

Gallagher Chiropractic Offers Nutrition Response Testing® . . . A Highly Accurate Way for Your Body To Tell You What It Needs To Heal Itself

By Rebecca Kopp, Around the Hook Today Editor



For thousands of years, healers have known that the body has an incredible ability to heal itself. Unfortunately, in today's world our body's ability to do just that has become compromised by an

overwhelming number of factors including the often polluted air we breathe, the many nutrition-less foods we eat and the side effect prone drugs we take.

So what can we do? In conjunction with chiropractic services, Dr. Dean Gallagher at Gallagher Chiropractic offers a way for the body to tell you what it needs on its own through a process called Nutrition Response Testing® (NRT). Through the testing, Dr. Gallagher is able to recommend a Designed Clinical Nutrition plan customized to what your body has told him it needs.

So what is Nutrition Response Testing®? I wanted to find out so I put myself literally in Dr. Gallagher's capable hands to undergo NRT. First of all you need to know that NRT is a non-invasive process that analyzes the body's own neurological reflexes which come from the part of your nervous system whose job is to regulate the functions of each and every organ in your body. There are no bells, whistles, wires, needles or electrodes with NRT. "Basically what I do is have you lie down on an examining table and have your arm straight up," said Dr. Gallagher. "With one hand, I put pressure on your forearm to test if the muscle locks and holds its position while I touch the various reflex points on the body that are associated with various organs with the other hand. If the reflex being contacted is active, the nervous system will respond by reducing energy to the extended arm, and the arm will weaken and drop. This drop signifies underlying dysfunction, which may be affecting your health."

As Dr. Gallagher went through each reflex point on my body, my arm either held the pressure he exerted or it didn't. It was truly amazing. For instance, when Dr. Gallagher touched one of the access points on my body that is associated with the gall bladder, my arm weakened and dropped. My body, itself, did the talking so to speak. My body told Dr. Gallagher what areas were having trouble getting energy to flow to them. What's incredible is that you can see it for yourself! It's very simple yet precise and scientific.

Okay, that was really cool and now we know what areas in my body are not getting energy or are weakened but what do we do about it? The next step after the NRT analysis is to use Designed Clinical Nutrition (DCN) to correct the cause of the problem, so that the body can regain the ability to heal itself. DCN is "whole" food supplements in a tablet, powder, or capsule concentrated in a vacuum, cold-process system that preserves all the active enzymes and vital components that make up real food. It is not a vitamin. It is a whole food. This is important because this is what the body needs.

Dr. Gallagher then takes the various whole foods designed to match the needs of the body as determined by the positive response shown when tested against the active NRT reflexes that are found on your individual NRT analysis. In other words, still lying on the table, Dr. Gallagher placed the various whole foods in clear glass bottles on my body still putting pressure on my upraised arm to see which nutrients my body responded to. Again, my body told us which nutrients I needed.

As a result of the NRT, I am going with the Designed Clinical Nutrition program customized to my body's particular needs. I will be retested periodically to check on my progress and adjust my nutrition program accordingly. Through a well-balanced diet and nutritional supplementation, I am giving my body the best chance to heal itself and achieve optimal health.

"Our approach at Gallagher Chiropractic is directed at how and why your body isn't functioning properly or is in a state of disease," said Dr. Gallagher. "Is your body capable of staying healthy? Can it effectively fight infections? Is it able to restore itself

back to health? First is chiropractic. We check your spine to see if the vital nerve energy that is transmitted from your brain through your spine and exists between the vertebral levels is supplying the correct information to the organs and tissue cells of your body. If not, you have a subluxation. Most people are not aware that energy to their organs is being altered unless they are experiencing pain, numbness or muscle problems. If a subluxation is present, the body is unable to function normally and healing is impeded."

"Second is nutrition," said Dr. Gallagher. "We analyze your daily in-take of food to see if you are supplying your body with the essential vitamins, minerals and proteins necessary for the cells to live, function and replace themselves. If the cells that make up your organs are not receiving the necessary amount of nutrients, they will begin to break down and produce symptoms and disease. Blood work and urine analysis are not necessary unless your condition is well advanced or not responding to normal care. Through NRT, we are very accurate in determining what is lacking in your diet and can supplement it with whole food nutrition until your body recovers."

Many over the counter and prescription drugs mask the problem as well as cause damage and unwanted side effects to your body. Our focus is to approach healing as nature intended, not just drugging the body to cover up symptoms. It is our hope that along with your medical doctor, we can help reduce or eliminate your need for many medications as well as bring your body up to its optimal health by giving it the nutrients it needs to heal itself. That's why I believe so strongly in Nutrition Response Testing."

For more information about
Nutrition Response Testing®
and Gallagher Chiropractic:

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**HAVE YOU CONSIDERED
THE ALTERNATIVES TO MEDICATIONS?**

Allergies occur when the immune system overreacts to invaders such as pollen, grass, dust producing too many histamines. Histamines cause sneezing and wheezing, itchy eyes and runny noses. Building a healthy immune system through a program of proper nutrition and chiropractic adjustments is a great alternative to medications.

We can design a personal clinical nutrition program to meet your individual needs as well as provide outstanding chiropractic care!



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complimentary consultation.

732-291-5656

Nutrition Response Testing® Patient Success

Other patients have received amazing results. "I suffered from chronic tiredness and sinus problems. I routinely used an inhaler in order to breathe comfortably. Recently, I went on the Designed Clinical Nutrition program to cleanse my liver. This had a dramatic result. Almost overnight my feeling of well-being has drastically improved and maintains at this new level. I no longer have this "temperature" feeling I've had for a long time. My sinuses are better and I have not needed an inhaler. I am doing great energy-wise, too. I have not felt this good in years!" -Cal T.

"While undergoing your program, following your recommended dietary guidelines and taking the nutritional supplements, I noticed great improvement (almost from the outset). I have lost 40 pounds "effortlessly" and weight loss was not a goal I had for seeing you. The irritability has significantly diminished and allergy attacks are practically absent. The joint pains (especially my stiff feet) have gotten so much better . . . and my sex drive is returning. After just three months following the program I've got hormones again! My husband and I both thank you for that." -Deb C.