

# Body Chemistry Balancing Solutions...the starting point to individualized health.

By Kent MacLeod, B.Sc.Phm.

**“I feel better at age 51 than I have ever felt in my entire life!”**

Caroline

**“I have my life back...I am an active, vital person, interested in life again.”** Elaine

**These women sound pretty happy...now. But it wasn't always this way.**

When I first met Caroline\*, she was suffering from a chronic lack of energy, had thyroid disease, odd skin rashes and occasional bouts of depression. Elaine was not functioning at all: her biological clock was completely off, keeping her awake at night, and in bed during the day. Both of these women had seen doctors, and yet did not feel well.

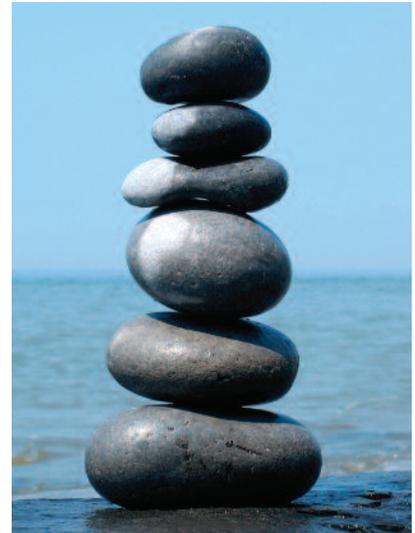
I meet people like this, men and women, everyday. Here's what I hear:

- I don't feel like myself anymore.
- I don't have the energy to enjoy my life.
- I'm taking antidepressants, so why don't I feel better?
- I don't like taking pills, so why am I taking so many?
- I've seen a doctor, but he says there's nothing wrong with me.

**Is this how you feel? Do you miss feeling well?  
Do you want to feel like yourself again?**

It is possible to feel well again. You can **enjoy life**, instead of just surviving. Imagine what life would be like if you felt well again... Would you travel? Change jobs? Play sports? Get out of the house more? How would your relationships change?

**How do you get better?** Well, let us consider why you don't feel well. In my experience, regardless of whether you've been diagnosed with a disease (or diseases), or whether you're just experiencing a lot of apparently unrelated symptoms, the main reason you don't feel well is... There are underlying **nutritional or hormonal issues that have not yet been detected causing your *body chemistry to be unbalanced.***



**“...whether you've been diagnosed with a disease (or diseases), or whether you're just experiencing a lot of apparently unrelated symptoms, the main reason you don't feel well is... There are underlying nutritional or hormonal issues that have not yet been detected causing your body chemistry to be unbalanced”.**

Read on...

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## An unbalanced body chemistry can...

- lead to fatigue
- cause mood and anxiety issues
- trigger vitamin and mineral deficiencies
- affect nutrient absorption and gastrointestinal health
- worsen your ability to deal with stress and fight infection
- create hormonal problems in both women and men
- ultimately, can lead to disease.

### How do you find out if your body chemistry is not balanced?

With a powerful assessment tool called the Body Chemistry Balancing (BCB) Test. Over 60 laboratory tests are run on your blood and urine to give a comprehensive overview of your body chemistry.

If would be wonderful if we could just look inside our body, like we look under the hood of a car, to see when we're low on something or when a part isn't working properly.

This is what NutriChem's BCB test does - it looks inside your body for you - it tells you what parts of your metabolism are working properly, what parts need more support, and what critical nutrients you are missing. Combined with an extensive health questionnaire that considers your lifestyle, work, diet, exercise, toxins and medications, the BCB test looks beyond your symptoms and identifies those underlying metabolic issues to get to the root cause of your body's imbalance.



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The BCB test revealed that a women who had visited an emergency department three times in one week with severe abdominal pains and itchy rashes was gluten intolerant and malnourished, despite having a healthy diet.

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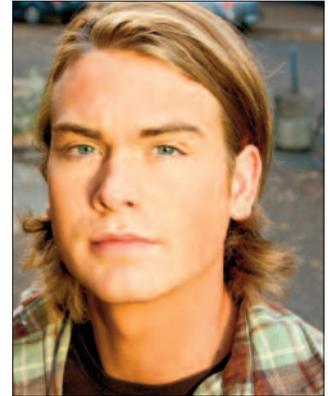
The Body Chemistry Balancing Tests			
Biochemical component	Importance	Measured in Blood	Measured in Urine
Antioxidants	Low levels of plasma antioxidants are associated with increased oxidative stress and a variety of degenerative diseases.	✓	
Vitamin D	Vitamin D works with calcium to help build and maintain strong bones. Vitamin D reduces the risk of developing at least 18 types of cancer, cardiovascular disease, diabetes, and bacterial and viral infections. It is important to have optimal levels of this crucial vitamin.	✓	
Hormones	Critical for growth, reproduction, blood clotting, immune function and bone health. As we age, hormone levels decrease, causing multiple symptoms.	✓	
Urinary Organic Acids	These markers provide valuable information about energy production, neurotransmitter function, gastrointestinal health as well as vitamin and enzyme deficiencies. On a functional level, organic acids are used to analyze the metabolic effects of vitamin deficiencies, toxic overload, neuroendocrine activity and intestinal dysbiosis (bacterial or fungal overgrowth).		✓

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Consider the case of Erin: She had been diagnosed with high blood pressure and elevated cholesterol. Her doctor recommended diuretics and statin drugs. But Erin decided to do the BCB first - "My testing at NutriChem revealed low magnesium as well as other deficits all impacting heart function, i.e. Coenzyme Q10 and vitamin E...I was able to find causes, not merely medicate symptoms..."

Or Caroline: "The results showed that my hormones and brain neurotransmitters were unbalanced, and that my body was deficient in antioxidants and various vitamins and minerals. It was no wonder I didn't feel well. More importantly, Kent was immediately suspicious that I was gluten intolerant ...and to my surprise the results came back positive."

Once the imbalances are identified, we can work to correct them. One of our health professionals qualified in body chemistry balancing will meet with you for a half hour consultation. We'll go over the results with you, answer any questions you may have, and develop a proactive plan of action to improve your health. We will find a solution for you, unique to your chemistry and your health issues.



**BCB testing identified a major B-12 deficiency in a young man. His body reacted just as a car would without gas.**

**Here's what others have to say about the BCB test and consultation:**

"I have lots of energy. My concentration has improved and I have a new outlook. I haven't felt like this in a very long time." – Janet

"I feel great." – Kim



"Thank you...for the great work you do and for putting me on the road to optimal health and vitality." - Charlotte

"I feel much better...with much less pain...I can't believe how normal I feel." - Mary

If you're ready to discover how nutritional and hormonal issues are standing in your way and you want to find out how you can start enjoying life again, I urge you to call our clinic today.

**The BCB test revealed an imbalance caused by synthetic hormones that has caused a woman's mood and sleep problems.**

**I want to help you feel better again, to feel well...  
Let's make it happen.**

**Call our biomedical clinic now at 613-721-3669  
to get started on the road to better health.**

\*Names have been changed to protect privacy.

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## NutriChem Compounding Pharmacy and Clinic

NutriChem has one of North America's largest compounding pharmacy centers, and has worked with over 20,000 families worldwide using its orthomolecular approach.

NutriChem Compounding Pharmacy and Clinic is accredited by the Ontario College of Pharmacists (OCP) and is a member of the Professional Compounding Centers of America



(PCCA). **Kent MacLeod, Biochemist and Clinical Pharmacist**, is an author and a specialist in women's health issues, is the recipient of the Distinguished Practice Award as well as the Outstanding Award for Innovation.

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**You're unique. Your health solutions should be too.**



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