



**BioCorrect  
Nutrition™**

Know Precisely What Your Body Needs

# BioCorrect Nutrition™ Insights

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### STOP THE GUESSWORK

Look great, feel great,  
and lose weight by  
knowing precisely  
what your body needs



## Links For More Information

[biocorrectnutrition.com](http://biocorrectnutrition.com)  
**BCN Home Page**

[biocorrectnutrition.com/wellness-resources/](http://biocorrectnutrition.com/wellness-resources/)

**Wellness Articles by Dr. Greg Tefft**

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## Welcome to BioCorrect Nutrition™

BioCorrect Nutrition™ is a nutrition health company that uses Orthomolecular medical science to naturally speed up metabolic rates, increase energy production and maximize biochemical functionality within each person's unique genetic framework.

We help you **Look Great, Feel Great and Lose Weight** (burn excess fat) by increasing your metabolic rate by up to 10, 20 or even 30 percent. Even Olympic-level and professional athletes have gained significant improvements in stamina, energy, recovery and biochemical function. For them, merely a 1% metabolic rate improvement can be the difference between gold medal and no medal.

We accomplish this by selectively putting into your body **Precisely What Your Body Needs** to reach optimum levels. You can't do this unless you accurately measure "biochemical markers" that correlate to your biochemical and metabolic status. Anything less is guesswork.

This process of measuring what is needed and objectively applying specific nutrients and foods for each individual is often called "**Personalized Nutrition.**"

## If You're Not Measuring, You're Guessing!



BioCorrect Nutrition™ starts with a medically-proven clinical lab test to measure 36 minerals in a patient's hair. We call this the **BioCorrect Nutrition™ Analysis** or **BNA**.

These 36 minerals directly affect vitamin utilization and how enzymes make proteins, turn carbohydrates into energy and turn fats into fatty acids, lipoproteins and hormones from the foods we eat.

From a biochemical standpoint, minerals and vitamins are synergistic (drive reaction) and antagonistic (slow reaction) with each other. When a mineral is in excess or deficient to their counterpart minerals, biochemical processes are sped up or slowed down often leading to slower metabolic rates.

We compare your levels of these 36 minerals against the optimum or ideal biochemical levels of these minerals for maximum metabolic efficiency and functional medicine. Optimum mineral levels were determined in conjunction with metabolic rate experiments at the University of Texas.

We next apply the "**Law of Opposites**" to bring your mineral levels into optimum ranges by eliminating foods that contain high levels of

## Upcoming Events

### “How Do I Lose Weight to Date”

- o Radio interview with Dr. Tefft
- o Feb. 13, 2018 8am (PST)
- o Live streamed via  
[www.beyond50radio.com](http://www.beyond50radio.com)

First in a 4-part series about getting back into shape to compete on the dating scene.

## Contact Us

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your excess minerals, and adding foods and supplements of the minerals and vitamins that are deficient.

You can be assured that it works because Dr. Tefft has overseen nutritional therapy for over 100,000 patients as a practicing clinician; many of which were Olympic and Professional athletes, actors and actresses, and other celebrities. For them, **Looking Great, Feeling Great and Being in the Best Shape** possible were the keys to their athletic and professional successes.

Our goal is to offer this health benefit of the rich and famous to every BioCorrect Nutrition™ customer at a manageable cost.

## Ask Dr. Tefft



### QUESTION:

I'm over 50 and 50 pounds overweight. I was athletically thin when I got married, but could never burn off the weight after having children. Can your BioCorrect Nutrition program really help me lose this weight and how long will it take?

**Answer:** You're not alone. I've had a number of patients lose much more than 50 pounds following the program. Each person is unique so it really depends on how closely you follow the program, how badly your minerals are out of balance, and your caloric intake.

By bringing your mineral (and vitamin) levels into ideal levels, your metabolism will naturally speed up. If your caloric level remains the same, you should lose some weight. If you eliminate bad calories with good nutrition and increase your metabolic rate, you lose faster.

Losing 20-30 pounds over 2-3 months is both achievable and consistent with the results of other people; however, it depends whether you follow the plan.

## About Dr. Greg Tefft; Co-founder and CSO



You may know Dr. Tefft as America's Leader in Personalized Nutrition through his books, Radio and TV shows, lectures, personal training, as staff doctor at Malibu Health & Wellness and Monastersky Medical Group, and founder of Best Body Pros and Personalized Nutrition Consultants. BioCorrect Nutrition™ is his next step to make biocorrect nutrition available to everyone.

He is the author of "Your Personal Life" and "For Your Body Only: Discover the Diet You Were Born to Eat," a 3-time Natural Mr. America, board-certified naturopathic physician, master trainer, retired chiropractor and former member of the Olympic Team sports medical staff.

These statements have not been directly evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease as a substitution for standard medical care.