

My Story

Now, more than ever, we need to invest our healthcare dollars into solving health issues rather than covering them up. The traditional healthcare system does not use preventative strategies as part of their medical model. They wait for a disease to happen before they act.

Have you gotten caught in this healthcare merry-go-round? I did. In 2002, I was a picture of health from the outside but inside, I knew that something was terribly wrong. I had back and neck pain. Sciatica that was so bad that at times I couldn't walk for days on end. My stomach would bloat every time I ate. I was cranky and moody. My knees would creak and hurt when I would climb stairs or take a walk. I had pancreatitis and abdominal pain. I couldn't sleep through the night without getting up several times to go to the bathroom. I was fairly young, but I felt like I was dying—so much so that I purchased an insurance policy on myself.

I went to several doctors looking for answers. I had CT scans, MRI's, blood tests—everything under the sun. I knew my thyroid wasn't working correctly, but conventional tests showed that nothing was wrong. No one could help me and I grew increasingly distraught. I thought that my health was going to continue to deteriorate and I didn't want that! During this time I was working for a group of doctors. I asked for help, but no one could. And it was no wonder... I watched the way they cared for their patients. They weren't looking for the underlying cause of disease. They were prescribing medications to cover up the disease process.

I did find out I was part of a growing number of people who wanted to be treated a different way. They wanted real answers. They were looking for natural ways to support health and treat aches and pains. How do we restore our health to its former vibrancy without resorting to prescription medications? Most doctors are not trained in nutrition. If asked about nutrition intervention, I heard them tell their patients that nutrition and supplementation does not help—it's hogwash. Diet and nutrition would not change a thing! I didn't believe them. Their tool boxes were filled with prescription medications, not healing nutrients. Wellness is not found in one single isolated item-like a drug. In the United States, we are 5% of the world's population and yet we take 60% of all the drugs produced in the world. If the prescription medication model was working, wouldn't we be the healthiest

population on earth? In reality, we are ranked near the very bottom. We are one of the unhealthiest nations on the earth and yet we spend more dollars on healthcare than any other country. Something is wrong with this picture.

I wanted to be part of the solution to this problem, so I decided to quit my job and go back to school. I already had an undergraduate degree in biology and went back to school to become a nutritionist. My journey took me through many twists and turns as I chose to stay away from the conventional medicine model and chose a whole nutrition approach to my education.

After finishing my education as a nutritionist, I had a very fortuitous turn of events happen. My mother-in-law, who at the time was 82 years old and a picture of health, fell while doing step aerobics. She landed on the step behind her and it broke her back. She needed care and I started taking her to her doctor's appointments. One of the doctors she was seeing was a chiropractor who was trained in Nutrition Response Testing (NRT). She had changed my mother-in-law's health in a dramatic way. My mother-in-law had had asthma her whole life. For 10 years straight, she would spend each fall and spring in a hospital bed. Her asthma was so bad that it would turn into pneumonia. Sometimes it would become deadly and she would be fighting for her life. After beginning Nutrition Response Testing with her chiropractor, she no longer needed her breathing treatments. She also no longer ended up in the hospital every spring and fall and began to experience vibrant health. I took her to her chiropractor and I was able to watch the amazingly simple technique that was used to get her well. I was hooked! I went home that night; looked up the technique and found out where I could be trained.

Nutrition Response Testing is powerful! It allows us to look at what is stressing the body and it gives us information to design a plan to bring you back to health. It worked for me and it has worked for hundreds of my patients. I look forward to helping you, too!

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