

CHAPTER
three

what is nutritional balancing science?

Nutritional balancing involves an integration of scientific systems concepts both ancient and modern and is a formula for anyone who wants improved health. It focuses on the underlying stress response patterns in the human body, rather than chasing symptoms.

A healing system that draws from many branches of science, nutritional balancing incorporates knowledge from the fields of biochemistry, physiology, nutrition, stress theory, pathology, psychology, and ancient ones as well, like acupuncture. It also offers specific applications of hair tissue mineral analysis, diet, supplementary nutrients, detoxification protocols, and lifestyle changes to raise one's energy level as a means to restore balance.

Healing is a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates

DYNAMIC EQUILIBRIUM

This science is designed to restore healthier homeostatic states.³¹ Homeostasis is the process of maintaining internal system equilibrium or balance in the face of constantly changing conditions. In the body, the changing conditions might include your temperature, your energy level or even your mood. The body must keep itself balanced, heated properly, and be able to digest food in the face of a constantly shifting internal and external environment. The goal of nutritional balancing is to move the body from a less desirable homeostatic state to a more desirable one. By restoring homeostasis and energy production, nutritional balancing can improve your health and your vitality.

NUTRITIONAL BALANCING VS. TRADITIONAL MODEL OF MEDICINE

This paradigm differs from the conceptual model of traditional medicine because standard medical treatment names a disease or a condition and then prescribes a remedy or treatment. For example, if you have an ulcer, you are given medicine as a remedy to the health condition. In contrast, nutritional balancing usually does not need to name the condition, but rather seeks to understand the biochemical imbalances that are causing it. By correcting the biochemistry, healing generally occurs easily.

HOW DID NUTRITIONAL BALANCING DEVELOP?

Dr. Paul Eck, the founder of nutritional balancing was responsible for the research done in the area of nutritional balancing science. He read both textbooks of western and Oriental healing systems and realized that increasing a person's vitality was a key to healing. Nutrition was the most basic and powerful way to balance body chemistry. Dr. Eck primarily based his research on two of his most important mentors. They were George Watson, PhD, and Hans Selye, M.D.

DR. WATSON AND THE OXIDATION TYPES

George Watson, PhD, a researcher at the University of California-Los Angeles discovered and later coined the term fast and slow oxidizers, now a key term used in nutritional balancing. He believed that fast oxidizers, burned fats more efficiently, while the other group, slow oxidizers, burned carbohydrates more efficiently. He used the word oxidation because it referred to the burning of calories in the body.

However, his most important work was his brilliant manner of correcting the oxidation rate. He employed dietary modifications and simple supplements to bring balance to the body. He ascertained that a high fat diet slowed the oxidation rate, whereas, a diet higher in protein and carbohydrates and lower in fats and oils enhanced or sped up the oxidation rate.

Moreover, he found that nutritional supplements including calcium, magnesium, copper and vitamins A and D in certain dosages tended to slow the oxidation rate. On the other hand, he found that sup-

plements such as vitamins B complex, C and E, zinc and manganese increased the oxidation rate.

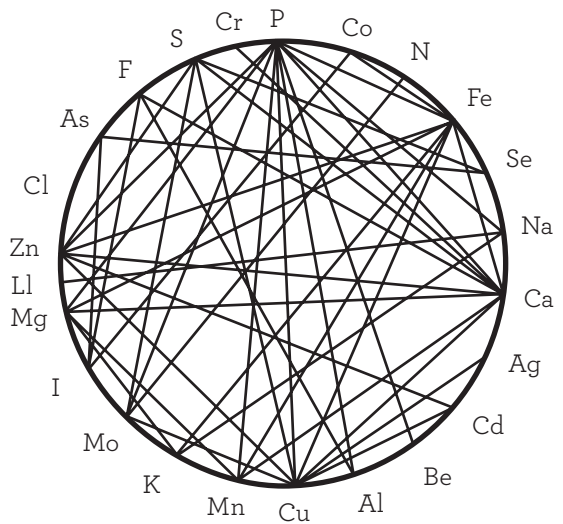
Additionally, Dr. Watson observed that when the oxidation rate became balanced, a person's energy level improved drastically, showed significant improvement and an array of both physical and emotional symptoms disappeared. Yet, if a person stayed on one formula and one diet too long, the oxidation rate would over correct and symptoms would reappear. He learned that he needed to shift the diet and supplements to adjust the oxidation rate back to its ideal state. This concept was later adopted by Dr. Eck and used as part of this regimen.

DR. SELYE & THE STRESS THEORY OF DISEASE

Dr. Hans Selye, M.D. was a brilliant and accomplished researcher who was credited with the stress theory of disease. He learned that the body reacts to stress in specific states, which he called the general adaptation syndrome and stages of stress.^{32,33}

These three stages of biochemical stress include—alarm, resistance, and exhaustion. The alarm stage is considered an early stage of stress in which the body fights back against stress. The resistance stage occurs when the body can no longer maintain an alarm stage, but can resist stress. Lastly, is the exhaustion stage of stress, which occurs when the body has exhausted its energy reserves and can no longer resist stress very well. This discovery has placed his research into mainstream physiology books.

Dr. Eck incorporated Dr. Selye's research in the nutritional balancing program. Additionally, foods, vitamins and minerals, rest and sleep, lifestyle changes and detoxification protocols are used to help restore the body's ability to respond to stress. (See Appendix A and B for additional information.) These modalities can help shift the body to adapt in ways that will promote health, using nutrition as a method to adjust the body in a direction—of equilibrium and thus, healing.³⁴ After years of research, Dr. Eck then synthesized all of these scientific concepts, along with his own extensive and far reaching research, to provide an extraordinary framework for nutritional balancing science.



MINERAL WHEEL