

# **CRA** AND NUTRITIONAL RESEARCH FOUNDATION

## CRA Explained

### **What is Contact Reflex Analysis?**

Contact Reflex Analysis is a simple, safe, natural method of analyzing the body's structural, physical, and nutritional needs. A deficiency in any of these areas could cause or contribute to various acute or chronic health problems. CRA is not a method of diagnosis. It is a means by which a health professional uses the body's reflexes to accurately determine the source of a health problem.

### **CRA Reveals The Root Of A Health Problem**

Many times the symptoms of a health problem are treated while the actual source of the problem continues to go undetected. For example, headaches are treated with aspirin, coughs are treated with cough medicine. If these symptoms persist, expensive tests are run and stronger medications are prescribed. But the question still remains. What's causing the headache? What's causing the cough?

There is hope. CRA is different. CRA quickly and accurately uncovers the root of the health problem and provides the Health Care Professional with answers for correcting it.

### **Procedure Of Contact Reflex Analysis**

Hundreds of miles of nerves carry electrical energy and connect with every organ, gland, muscle and tissue. There are approximately 75 known reflex areas on the skin which represent various organs, glands and bone structures. It is believed that when the body becomes ill there is an interruption of nerve energy to these reflexes. The reflex, when tested, will act similar to a circuit breaker under an overload.

To test a reflex, the tester will use the patient's arm muscle (or any other muscle) as a "circuit" indicator. When the tester's fingertip comes near or touches a healthy reflex, the arm muscle will remain very strong. Nerve energy is flowing freely. The tester will not be able to push the patient's arm down without exerting a lot of force.

However if the arm muscle is suddenly weak, and the tester can easily push the patient's arm down, a "hot circuit breaker" has been located. The nerve energy has been interrupted. Using this reflex information, the Health Care Professional will know if the problem is structural, physical, or nutritional.

When the deficiencies are uncovered, an exact structural and/or nutritional support can be given to help the body heal.

### **Deficiencies And Illness**

A structural deficiency could inhibit the necessary flow of energy and nutrition to specific organs, muscles, glands ... thus causing a health problem.

Physical deficiencies are caused by environmental agents such as chemicals, parasites, viruses and bacteria that attack the body and make it sick. Proper nutrition needs to be given to strengthen and/or support the problem area.

Health authorities are finally admitting that good nutrition is very important to good health

Natural Health Professionals continue to prove that most health disorders share the same root problem; improper body function, brought about by nutritional deficiencies and life-style.

## **CRA Is Accurate**

A great degree of accuracy is possible with CRA. It will even uncover deficiencies at a sub-clinical level; that is when the problem is so tiny that the person may not be aware of it, and many modern methods of testing cannot detect it.

Until CRA, the methods for determining the body's structural, physical, and nutritional needs were costly, time consuming and at times frightening. The only method of determining a nutritional need was by a person's symptoms, expensive lab work, and the Health Care Professional's knowledge of biochemistry, physiology, and nutrition. An educated guess was made.

Now with CRA, the educated guess is no longer necessary. CRA is the finest natural method of guiding the Health Care Professional to the root of the problem.

With CRA, the Health Care Professional is also able to prove to the patient that the source of the problem has been located, and that the proper nutritional support and/or structural procedure has been given.

## **Amazing Facts About Your Body**

- Except for your brain cells, 50,000,000 of the cells in your body will have died and been replaced with others, all while you have been reading this sentence.
- The adult heart beats about 40,000,000 times a year. In one hour, the heart works hard enough to produce enough energy to raise almost one ton of weight one yard from the ground.
- The liver is often called the body's chemical factory. Scientists have counted 500 different liver functions.
- The central nervous system is connected to every part of the body by 43 pairs of nerves. Twelve pairs go to and from the brain, and 31 go from the spinal cord. There are nearly 45 miles of nerves running through our bodies.
- Messages travel along the nerves as electrical impulses. The fastest they travel is about 248 miles per hour.
- In one square inch of skin there are four yards of nerve fibers, 1300 nerve cells, 100 sweat glands, 3 million cells and three yards of blood vessels.

The point behind all these facts is that your body is a wonderful, complex creation. Like a machine, all of its parts (organs, glands, muscles and tissues) must be in good working condition. Its electrical system (nervous system) must be carrying energy smoothly to all areas. There must not be any short circuits. Finally, it must be fueled with the proper nutrition to keep it functioning, alive and well.

## **CRA Is Used In Many Health Professions**

CRA was researched and developed by Dr. Versendaal, D.C., along with an M.D., a clinical nutritionist, a dentist and a hematologist during the past 30 years. CRA has been taught in continuing education seminars across the United States to all Health Care Professionals for over 25 years. There are Health Care Professionals all across the country who are proficient in CRA.

## **Patient Testimonials**

[Link to patient testimonials](#)

## **Do I Need CRA?**

Ask yourself these questions:

Do I have a health problem that has not responded to ordinary orthodox medical care?

Is it possible that I could have a nutritional, physical or structural deficiency that could be affecting my health?

Do I want to prevent any sub-clinical conditions from becoming full-blown health problems?

Could my mental health be affected by nutritional, physical or structural deficiencies?

Is there someone I know, who is in poor health, who could be helped by CRA?

If you have any further questions, or wish to know how CRA can help you or your loved ones, speak with your CRA practitioner.

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