Which foods and supplements are right for you?

Results of a study that began in 2007 found that supplement use was higher among those that reported "excellent" or "very good" health versus "good" or "fair/poor health."

Eating healthy
Supplements should be part of a healthy diet, and not a replacement for a healthy diet. Unlike supplements, choosing the right foods seems more clear cut. However, certain individuals will see a greater benefit from adding or removing certain foods from their diets. Some people, for example, are intolerant to fructose, a substance that's found in fruit, which is considered to be a healthy food.

Eating healthy with supplements
The choice to use a dietary supplement can be a wise decision under certain circumstances, these products may be unnecessary for good health or they may even create unexpected risks. -Food and Drug Administration

Benefit of ZYTO
ZYTO’s technology takes a person’s unique body feedback as the foundation for food and supplement recommendations, much different than current methods for health evaluation. ZYTO uses frequencies to determine body responses to food and supplements, aiming to provide individuals more personalized results to improve overall health.

Conclusions:
Eating healthy and adding supplements can assist in overall wellness, but because of individual differences in biological coherence to specific nutrients, determining which supplements and foods are right for you can be much more difficult. The information specific to the question you asked about the individual. To bring all of the individuality into some type of report or some way from just a decision about an individual is unmatched by any device ever built that I've ever seen or used. That information is what's going to help us bring people on their journey to wellness.”

Nick Lamothe, PhD  Holistic Nutritionist

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