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A confirmed skeptic tries something new

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When I was contacted by Bill and Tammy Jenkins about Natural Health Center of the Rockies, I was intrigued.

When I arrived at their office and discovered exactly what Nutrition Response Testing was, I was skeptical.

It all just seemed a little hokey and "New Agey" to me.

Then I felt how my body responded when Tammy tested me. I could actually experience for myself how certain nutritional supplements made a difference.

So I'm trying it.

The first week I was there, she identified my key problem as my adrenal glands. It wasn't a surprise to me that my body was too busy pumping out adrenaline. In the past month, I moved into a new home and switched in a new job here at the Coloradoan. Stress, yeah, I've got stress.

So she suggested I try a supplement that would help with that. After taking it for a week, I think it is helping. Keep in mind though, it can take as long as six months to see any benefit when you make dietary changes.

The second time I visited the office, my adrenal glands were better, but my sinuses were out of whack because I was clearly coming down with a cold.

This time she suggested taking an increased dose for the adrenal glands, as well as adding supplements to boost my immune system and adding one that provided vitamins A, C and K. Yep, K. I'd never heard of it either, but it's supposed to help your circulatory system and if that means I will have fewer bruises, I'm all for it. And after taking just two doses of the immune system booster, I feel like I'm at the end of a cold instead of the beginning.

I'm planning to keep consulting the Jenkinses. After all, I need to improve my diet and lower my body fat. I'll keep you posted.

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