the better you

get at this work, the tougher are the cases that your practice will attract, there is an entire level of Advanced Clinical Training available to those who have mastered the expanded basics of this subject.

Thus, in total there are more than 175 hours of intensive training available (generally done in weekend seminars spread out over one year or more, but can be done at the student's own pace).

The bottom line is if a practitioner already has their full healthcare training, they have the background and now we just have to unlearn them of a few things and fit this new concept in and then they can start using it with often surprising benefit.

I look forward to hearing of your results, and to ensuring you get everything you need in order to succeed as so many others have before you.

Freddie Ulan, DC, CCN

Your Next Step: The Welcome to Nutrition Response Testing Online Course

Your next step to becoming a Nutrition Response Testing practitioner is to enroll in our ***Welcome to Nutrition Response Testing*** Online Course. This online course, featuring Dr. Freddie Ulan, covers the 13-step procedure with demonstrations on each step, downloadable guides, charts, and easy-to-follow reference materials for you to keep. For more information go to www.unsinc.info/welcome-to-nutrition-response-testing-online-course/



Use the Coupon Code **25NOW** to get \$25 off the price of the course.

[Start the Course](#)



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