

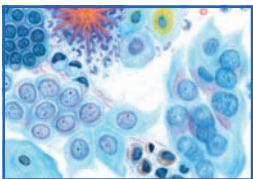
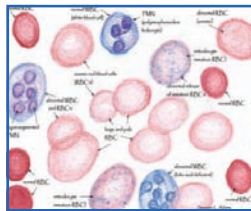
Nutrition Consultations

by Certified Cytologist & Nutrition Consultant,
Suzanne L. Adams, BS, CT (ASCP)



With her background in cell biology (cytology) holistic health, chemistry, and nutrition, Suzanne will analyze your health history, including your past and present diseases and conditions, diets and medications, and then discuss a plan to improve your health. She can also provide you with an in-depth spiral-bound scientific report with her recommendations, along with medical references, for you and your doctor to review. Suzanne has been helping people improve their health through nutrition for over 30 years. She has a proven weight loss plan and will share it with you as well!

Micronutrient
Deficient
Blood cells



Micronutrient
Deficient
Epithelial Cells

Cytology Illustrations by Suzanne L. Adams

Nutrition Services

One Office Consultation : \$75

A one hour consultation reviewing your medical history including medications and supplements used, dietary habits, environmental exposures, and current symptoms and concerns. Evaluation consists of developing a nutritional plan based on your individual needs. Associated micronutrient/drug interactions, recommendations for lifestyle, diet, and micronutrient supplements will be emphasized.

Consultation with Report: \$125

Requires filling out a health questionnaire and a take-home 7-day Diet Diary. Encompasses a one hour consultation and an individualized comprehensive spiral-bound scientific written report of at least 10 pages in length, including medical references. Discussion and report consists of evaluation of your particular nutritional needs based on your diseases and conditions and medications prescribed. Associated micronutrient/drug interactions, environmental exposures, and recommendations for lifestyle, diet, and micronutrient supplements will be emphasized. The report is designed for review with your doctor.

Online Services

Services are available online as well at to
www.i2k.com/~suzanne/nutrition.html
suzanne@i2k.com

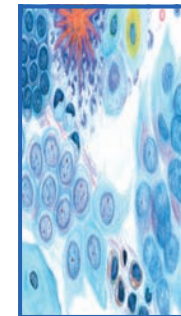
Hours by Appointment:

Mon. -Friday: 9-5 pm

269-344-6486 or

269-271-3645

Kalamazoo, MI



\$25 Off Coupon

\$25 Off on Consultation with Report

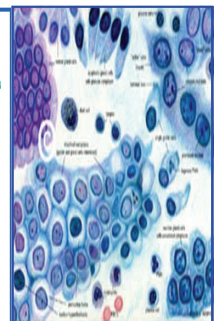
Suzanne L. Adams, CT (ASCP)
Registered Cytologist
Masters Certificate in Holistic Health
Certified Nutrition Consultant

Call 269-344-6486

\$15 Off Coupon
\$15 Off on One Hour Consultation

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About Suzanne

Suzanne has been a registered cytologist by the American Society of Clinical Pathologists (CT, ASCP) for 30 years. Cytology is the microscopic examination of body fluids such as Pap smears, and breast and lung aspirations. It is the study of cells as they progress from normal to abnormal, and finally to cancer. Suzanne has been a long-standing associate member of the American Society of Cytopathology, The American Society of Clinical Pathologists, and The American Society for Cytotechnology.

Suzanne more recently joined the International Carotenoid Society and was elected as a Research Collaborating Member of Natural Standard, the Authority on Integrative Medicine. Her interests involve researching the biochemistry and cellular changes associated with micronutrient antioxidant insufficiencies, in particular folic acid, zinc, and the carotenoids, and also those found in association with contraceptive and replacement hormones.

Suzanne is also an author and artist. Her research, drawings, and book, The Art of Cytology with Micronutrient Discussions, have been used in cytology schools and on registry exams, in medical

articles and on magazine covers, and by pharmaceutical and medical testing companies



HPV Infected Cervical cells

Education

Suzanne has a BS degree in health studies with a concentration in cytology and environmental studies from WMU. She also completed a one year medical laboratory internship in cytology (the microscopic screening and evaluation of human cells for cancer and related diseases) at Beaumont Hospital in Royal Oak, MI. In 2008 she completed a masters certificate in holistic health from WMU and certification in nutrition consultation from Blue Heron Academy.

Work and Research

As a cytologist, Suzanne was instrumental in collaborating with society members and the CDC to initiate and pass CLIA '88 (Clinical Laboratory Improvement Act of 1988) which created federal regulations mandating quality control procedures in the cytology laboratory to help prevent missed cancer diagnoses. While screening in the cytology lab, Suzanne began to independently study nutrition and the effects of exogenous hormones (birth control pills, Prempro and Premarin) on cervical Paps. She began to follow the long-term WHI (Women's Health Initiative) study and similar others. After observing so many abnormal cytology cases (eg: Paps, breast aspirates, etc.), she quit the lab to write a book to explain her theory of the progression of cancers stemming from poor nutrition and life-style practices. She also predicted the indiscriminate, widespread use of replacement

hormones in older women would finally plummet after being undeniably linked to heart disease and pathologies of the reproductive organs. Suzanne currently believes these same hormones used as contraceptives play a similar role in early onset heart disease and pathologies in younger women. She attributes their detrimental effects to be particularly associated with diets insufficient in key antioxidant micronutrients (eg: such as folic acid and zinc) which help guard against opportunistic agents, such as HPV, while promoting normal cell division, differentiation, and function. This is discussed in her new book, The Art of Cytology with Micronutrient Discussions.

Concerns

Suzanne's main concerns are in promoting the microscopic screening of cytology specimens, such as Paps, for micronutrient insufficiencies (eg: folic acid and B12). Another is helping to enlighten the public, including health and special education teachers, regarding the relationship between good nutrition, starting early in life, with the prevention of disease processes, including birth defects, developmental disorders, HPV, and cancer. She believes we can reduce these conditions by applying common sense practices to everyday living such as daily micronutrient use, and a diet rich in fresh fruits, vegetables, and fish.