

## SHAPE SHIFT™ Evaluation:

Name: \_\_\_\_\_ Date of Screening: \_\_\_\_\_

### **RESULTS: Core Factors underlying most WEIGHT and SHAPE challenges.**

#### **Nutrient Deficiencies:**

When your body has all the nutrients it needs to make new cells (which is happening every second of your life), healthy cells are created, resulting in you looking, feeling, and functioning well – as Nature had intended. However, when one or more nutrients are low, your body has difficulty making healthy cells, and the stage for poor health and disease is set.

The following test results provide an *indication* of the status of a several important nutrient levels. There are other critical nutrients that should also be tested to get a clearer picture of your nutrient status. Note: The test results below are more meaningful when confirmed and correlated with other nutrient tests and health history.

#### **Test:**

#### **Concern:**

**Oxidata** (urine test)

This test indicates your levels of *Fat Soluble Antioxidants* (vitamin E, CoQ10, etc.) may be:

**Vitamin C** (urine test)

This test result indicates your level of *Vit C* may be:

**Calcium** (urine test)

This test indicates your level of *Calcium* may be:

**Zinc:** (taste test)

This test indicates your level of *Zinc* may be: (zinc is important for wound healing, energy production, immune function, and detoxification)

#### **Your Result:**

**Very Low** **Low** **Normal**

**Very Low** **Low** **Normal**

**Very Low** **Low** **Normal**

**Very Low** **Low** **Normal**

Regardless of your nutrient test results, you would most likely benefit from, and want to always begin with, a highly researched foundational nutrient formula to help fill your most basic daily nutrient needs. You'll want to utilize a formula that uses the correct form of each nutrient; incorporates chrono-nutrition; considers lower and more synergistic dosages; and also includes probiotics, and antioxidant mixtures.

*Mature Essentials* (available at our clinic pharmacy) is currently the best option to meet these needs.

#### **Excessive Toxic Burden:**

'New-to-Nature' chemicals are increasingly ending up in our food, air, water supply, homes, and eventually in our bodies. Our body attempts to neutralize and eliminate these poisons (using up critical nutrient resources). However, when our toxic 'load' exceeds our body's detoxification limit and they can no longer be safely eliminated from our body, the next best solution is to store where they will do the least harm – in our fat cells.

Since the amount of toxins that fat cells can 'store' is limited to the amount of fat in the fat cells, the body's wisdom alerts its *Shape Intelligence* centers to increase the amount of fat in our fat cells. It does this by increasing our appetite, especially for poor quality fats and carbohydrates ('cravings'). Additionally, our body preferentially 'burns' carbohydrates rather than fats, thereby increasing its fat stores further. The immediate problem is solved, though at the expense of our weight and shape.

The following test results provide an indication of the excessive toxic burden, especially toxic heavy metals (mercury, lead, aluminum, arsenic, etc.) and bio-toxins (chemicals, pesticides, plasticizers, phthalates, etc.). Note: The test results are more meaningful when correlated with other toxicity tests and health history.

#### **Test:**

#### **Concern:**

**VCS** (Visual Contrast Sensitivity)

Is this test positive for bio-toxins or heavy metals affecting your health and ability for your body to function properly?

**BIA** (Bio-impedance Analysis)

Does your body seem to be having trouble keeping up with its toxic burden? (ref: fluid distribution)

#### **Your Result:**

**Yes** **Possibly** **No**

**Yes** **Possibly** **No**

## Sleep Debt:

Studies show that the average American is getting about 1-2 hours less sleep each night than they did in the recent past. For those that are ensuring that they are reserving enough time in bed for sleep, many of them aren't getting the restorative sleep that their brain and body requires. Insufficient restorative sleep ('sleep debt') is epidemic and has been established as a significant cause of weight gain and shape challenges.

The following test results provide an indication of your sleep 'reserves'. Note: The test results are more meaningful when correlated with other data indicative of sleep debt.

### Test:

**HRV (Heart Rate Variability)**

### Concern:

Does this test indicate you are not getting enough restorative sleep to meet your daily needs?

### Your Result:

**Probably** **Maybe** **No**

## Unmanaged Stress:

Stress levels are on the rise, with more electromagnetic radiation and noise pollution, and a steady decline in physical activity and quality nourishment. Coupled with compounding sleep debt, "long days", and unnatural schedules, we continue to lose the stress game, shown to lead to heart disease, diabetes, hormone imbalances, and much more. The result? Deteriorating shape and weight gain that is difficult to reverse without increasing our stress resiliency by learning and implementing proven stress 'busting' techniques.

The following test results provide an indication of how well your body is responding and adapting to various stressors in your life. Note: The test results are more meaningful when correlated with other tests and health history, that reveal stress resiliency.

### Test:

**HRV (Heart Rate Variability)**

### Concern:

Does this test indicate that stress appears to be significantly impacting your health?

### Your Result:

**Probably** **Possibly** **No**

**Blood Pressures (sitting and postural)**

Does this test indicate that stress appears to be significantly impacting your health?

**Probably** **Possibly** **No**

## Overall Vitality:

Dr. Evans and Dr. Rosenberg at the Human Research Center on Aging at Tufts University demonstrated that "the body's decline (and weight gain) is due not to passing of years, but to the combined effects of inactivity, poor nutrition, and illness – much of which can be controlled." They then coined the term 'biomarker' to represent "key physiological factors associated with prolonged youth and vitality." Results from the BIA and HRV tests provide valuable biomarkers, or clues as to the progression of your aging process.

The following test results provide several key biomarkers that provide an indication of your overall vitality. Note: The test results are more meaningful when evaluating the trends of these values over time, like monthly or quarterly.

### Test:

**BIA (Bio-impedance Analysis)**

### Concern:

Does this test indicate signs of accelerated aging and declining health? (*ref: phase angle*)

### Your Result:

**Yes** **Possibly** **No**

**HRV (Heart Rate Variability)**

According to this test, your vitality, resiliency, and ability to adapt to stressful situations is:

**Low** **OK** **Good**

## DR. RICHARD POWERS