



Become your own Nutritional Genius.

What you eat has a direct impact on your health and how you feel. Food can act as a medicine or a poison in your body. Some of us (more of us than you might think) do not handle certain foods well due to our genetic makeup or food sensitivities - even foods that are widely accepted as “healthy”. This can cause both uncomfortable symptoms and the development of disease, because the systems in our body that maintain our health break down with repeated exposures to these foods.

So how do you find out what foods your body doesn't handle well? This is where the Nutritional Genius tests from xR comes in.

xR harnesses "the power of knowing you™" to help each patient restore what their body is missing and to determine what foods to eat in abundance, moderation and what to avoid.





Health History (Secure Online Reporting)

Profile

1. General History
2. Quality of Life
3. Quality of Life - B
4. Quality of Life - C
5. Social History

This is a complete detailed history focusing on your main concerns, family history, and ways to improve quality of life.

GEMS DNA Test (Cheek Swab)



This test provides insight into crucial body functions that are related to our every day quality of life. These include how your body processes foods, detoxification, immune function, mood balancing, bone health / density maintenance, controlling inflammation, energy production and maintaining DNA— just to name a few!

Food Sensitivity Test (Finger Prick)



This test will help you identify which foods are safe for you to eat and which foods will likely make you feel worse. Even the best whole, natural and organic foods may not be good for you if you are sensitive or allergic to them.

Nutritional Genius Report

(Food Guide + Supplement Recommendations)



Based on the results from this test, you will receive personalized:

Custom Food Report: Your results include a guide on what foods you should be eating in abundance and moderation, and what to avoid - based on your individual biochemical makeup.



Custom Supplement Pack: Your results also provide recommended nutraceuticals to support your personal biochemistry where genetic SNP's (misspellings) are discovered.

Health Coaching



Knowledge without action has no power! xR can either provide health coaching to your patients, or train and work closely with a health coach you have on staff.



Who is the Nutritional Genius program for?



We believe everyone should have their genetics tested and incorporate the findings into their daily lives. And if you are experiencing any of the following conditions or symptoms, we *highly* recommend you get tested.

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- Migraines
 - ADD/ADHD
 - Autism/Asperger's
 - Autoimmune Conditions
 - Chronic Fatigue Syndrome
 - Sleep Disorders
 - Joint Pain
 - Acne
 - Weight Gain
 - Bloating
 - Depression / Anxiety
 - Heart Disease
 - Parkinson's
 - IBS / Digestive Function

Preventional Eating + Weight Loss

The need-to-know food report before choosing any diet strategy.



The Nutritional Genius test is foundational to any effort regarding nutrition. This is certainly true with regard to weight loss. The Nutritional Genius evaluation can reduce inflammation in the body as well as reduce anxiety which can lead to nervous eating. Superimposed on top of the Nutritional Genius report are other filters with regard to food, such as minimizing foods with a high glycemic index and defining caloric content. It is no wonder that people who do the Nutritional Genius evaluation, and eat based on it's results, tend to lose weight with minimal effort.

FAQ

What foods are being tested?

There are two tests that make up the Nutritional Genius program, the Food Sensitivity Test and the GEMS™ DNA Test.

The GEMS DNA Test, does not test specific foods. We are looking for classes of foods that your body may have trouble breaking down. Genes give us insight related to enzyme activity in your body and how your body processes certain foods. The foods you eat impact many bodily functions including: detoxification, metabolism, immune function, controlling inflammation, energy production, mood balancing and maintaining DNA.

The Food Sensitivity test analyzes the following foods:

- Almond
- American Cheese
- Apple
- Apricot
- Asparagus
- Avocado
- Baker's Yeast
- Banana
- Barley
- Beef
- Beet
- Blueberry
- Brewer's Yeast
- Broccoli
- Buckwheat
- Cabbage
- Cane Sugar
- Carrot
- Casein
- Cauliflower
- Celery
- Cheddar
- Chicken
- Chocolate
- Clam
- Cod
- Coffee
- Corn
- Cottage Cheese
- Cow's Milk
- Crab
- Cranberry
- Cucumber
- Egg White
- Egg Yolk
- Garlic
- Gliadin
- Gluten
- Goat's Milk
- Grape
- Grapefruit
- Green Bean
- Green Pepper
- Halibut
- Honey
- Kidney Bean
- Lactalbumin
- Lamb
- Lemon
- Lentil
- Lettuce
- Lima Bean
- Lobster
- Malt
- Mozzarella Cheese
- Mushroom
- Strawberry
- Sunflower Seed
- Swiss Cheese
- Tomato
- Nectarine
- Oat
- Olive
- Onion
- Orange
- Oyster
- Papaya
- Pea
- Peach
- Peanut
- Pear
- Pecan
- Pineapple
- Plum
- Pork
- Potato, White
- Raspberry
- Red Snapper
- Rice
- Rye
- Salmon
- Sardine
- Sesame
- Shrimp
- Sole
- Soy
- Spinach
- Squash
- Trout
- Tuna
- Turkey
- Walnut
- Watermelon
- Wheat
- Whitefish

** Please see "Patient Education for Genetic Testing" for genetic questions or ask your healthcare professional. **

Is Nutritional Genius a diet? And will I lose weight?

The Nutritional Genius results act like a foundation for any diet strategy you choose. If you are a vegan, you will know which foods within a vegan diet that are right for you. If you prefer to eat a Paleo diet, then you will know which foods within the Paleo diet are right for you, and so on. The purpose of the Nutritional Genius testing is to reveal the foods that are best for your immune system and genetics – maximizing your chance to achieve great health! By knowing what foods to eat in abundance, moderation or avoid – you can create your own personalized “diet” by focusing on the foods that are best for you.

We would not be surprised if you lose weight. As people become educated and eat the right foods for their biochemical makeup, we often hear how they have more energy, become more active and achieve their healthy weight. By making minor modifications to your current nutrition and maintaining an active lifestyle, you could really enjoy your results! xR does provide a medical weight loss program; however, this should be discussed with your healthcare professional to learn if it is right for you.

Wouldn't I already know if I had a food allergy?

When we think of “food allergy”, we tend to think of someone who eats a food, such as strawberries, and breaks out in a rash or has difficulty breathing. This type of “immediate hypersensitivity” reaction is what most people think of when they hear “food allergy”. It is only one type of food allergy and not even the most common type.

Most food allergies are “delayed hypersensitivity” type in which symptoms appear anywhere from hours to days after eating the offending food. If the food is one you eat frequently, the repeated exposure can lead to a constant level of symptoms that begins to seem “normal”.

Can I be allergic to something I eat all the time?

It is very common for people to be allergic to foods they eat frequently. Often a person will find that foods they crave the most are the ones causing their symptoms. There are a number of reasons for this. When faced with a challenge, such as a food you are allergic to, your body produces higher levels of stress hormones. These stress hormones may give you a temporary boost in energy and effectiveness that can mask symptoms. This fuels cravings for the very foods that are causing your symptoms. The high levels of stress can lead to other problems.

What is the difference between IgG & IgE food allergy testing?

IgE tests for immediate type hypersensitivities, whereas IgG antibodies test for delayed type hypersensitivities.

Do I have to perform both of the Nutritional Genius tests?

You have the option to do either the Food Sensitivity or GEMS DNA Test; however, in order to get the most complete picture of which foods are right for you, we recommend that they be performed together.

If the results tell me to avoid the foods, does that mean I have to stop eating them forever?

The short answer is no, and this should be discussed with your healthcare professional. The reason why is because each person is HIGHLY unique and nutrition may be affecting their lives in various ways. For some patients, foods listed as “Avoid” may trigger painful migraines, joint pain and other medical conditions. For others, the “Avoid” foods may have minor impact; however, over time, it could compound and result in medical conditions.

When an IgG food is avoided it may take 3 to 9 months for the antibody level against that food to decrease significantly. If consumed infrequently, or through a rotation diet, they seldom have to be avoided for life. You will learn more about a rotation diet when your results return.

Do my results change? For example, if I perform the same test in a year, will the results be the same?

There is no evidence that we have seen that shows that your genetics change.

Your Food Sensitivity results do change. If you do not regularly eat the food, it may appear as “Safe”; however, if you ate the food later retested, it could appear as “Avoid”. This is why retesting every year or so may be a good option – especially if your diet changes or you really want to hone in on what foods are best for your body.

What if my genetic test says to eat one food in Abundance, but my food sensitivity test says to Avoid it?

When this happens, it is typically recommended to first eliminate the food, then reintroduce it and pay attention to how your body responds. You should speak with your healthcare professional about what to watch for and which symptoms could occur based on the specific food

How long does it take me to feel any results?

Results vary for each individual. If you already eat healthy, are not experiencing any medical conditions and exercise, the Nutritional Genius results should help guide your nutritional decisions, and we do not expect any drastic results. However, if you are experiencing fatigue and medical conditions, have unhealthy nutritional habits and are overweight – you may feel a more dramatic change when adhering to the guidelines.

If I follow my nutritional recommendations, do I need to take the nutraceuticals?

This is a personal decision, and you have the ultimate authority on what to follow and what nutraceuticals to take. We recommend that you speak with your healthcare professional and be fully informed as to why the nutraceuticals were recommended before making a decision.
