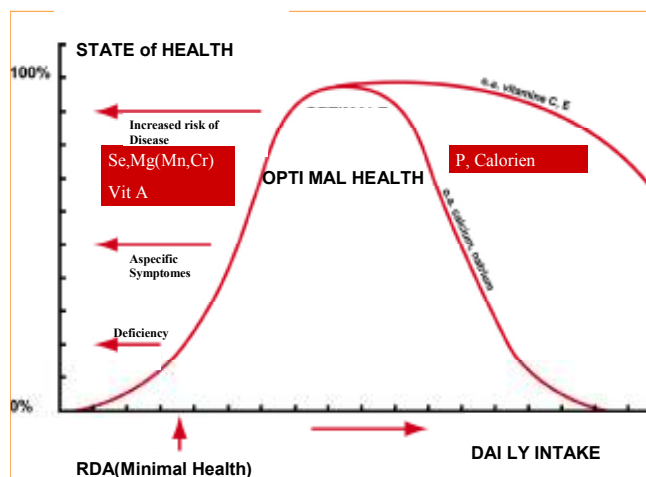


OPTIMAL HEALTH: PROGRAMM and CHECK-UP.

Health is mostly as it comes. Even if you feel healthy almost everybody has a few minor symptoms /discomforts, which do not fit optimal health and no or only a few indicators of future risks are known.

Vital Health Diagnostics studies over more than 30 years scientific literature in the field of health and prevention of illness. These studies has found that nutrition and essential nutrients are the most important and influence conditions that can determine human health. Of course also avoiding dangerous substances and performing regular bodily exercise is most important. A good survey of scientific literature on the subject of the relation nutrition, essential nutrients and the prevention/treatment (physical and psychological) is given in the books of Prof. M. Werbach: Nutritional Influences on (Mental) Illness. For a good and deeper understanding of the relation health and essential nutrients the graph as under is of importance.



This graph shows obviously that under the level of the so-called RDA clear symptoms of deficiency may be developed. In fact it is the purpose of these standards to protect people against obvious deficiencies. To reach an optimal health higher quantities of essential nutrients are needed. The graph shows clearly that above the RDA level there is a range of vague complaints as fatigue, headache, failing energy etc. that can have many causes. Close to the range of optimal health there is the area without complaints but with a higher risk to develop a (chronic) disease in the future. Then there is the range of optimal health – the ideal zone- . Above this level most nutrients will become toxic finally, first through increased risks and than with vague complaints as fatigue. With other words optimal health is as the equilibrium on a tightrope with on the one side risks, small vague complaints and in the end (eventually) a specific deficiency and at the other side risks and vague complaints as well but toxicity in the end. An advantage is that some nutrients as Vitamin C and E have a broad optimal range. Others as Vitamin A, D, iron, calcium and selenium have a narrow optimal range.

The optimal values are not the same for everyone. The most important cause of this difference is the biochemical individuality, which means that the individual need of each nutrient in healthy people already differs up to 10 times. Just as there is a most personal visible appearance (on the outside) there is the not visible variety of the biochemical individuality of people. The only way to get good knowledge is by measurement and testing. Essential nutrients can affect (act upon) each other in positive as in negative sense. Stress, tension, surgery and exposure to toxic substances enhance often the need for essential nutrients. However non-essential nutrients with an important biological/physiological function in the body such as Glutathion can, at some individuals, become an essential nutrient as result of the

biochemical individuality, because the body does not make enough. So here is the phrase: testing is knowing?? Valid.

From the examination report: The testing follows the weak spots that apply (are relevant to) the specific situation of the examinee.

On the basis of these data the situation can be improved by dietary adjustment and possible suppletion.

For whom is such testing-program meaningful:

- People that want to stay healthy.
- People that want to improve their health.
- People that want to give their children or future children the best (testing of both man and woman more than 4 months prior to conception).
- People with stressful, busy and responsible work/activity.
- (Top) sportsman/woman.
- People with vague complaints, failing energy, certain diseases

Because there are more than 40 essential nutrients and because of the risk-aspects, which are considered too, the testing-programs are extensive.

The normal package is the basic package. Then is there the optimal package and a limited economical package. In addition to each package additional tests are possible based on personal wishes/situations.

Each package includes support for 6 month such as consultation (by phone).

PROCEDURE:

- Make an appointment by phone to organize a consultation: 030-2871492.
- During the consultation your personal situation/wishes will be analysed after which the examination starts.
- The laboratory performs all tests and makes an interpretation of the results based on the given information.
- Shipment of results and interpretation advice to the examinee.
- After you receive the results, you make an appointment to discuss the results. Based on the results the changes in live style are discussed, such as nutrition, suppletion and other health advices.
- If you like it or it is needed you have up to 6 month to ask for personal advices to reach an optimal result.
- You make an appointment to discuss the result.

PACKAGES:

Basic package: amino acids, indican, vitamins, elements, essential fatty acids, marker of free radical pathology: MDA, haematology, clinical chemistry, ferritin, homocysteine, lipoprotein A, fibrinogen, CRP and support. Costs: Euro 900,--

Optimal package: Basic package with addition of neurotransmitters, glutathion, flora of gut, organic acids and support. Costs Euro 1500,--

Economic package: amino acids, vitamins (limited), elements (limited), essential fatty acids, haematology, clinical chemistry and support. Costs: Euro 600,--

Price changes are reserved.

PROGRAMS:

In addition to the packages, there are also several programs in which besides examination and 6 month support there is a follow-up for the 1 to 5 years:

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