

Testing Nutritional Status: The Ultimate Cheat Sheet

My Review

How I use this cheat sheet:

1. First check for my conditions/ symptoms I'm currently facing e.g. easily bruised.
2. Look at the potential deficiencies, for example Vitamin C deficiency.
3. Check if I have other signs and symptoms caused by the deficiency. e.g poor gum health, and 'kinky' hair.
4. Cross-check with my dietary patterns.
5. Order relevant Lab tests
6. Change diet, monitor if symptoms disappears

Why you should purchase directly from Chris Masterjohn

- It is the best cheat sheet out there
- You get updates. In this rapidly changing field, updates are valuable.

Use code SAVE20 to get 20% off. This link is non-affiliated, I just want you to enjoy good health.