

## Do You Have Expensive Urine?

Have you ever heard someone say that multivitamins are a waste of money and their only benefit is expensive urine?

My Naturopathic hat used to shake with despair when this sort of claim was voiced. Depending on the person involved, I would decide whether any sort of reasonable answer had a chance of being received.

But now, thanks to the urine and saliva testing we are now doing in our new clinic laboratory, I am seeing a lot of people with significantly imbalanced biochemistry and, as such, “expensive urine”. Let me explain; a person with impaired liver or pancreatic function or who is too acidic or alkaline will only absorb a fraction of the nutrients in foods or nutritional supplements.

This helps explain why someone who is tired or overweight can actually be starving at a biochemical level. Food cravings are one way the body attempts to improve energy, but they often backfire because the right foods are not conveniently displayed in the supermarket or fast food outlet.

Dr Pete

P.S.

“Why guess when you can be sure?” is a famous quote of Dr Carey Reams, the scientist who developed the objective numerical formula we use in our laboratory.

Find out how well your body is working and drop into the Clinic or phone Dalia to arrange your test and find out how much you are benefitting from your food and nutritional supplements. The client directions can also be found at <http://www.liveto100.com.au/ClientDirectionsReams.pdf>