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EAT RIGHT *SARA B. HANSEN*

By SARA B. HANSEN

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Bill and Tammy Jenkins want you to be healthy.

And to achieve that they want to help you eat a healthy diet full of whole foods. They also want you to reduce your carb intake, eliminate processed foods and throw away your vitamins.

Yes, vitamins, the synthetic ones sitting in your medicine cabinet that you can find on most store shelves.

The Fort Collins couple, who own Natural Health Center of the Rockies, instead want you to use natural nutritional supplements that provide quality nutrients in natural forms that are easily absorbed by your body.

"Optimal health is within your grasp," said Bill Jenkins, a chiropractor and physical therapist. "What you eat, the supplements you take - that's where you want to spend you health-care dollars."

To get started, the couple provides a personal assessment and evaluation that includes a symptom survey, heart rate variability testing, body fat analysis and nutritional response testing.

The nutritional response testing is what most people will find new and unusual. Rather than analyze blood or urine samples, Tammy Jenkins, a registered nurse and clinical nutritionist, tests muscle response by using acupressure points and samples of supplements kept in glass bottles.

Gina Leuthauser, a 37-year-old mother of three from Loveland, was skeptical at first. But the testing clearly showed what she needed to add to her diet.

"I'm a believer now," she said. "I've seen the results."

Stephanie Anderson, 54, Fort Collins, started seeing the couple three months ago because she wanted help pinpointing her specific nutritional needs. She already was taking Standard Process Inc. supplements, which Natural Health Center sells, but wanted to make sure she was taking the right amounts.

She said the nutritional response testing is a great way to show a patient what she needs. "Your nervous system knows what you need and you get to experience that," she said. "It's very different from someone telling you what you need. You learn to tune in and let your body communicate. You become more aware of what your body needs."

Leuthauser, who has been going to Natural Health Center of the Rockies for a year, said working with the Jenkinses has helped her become more aware of how what she eats affects how she feels and her overall health.

"I am healthier and I feel like I have more energy," she said.

Anderson discovered she was taking supplements she didn't need and that she wasn't taking enough of some supplements her body craved.

As the author of Selene River Press's "Put Your Money Where Your Mouth Is! A guide to healthy food shopping," Anderson said she started with a healthy diet. But adding the right supplements has made a big difference.

"I feel my system is working more efficiently. I have more energy. I'm sleeping better," she said. "Tammy's introduction of the right nutritional supplements will help me reach the finish line."

And that's what Bill and Tammy Jenkins want to offer all their patients - a chance to achieve optimal health.

"Your body is amazing," Tammy Jenkins said. "It's totally possible for your body to repair itself with the right nutrients."

Natural Health Center of the Rockies

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· Owners: Bill and Tammy Jenkins. Bill, a chiropractor and physical therapist, and Tammy, a registered nurse and clinical nutritionist, offer periodic lectures at their office. The sessions are designed to provide information about their services and how a healthier diet is a building block for a healthier life. Lectures are scheduled for 7 p.m. April 16 and 7 p.m. April 30 at their office.