

FUNCTIONAL BIOCHEMISTRY is the method by which any number of symptoms can be corrected using natural nutritional supplements.

The body uses the food that we eat and converts it into the stuff of ourselves. We use enzymes to break the food down into the constituent parts and other enzymes to rebuild it into cells and chemicals. We have other enzymes that breakdown the cells and chemicals, when we have finished with them.

If the body can get all the nutrients it needs it should remain healthy. Symptoms appear when the body does not have sufficient nutrients to both make and breakdown those chemicals and cells.

We become short of nutrients for a number of reasons:

1. We are not getting enough from our food.

This can also be for a number of reasons.

- We are not eating a good diet.
- The food is not getting sufficient nutrients because the soils are becoming deficient.
- Modern farming practice encourages the wrong foods to

be eaten by animals, e.g. grain rather than grass.

- Food processing removes some vital nutrients from food.
- Fruit is picked unripe and stored so that it never reaches its full complement of nutrients
- As we age we do not digest and absorb all of the food that we eat

2. We need more of a particular kind of nutrient than other people.

- People talk about the recommended daily allowance RDA, as if we all have exactly the same needs. This is simply not true. Depending on activity, body size, metabolic rate, we all have different requirements of calories, and so it is with the minerals and vitamins.
- We are all born with enzymes, that don't work as well as they should. They may be made to work but only by using more nutrients. This enzyme problem is frequently inherited, which is why certain diseases tend to run in families.

3. We are exposed to many artificial chemicals that our bodies have to

breakdown, we need extra nutrients to break these down.

It's my job to find out just what nutrients are lacking for each person, to correct that deficiency so that the symptoms should disappear. I can't promise that I can successfully treat everybody but because what I do looks at what each individual's body specifically needs then, theoretically, it is possible to treat any illnesses.

Functional Biochemistry is a branch of Applied Kinesiology; it uses changes in muscle tone as a diagnostic tool rather than blood tests. It looks odd if you haven't experienced it before but it works. Muscle testing can also be used to find out allergies, what imbalances exist within the body, what nutrients put those imbalances right, and in what quantity. I do the muscle testing but it is the individual's body that is informing me what it needs. Again that sounds odd, but animals know instinctively what they need; dogs eat different grasses depending on the smell of their urine, birds choose to change their diet by the season. When we humans grew our big intellectual brain we lost touch with that instinctual knowledge, but the part of the brain that informs the animals is still there in us; it's just a question of tapping into it.

Did you now:

- zinc is a an essential ingredient in 300 known enzyme reaction within

the body its currently estimated that about 98% of the western world are deficient in zinc.

- we cannot use the vitamin B group in the form that we eat them, we have to activate them. Enzymes that activate one vitamin need other activated vitamins, so it's easy to develop a cascading problem because one enzyme doesn't have sufficient nutrients to make it work, which goes on to affect another, and another.
- if you live in a hard water area you may not be getting enough magnesium. Magnesium is an important constituent of bone. And its necessary to be able to use calcium effectively. So magnesium deficiency is also a cause of osteoporosis.
- since 1930 more than 75,000 synthetic chemicals have been produced. We can only break these chemicals down by using our precious nutrients
- the omega 3 fatty acids are good for joints and digestion. Of course, there good for learning and memory too.

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Nutrition and allergy correction: Chris Astill-Smith. Osteopath who trained and developed nutrition practice to improve osteopathic correction. Established Metabolic's to ensure supplements were in the purest and most absorbable form. Trains and treats people world wide.

Institute for Neuro-Physiological Psychology: established 1975, researches into the effects Central Nervous System dysfunction has upon children with learning difficulties and develops appropriate remedial exercise programmes. Has trained therapists in most countries world wide.
www.inpp.org.uk

The Listening Programme: developed by a team: medical doctor, sound, speech and neuro-developmental therapists, composers and musicians. Developed by NACD, based primarily on Tomatis' theories, using modern technologies, as a home based programme.
www.nacd.org



Do You Have ANY OF THE FOLLOWING SYMPTOMS AND WOULD PREFER NOT TO USE PHARMACEUTICAL DRUGS?

- **Chronic Tiredness/ME**
- **Poor Digestion/Irritable Bowel**
- **Eczema/ Asthma**
- **Poor Memory/ Poor Concentration**
- **Learning Difficulty**
- **Joint stiffness, pain**
- **High Blood Pressure**
- **Recurrent Infections**
- **Fibromyalgia**
- **Infertility**
- **Hormone Imbalance/Bad Menopause**
- **Blood Sugar imbalance**
- **Depression/Anxiety**
- **Many other conditions**