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## NDIS November 2006 Newsletter:

Whoops, I think I missed October, so I'm just going to do November instead.

The **Nutritional Deficiency Identification System** is fairly new technology. As time goes on, we will get better and better at applying the information learned from an exam.

I believe you can learn a lot about your nutritional needs from your first NDIS evaluation. However, I believe you can learn even more as you start to do repeat exams. As an example, let's say that on your first NDIS exam, your number one 'hit' was FenGre. FenGre is short for the herb fenugreek, and one of its uses is to thin mucous. It will often be a needed supplement in people with sinus problems, people who snore, people whose nose plugs up, etc.

So you take FenGre for six months, and then re-test. On this exam (your second NDIS exam), FenGre shows up as hit number 16, so far down the line, that the doctor doesn't include it as one of your recommended supplements. Six months later you re-test again, and this time FenGre is your number four hit. Can you see that we now have learned that your diet apparently doesn't provide you with some essential nutrient that you need that's in FenGre, and that it may be a nutrient that you will have to take at least periodically for the rest of your life? It truly is exciting to analyze repeat exams.

One other thing we find ourselves doing is 'customizing' repeat exams. Let me give another example. Let's say that one of your major complaints is varicose veins. You've been tested several times with the NDIS and taken the recommended supplements, but haven't seen much improvement with your veins. On your next exam, we may remove a couple of supplements that were way at the bottom of your 'hit-list', and replace them with a couple of new products targeted specifically to help varicose veins.

Remember that health is a journey, not a destination. It takes constant, responsible, and educated action to maintain it at its highest level. So once again, let me encourage you to stick with it. Take your supplements, drink lots of water, exercise daily, get regular chiropractic adjustments, think healthy, and don't forget the spiritual component of your being. It will be around a lot longer than your physical component.

Have a happy, healthy month.

Dr. Braun