

Nutritional Wisdom and the Nutritional Deficiency Identification System

by James Henry, D.C.

Nutritional wisdom is the body's way to naturally select foods based on survival and instinctual health needs. There have been both animal and human studies to prove an idea called nutrition wisdom. In the late 1970's Dr. Frederick Provenza, a student at the time (now PHD from the University of Utah), observed that a herd of goats when let go in a large pasture would first sample all the plants in the pasture. When they developed a health problem they would feed on a large amount of particular plants from the previously sampled ones. Also, when they purposely infected animals with parasites they would consume anti-parasitic food that they had not consume before.

Another study performed by Dr. Clara Davis, a pediatrician in Chicago, exemplifies nutritional wisdom. She did an experiment by taking into her home fifteen children ages six to eleven months old. She gave them a choice of thirty-four foods. What they ate and how much was up to them. The study lasted six years. At first, the children did exactly like the animals in Dr. Provenza's study - sampled each food. But when a health issue arose, they would change their eating habits and food selection. Three of the children had rickets. As bad as cod-liver oil tasted they happily consumed a glass of cod liver oil at each meal. During an epidemic of infectious mononucleosis, there was an increase consumption of raw beef, carrots and beets as the children convalesced.

Nutritional Deficiency Identification System (NDIS) is simply an objective way to capture and record a sample of sixty-eight different foods that the body will select to improve its health and wellbeing. The articles, which I will send you in the next few months, are about people who have had the NDIS test and what we found they needed when previously diagnosed with various medical conditions. In contrast to many self-help health books, instead of a radical lifestyle change, that are often being reported to result in significant health improvements, taking a few supplements can have similar results. This is because the Wellspring NDIS test can identify the few missing or needed substances that the body needs like one's own nutritional wisdom.

For more information or sales contact:

James Henry 205-304-9581

wellspringNDIS.com

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