**Nutritional Balancing Program Overview**

This write-up generally discusses the various aspects of the program. There is a lot of information here, so it is best to keep this for future reference as needed.

**How This Program Works.** Illness develops in layers. Often, years of physical, biochemical and emotional upsets deplete the body of nutrients, cause the accumulation of toxic metals and in other ways disturb the body. These insults are added to imbalances, deficiencies and toxicity with which almost everyone today is born. Healing is a reversal of this process. This program is concerned with healing these deep imbalances, not simply removing symptoms. Symptom removal often does not address causes.

Your hair mineral analysis reflects the top layer of your metabolism. We address what is revealed on the test with diet, supplementary nutrients, lifestyle modification and detoxification procedures. After several months, a retest will reveal a deeper layer of your metabolism. Many times, it will look different from the previous layer if this healing program was followed. Uncovering and reversing layers of adaptations and compensations, a process we call retracing, requires time and some persistence but is far more permanent and health-producing than simply stopping your symptoms.

A total program always works best. This includes:

- **DIET**
- **WATER**
- **LOTS OF REST**
- **OTHER LIFESTYLE FACTORS**
- **SUPPLEMENTS**
- **DETOXIFICATION**
- **STRESS REDUCTION, including MENTAL/EMOTIONAL FACTORS**

There are many aspects to this program, so just do as much of the program as you can. Work into it slowly if this is best for you. The more you can do, the faster you will progress, but just do your best each day. If you need help implementing any aspect of this program, please call or email me. I’ll briefly cover these elements below.

**DIET:** You will be following the eating plan for either the Fast Oxidizer or Slow Oxidizer. It will say which to follow on your Recommendations sheet. I go over this with you during your consultation, and you can find more information in your diet packet and on my website under the More Info & Articles tab. For basic recipes, I recommend a cookbook *Joyful Cooking* which incorporates our principles. I carry it for $21.95.

**DRINKING WATER:** The type and amount of water you drink is important. Your Recommendations sheet tells you which kind to drink and how much. Beverages such as coffee, tea, juices or cola drinks are not substitutes for drinking water. Sip often; do not let your mouth get dry, and do not wait until you are thirsty. It often helps to measure out your water in the morning so you know you are drinking enough. We sometimes recommend distilled water to help remove loosely bound toxic metals and chemicals. For long-term drinking, we use spring water as a daily drinking water because it is mineralized water that does not contain harmful toxins in most cases. We find the plastic bottles do not cause toxicity. Water filtered through carbon is the second best alternative to obtain mineralized water. Carbon, however, does

*Nutritional balancing is a means to reduce stress and is not intended as diagnosis, treatment or prescription for any condition or disease. Nikki Moses does not have a medical degree and works as an unlicensed nutritional consultant only.*
not remove all of the toxic metals and chemicals from the tap water. Do not use Reverse Osmosis (RO) water for regular drinking; it does not hydrate. It may be used for cooking and hot beverages.

REST: **Sleep is essential to healing. Do your best to get nine or more hours of sleep daily. Napping is excellent, too. Go to bed preferably by 9 PM.** Periods of fatigue will occur on this program, because healing requires a lot of energy. The best solution is to rest more. If you have trouble sleeping you may try taking extra of your Paramin, MCHC or Calcium. I also have additional sleep suggestions on my website on the MORE INFO & ARTICLES page. If you are still having trouble, contact me. Some health imbalances cause difficulty sleeping; these imbalances may take some time to fully resolve, so just rest lying down when possible, even if you can’t fall asleep.

**OTHER LIFESTYLE FACTORS:**

*Gentle exercise* is best. Slow walking for half an hour is excellent as are other gentle activities such as stretching, gentle weights, etc. Vigorous exercise is not recommended until one is further along on the program, as it uses up too much energy in many people and can over-stimulate your adrenal glands. Always stop exercise and other activities before becoming exhausted.

**Do your best to avoid breathing or contact with toxic products.** Most body and homecare products (including cosmetics and laundry detergents) are toxic. Try to substitute these for non-toxic products from health food stores and health websites. I have searched for some of the best of these and carry them, where possible, in my office. Try to avoid wearing perfume, cologne, and *antiperspirant* deodorants. Most of these contain toxic chemicals and metals which absorb through your skin or are breathed in through your lungs. There are many healthful alternatives available. Also, avoid all air fresheners and scented candles other than natural essential oils. Public swimming pools and all Jacuzzis are best avoided because toxins and infections are absorbed from the water (unfortunately, chlorination does not destroy all infectious agents).

**Daily sunshine.** When possible in the warmer months, expose your skin to sunlight daily for 15-30 minutes. Mid-day sun is actually best. Do not use sunscreen during this time. Sunshine, in moderation, is most helpful for healing.

**Foot Reflexology.** This is an excellent, yet inexpensive and easily-performed, method of balancing the body's energy system. Rub each foot firmly all over, beginning with the toes, for about 10 minutes each foot. Spend more time on any area that is tender or painful. Rub all around the toes and the top of the foot, behind the toes, the arch and sides of the heel. Ideally, purchase a diagram at a health or book store showing the reflex points on the feet for each body organ. Use this if you wish to focus your treatment on one or another area. Rub the entire foot a little, however, for a balancing treatment. Foot massage is safe and effective and excellent for children and other family as it can be made fun while still providing a relaxing healing therapy at home.

**Stress Reduction - Attitudes, Emotions and Mental Training.** Another key for healing is the control of your thoughts, feelings and emotional ups and downs. Positive, uplifting, inspiring thoughts and attitudes contribute greatly to healing. Negative attitudes and feelings such as fears, guilt, anger and cynicism do not assist healing in any way. So do your best to avoid stressful people and situations. Sometimes this even includes avoiding entertainment that causes a stressful reaction (such as watching a depressing or scary movie). *Any* stress stimulates your physical stress responses and interferes with healing. If you need additional help with handling an emotional situation, please call me and I will be glad to offer some assistance.

I also recommend spending some time out of doors in nature. Getting some peace-and-quiet time whether indoors or outdoors is quite beneficial for healing, especially for those with busy lives.
Another recommendation is inspiring reading or listening to an inspiring book on tape. This, again, is to keep your focus positive all day long. A final recommendation is to tune out or avoid negative emotional or intellectual material and keep it out of your home and work environment as much as possible. This is more possible than many people think, and may involve limiting television and computer emails and other such input. Anything that causes you to feel depressed, anxious or angry is probably not terribly helpful for your healing process.

**NUTRITIONAL SUPPLEMENTS:** Supplements, in my experience, are needed to rebalance your body chemistry. Take your supplements with food. If you forget with your main meal, you can take them right after or with a snack later. If you are very sensitive or very ill, begin with one dose a day or even a partial dose, and work up slowly to your full amount of doses over a period of several days to several weeks. With extreme sensitivity, you may need to take one dose every other day to start. Please do not take any other supplements or herbs than those recommended. If there are some you think you must have, ask me about them, as extra supplements can negate the benefits of this program. Standard herbal teas such as chamomile, green tea or black tea are okay. Supplements listed on your recommendation sheet, except those marked with an asterisk, are from Endo-met Laboratories. I carry these in my office and you can also order them from my account with Endo-met by calling them directly (800-528-4067), and they will ship them to you. Be sure to give Endo-met your name and/or lab number when ordering. I do not recommend substitutes unless you check with me, as most of these do not work as well.

**DETOXIFICATION:** The whole program works to naturally and safely detoxify the entire body. There are additional, optional detoxification procedures that will likely be recommended for you. The most important of these are Coffee enemas and near infrared saunas. These are discussed separately.

**Dental Infections.** It is important to take care of dental problems, as many add poisons or stress to the body. Have amalgam dental fillings (also called silver fillings) replaced with less-toxic non-metallic material. **This is very important.** These are about half mercury and may contain other toxic metals. It does not have to cost a lot, although some safety precautions should be used to prevent inhalation of the mercury, the most important of which is using a lot of suction during removal. Root canals can also be a source of ill health. In such cases, the whole tooth may need to be removed. For more information on this and other dental issues, see the article “Biological Dentistry” on my website.

**MEDICATION:** Continue prescribed medication as indicated by your doctor. Our goal is to reduce your need for medication.

**HEALING REACTIONS:** Healing reactions are temporary flare-ups of symptoms that occur as toxic metals, toxic chemicals and infections are eliminated from the body. They cause physical or mental symptoms such as sore throats, colds, rashes, joint pain, anxiety, fatigue or other usually minor symptoms. These reactions are welcome evidence of healing. If your healing reaction reaches an uncomfortable level, please: 1) stop all of your supplements (except for GB-3 or other digestive aids we recommended), 2) stop infrared saunas (if you are doing them), or for infections limit them to 15 minutes (these short saunas can be done up to 5 times a day during infection), 3) make sure you are drinking your full amount of water and 4) sleep more as needed. This will handle 90% of most healing reactions within a few days, at which time you can start back on your regular program. If it lasts longer than a few days, contact my office for further instructions. Coffee enemas can also be very helpful during healing reactions and can be done up to 3 times in a day during a strong reaction (normally coffee enemas should be done only once a day). Please call if any annoying or scary symptoms persist. **This includes infections.** Antibiotics can be life saving when absolutely needed, but they have side-effects and cause other problems. Often the infection can be handled with natural remedies and this is preferable. So, again, call if you have any trouble. (Of course, we never recommend against seeing your doctor if you feel it necessary.)
RETESTING: When starting a program, we recommend a retest mineral analysis every 3-4 months for about the first year, and then they typically spread out further from there. Your “retest by” date is on your Recommendations sheet. This is the latest date to retest; you may retest earlier if you suspect your body chemistry has changed quickly. Retests are extremely important to keep your healing program balanced for you. Otherwise your diet and supplements and detoxification program may not be optimally effective. For best results, most people need to remain on a health-building program for at least two or three years to achieve the deepest levels of healing.

CONSULTATION: Follow-up consultation is very important to your optimum progress on this program. Included with your initial test fee are 2 additional weekly 15-minute follow-up phone calls so that we may go over your progress, any diet changes, and make any needed supplement additions or corrections. You can save up questions that you encounter to go over on these calls. The first call should be one week after the day you start your supplement program. Contact us to schedule, or use our online scheduling under the Services tab on our website, and schedule a 15-minute phone consultation. Once these included consultations are used, we will discuss how often you should call in for continued follow-up – usually the frequency reduces to once every 2 weeks, and then once a month, and then less often from there. Some people need only a small amount of follow-up while others may need more time. Follow-up calls beyond those included with your test will be billed at the phone consultation rate below.

Please check in with me if you get new symptoms, have any trouble taking the supplements or if any other noticeable change occurs. And, of course, contact me with any questions you have along the way. It is best to schedule a phone consultation if you run into trouble or have involved questions, but you may email me at any time, and if you just have a quick question or something urgent, feel free call me without scheduling. Phone and email consultation is billed at $60 per hour ($1 per minute).