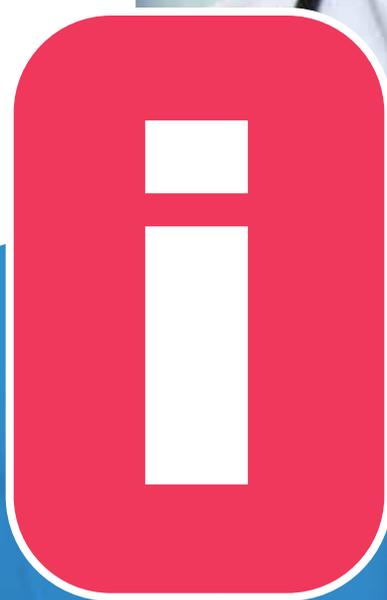


healthy & active
The Nutritional Program

Information
for
Practitioners



Our Individual
Nutritional Program
for Your Practice



It all started with an idea...

Hippocrates once said, “**Your food is your medicine**”.

This phrase has been food for thought throughout my 25 years of practicing naturopathic medicine.

I had worked with D’Adamo’s blood type diet for a long time. While a good starting point, it was not individual enough in my opinion, particularly for overweight patients.



I studied the research from Harvard University, with great interest. Metabolic experts discovered that our metabolism still operates today as it did in the stone ages. An adjustment to today’s nutritional and exercise habits, has not taken place yet; therefore the usual nutritional recommendations were only useful in respect to metabolism in general. I was missing the individual approach.

Working with blood chemistry on a daily basis made me aware that every person, conditioned by their genetic make-up, and life circumstances has a personal metabolic profile. I had finally found the key: the basis of individual nutrition.

At first I started developing individualized nutritional plans just for my own patients. Then I offered it to practitioners visiting my lab seminars. Determining foods that fit the metabolism and genetics of the individual patient was very time consuming. While it gave me great pleasure, with the responsibility of a busy practice, it was too time-consuming for the long term. Creating a computer program to gather information helped to streamline and lessen the work effort.

Over time it was interesting to observe that more and more patients came to my practice just to participate in the **healthy & active** program in order to lose weight. Patients became aware of my practice through the success of their friends and colleagues and I experienced a considerable increase in patient volume. Practitioners using my **healthy & active** program reported the same experience: new patients who had never before consulted with a naturopath but wanted to look, and feel like their friends.

Authored by **healthy & active** founder and naturopath, Lothar Ursinus.

Taking the guess work out



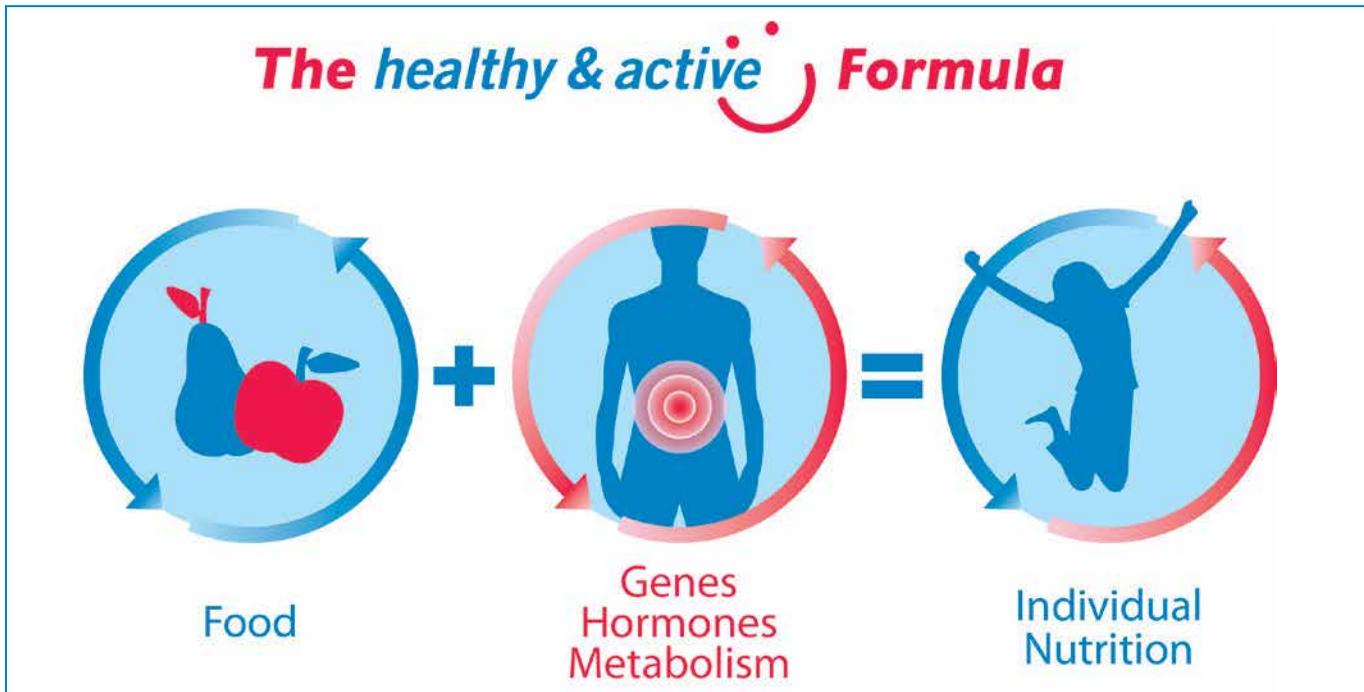
Dr. Audrey
Sasson, ND

healthy & active has taken away the guesswork. It is the only customized program based on the weight, height, allergies, current medications and blood chemistry of the individual. If no two people are created equal then why should everyone be eating the same foods?

Feeling better than ever before

I am a ballet dancer who has trained overseas and am currently training in Chicago. I have been on the **healthy & active** program and want you to know I find it is absolutely amazing! I am so thankful. It has completely changed the way I view nutrition. I am much more health

What is healthy nutrition?



There are plenty of books on the subject of proper nutrition. You probably have read many of them and were surprised that the recommendations were often different and in some cases contradictory. Who is right? How should we eat to stay slim, vital and healthy?

Books on weightloss are usually based on food chemistry without considering an individual's unique requirements. There is a lot of truth in the saying 'One man's food is another man's poison.' These books and diets do not address, or acknowledge, that each person has unique food requirements to keep them optimally healthy.

Healthy nutrition has to take your own metabolism into consideration in order to determine the way your food is being processed.

The metabolism is defined by the hormone system, the autonomic nervous system and your genetic makeup.

Your metabolism is the driving and life-sustaining force behind your body's energy. It is vital to transform and transport all nutrients needed by our body's cells to exist and to produce energy. Its objective is to detoxify the body and deliver the building material to develop and repair our organs.

Healthy Nutrition:

- is derived from the interaction of food and metabolism
- is individual nutrition

healthy & active is the best way to achieve individualized nutrition. Your metabolism is determined by: hormone system, autonomic nervous system and your genetic makeup. Your individual nutritional plan will take all of this into account.

The healthy & active Metabolic Analysis

The metabolic analysis is the basis of our individual nutritional program. The results of 42 chosen blood parameters are determined in the laboratory. Those values are interpreted using conventional medical and naturopathic (integrative) perspectives.

The correct interpretation of the laboratory values provides the basis for an ideal metabolic treatment. Every practitioner receives, together with the nutritional plan of the patient, recommendations on how to access the metabolic state of their patient. The practitioner will also receive optional therapeutic recommendations for supportive treatment.



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Complete blood count

Leucocytes	5,0 /nl	3,9 - 10,0	
Erythrocytes	4,2 /pl	3,8 - 5,2	
Haemoglobin	13,3 g/dl	12,0 - 16,0	
Haematocrit	0,38 l/l	0,35 - 0,47	
MCV	90 fl	82 - 98	
MCH	32 pg	28 - 32	
MCHC	36 g/dl	32 - 36	
Thrombocytes	160 /nl	140 - 440	
seg. Granulocyten	62,8 %	50,0 - 70,0	
Lymphocytes	26,6 %	25,0 - 40,0	
Eosinophils	2,3 %	1,0 - 5,0	
Basophils	0,5 %	0,0 - 3,0	
Monocytes	5,8 %	2,0 - 8,0	

Biochemistry

Potassium	3,9 mmol/l	3,5 - 5,1	
Sodium	139 mmol/l	136 - 145	
Calcium	2,34 mmol/l	2,2 - 2,65	
Magnesium	0,78 mmol/l	0,65 - 1,07	

Information for Practitioners

The metabolic analysis examines:

- Organ activity
- Hormone activity
- Carbohydrate metabolism
- Insulin resistance
- Diabetic metabolic status
- Diabetes mellitus
- Protein metabolism
- Fat metabolism
- Important minerals
- Metabolic state: anabolic or catabolic dominance
- Acid-base balance
- Metabolic processing type (carbohydrate, protein, mix type)

Your individual nutritional program

With our **healthy & active** nutritional program, your patients will be able to lose weight in a medically sound fashion and/or optimize their metabolism.

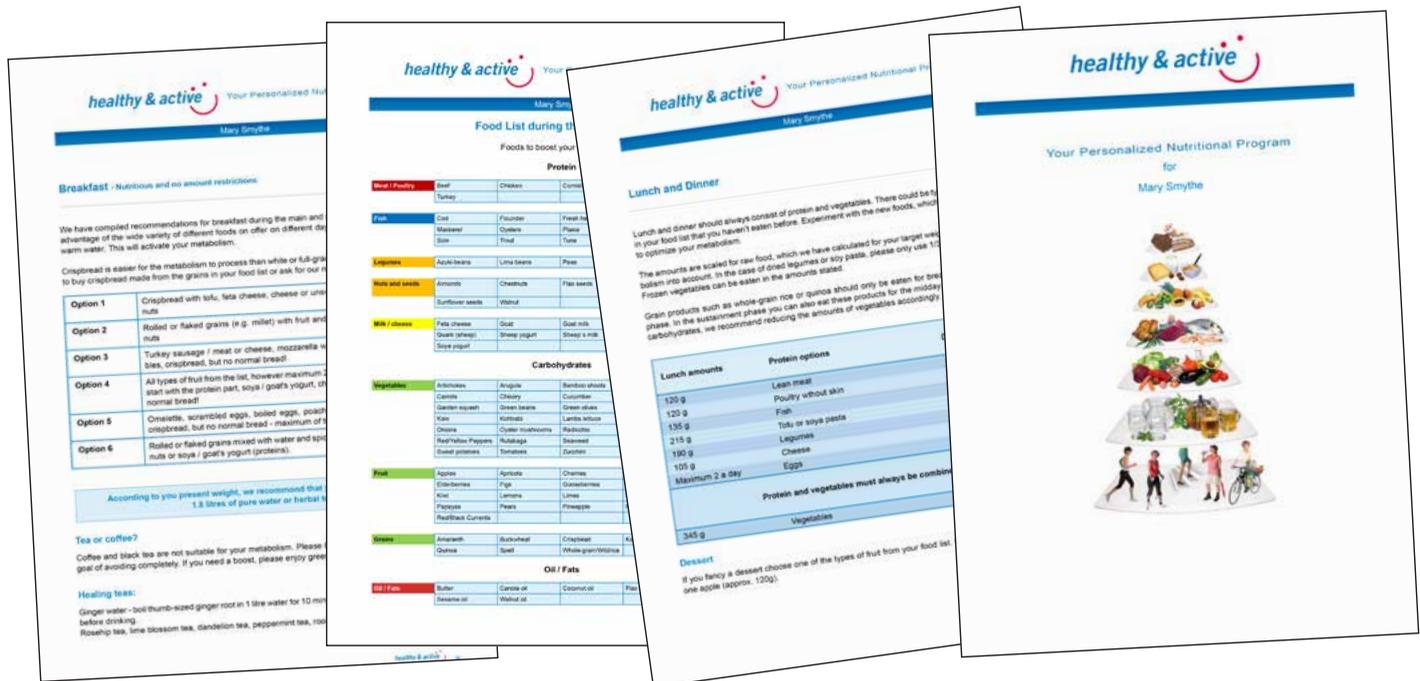
The personal nutritional plan consists of 30 pages.

Information for the patient:

- Individualized food list
- Recommended amount of fluids
- Breakfast suggestions
- Food quantities for lunch and dinners
- Notes on metabolism
- Guidelines and cooking tips

Information for the practitioner:

- Interpretation of the metabolic analysis
- Notes on recommended remedies
- duplicates of the most important patient pages



healthy & active in your practice

The personal nutritional plan is computer generated by interpreting practitioner-inputted data. The software was developed specifically for **healthy & active**.

As a registered **healthy & active** practitioner you will find it easy to create and print the nutritional plans on your computer.

Patient support and monitoring should be conducted according to your practice's organizational structure. We recommend setting up three appointments with your patient:

1. Short consultation and drawing of blood samples or sending patient to the lab
2. Explanation of metabolism and nutritional plan
3. Check up in four weeks after starting program

If the patient has questions, we also suggest an open line of communication via telephone or email.

Some practitioners offer **weekly group meetings** or cooking events for their **healthy & active** patients. It is always helpful to invite newcomers, as this may generate an exchange amongst the participants.

Profitability

Our healthy & active nutritional program may attract many new patients and help you increase your income.

healthy & active is a useful tool for addressing metabolic and nutritional imbalances in any practice. Furthermore it can aid and support many other treatments offered in your practice. Many of our practitioners are using **healthy & active** a fundamental protocol in their clinics.

For more detailed information on our recommended fee structure, please feel free to contact us at: info@healthy-active.com

There is **no** membership fee to use **healthy & active**. It is a pay as you go system. If you choose to use the program, you will receive:

- free portal access to the internal area of **healthy & active** with the latest information for practitioners only
- support from the **healthy & active** team
- assistance in all therapeutic inquiries
- access to the password protected area in which you can generate your own nutritional plans
- your contact details will be searchable (if you choose) on our website to help future **healthy & active** patients find you
- you will profit from any PR-activities created by **healthy & active**, this can be an effective way to find new patients.
- you can publish your own **healthy & active** events, perhaps, weekly talks or cooking **demonstrations**
- our advertising material and our **healthy & active** logo may be used for your personal advertising



Become a healthy & active practitioner

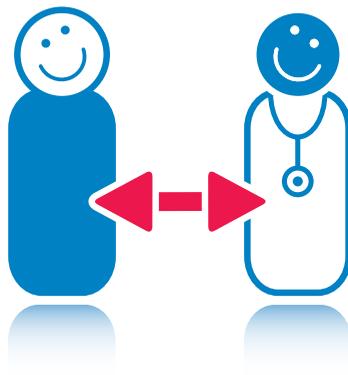
The **healthy & active** program is offered only by **healthy & active** certified naturopathic doctors, medical doctors and in special cases nutritionists. We teach you, via a one-day seminar or webinar, about the scientific background of the program and how to implement it. Once completed, you will receive your certification and be immediately qualified to offer the program to your patients.

We have scheduled all of our practitioner training sessions for the year, including the opportunity to access a recorded version, if none of our dates are convenient. You will find the dates on our website under www.healthy-active.com/upcoming-seminars.



An ounce of action is worth a ton of theory!

You have the option to experience the program yourself. Contact us to find out how. Personal experiences will make you your best advertisement. You can then tell your patients how effective the nutritional program may be on their metabolism and well-being because you tested the program yourself.



What else is there to do?

Would you like to benefit from all the advantages of **healthy & active**?

- offer a nutritional program that is unique-to-the-individual
- offer a great fundamental therapy
- attract new patients
- increase your income

Register now for our next **healthy & active** educational seminar!

Would you like additional information? Our **healthy & active** team is looking forward to hearing from you.

Phone: 416-440-2127

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healthy & active

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