

Lingual-Neuro Testing

Lingual-Neuro Testing (LNT) is a valuable biofeedback tool that enables the health care provider to determine the usefulness of a nutritional supplement before it is dispensed to the patient. LNT accesses the body's innate ability to discriminate between what it needs, and what it does not need, in order to correct a specific problem--a weak organ or a nutritional deficiency, for example. This simple and effective technique makes the difference between a *generic* nutritional therapy plan and a *personalized* one.

The phenomenon that is observed with LNT represents:

- The existence of physiologic indicators, like the heart rate, that reflect specific body functions and their relative health.
- The powerful connection between the sensory function of the mouth and the brain, or central nervous system (CNS).
- The ability of the CNS to recognize the value of what is in the mouth (i.e. a nutritional supplement)
- The tendency of the CNS to immediately change a physiologic indicator in response and proportional to the recognized value of a particular nutrient.

There are three fundamental questions the practitioner needs to address with each patient to provide effective nutritional therapy:

- Is there a functional deficiency
- What particular nutrient will work for that patient
- When is the patient sufficient

LNT enables the practitioner, once an assessment is complete, to address these questions by measuring the patient's response to therapy options that other people with a similar condition have benefited from. By personalizing an otherwise generic "cookie cutter" approach to healthcare, LNT can improve patient outcomes and reduce the possibility of uncomfortable side effects.

There are two types of physiologic indicators, those that respond to LNT, and those that change only gradually over time in response to improvement in health. The latter indicators are dependable milestones that mark a patient's position on their road to recovery. Although the presence of uncomfortable symptoms is useful in determining how and to what degree a patient's health is compromised, and was the motivation for the patient to come in for care in the first place, a lack of symptoms does not mean good health. In fact, the resolution of symptoms is an indication that the patient is only half way to complete health recovery. Beyond that, physiologic indicators are necessary to determine patient status, and should be checked regularly to confirm progress.

Indicators responsive to LNT are assessed in the following manner:

- The baseline status of the physiologic indicator is determined (i.e. the heart rate is taken) by the practitioner.
- When the indicator is a painful reflex point, the patient is asked to touch themselves and to rate the level of pain on scale of 0 to 10.
- A small sample of a considered nutrient is held in the mouth and fully tasted by the patient for about 20-30 seconds.
- The status of the indicator is reassessed in the same manner as before.
- If improved, the indicator confirms the usefulness of the nutritional supplement in supporting the specific body function that is related to the physiologic indicator.
- If the indicator is not improved, or is worse, you can bet that the nutrient being tested simply wasn't right. Using it, because it was helpful for someone else, would be a waste of resources or perhaps even cause an allergic reaction.

LNT can be an important contribution to a successful health recovery plan. The choice is up to you. You can still choose to receive a *generic* nutritional therapy plan, that represents the practitioners experience (or the professions experience) treating other people. Or you can request LNT, and receive a *personalized* plan that reflects both the value of the practitioners experience and the innate intelligence of your body.