

This piece was written about Mr Shelley by Dr. Erdhart of the Reykjavík Iceland Prism Project fame.

## **This Is The Story Of Nutrition This Is The Story Of NutriHarmony**

The story of nutrition is about the balance and synchronization of nutrients to create optimal well-being. It is the understanding that all things exist in relationship in the universe. That there is a grand design to man and to his nutrition. This is the story of NutriHarmony.

It has been a quest for over 200 well-funded research teams to understand nutrition and its relationship to man. Having the same passion, Patrick Shelley, President and Formulator of NutriHarmony, began his quest 18 years ago. He did not merely talk of his vision for the world, he walked his vision everyday working tirelessly to put it into place. Many of the 200 research teams have given up in defeat declaring it cannot be done. A few persistent researchers knowing the importance are still trying to solve the mystery but, Patrick Shelley persevered until he pioneered the breakthrough.

Mr. Shelley began his research by studying the longest and largest fields studies on earth -the cultures of man. He researched, correlated, and analyzed their dietary habits, environment, lifestyle, exercise, social structures and many more factors too numerous to list. He discovered that there is a universal relationship and a pattern common to all people between their nutrition and their mental, emotional, and physical characteristics. He called this pattern The Singleness to the Design of Man™. His research concluded that it does not matter where one comes from, or lives in this world,

we all need the same nutrients. Humans are 99.999% identical in their nutritional needs.

Taking it to the next logical step, he narrowed his research to 16 indigenous cultures that showed the most healthy and positive characteristics of man. He looked for the cultures that had the greatest resistance to disease, lean body composition, balanced hormones, longevity, strong bones and muscles, intelligence and those with high levels of energy. His research proved that there is a unique nutrient profile to each positive characteristic that matches the nutritional design of man. The design is so specific, that if even one nutrient is missing or not in balance with the profile, optimal function of the characteristic could not be achieved. His research also proved that only nutrients from food with live energy would fit the nutritional design of man. This challenge took 12 years of persistence to perfect the process of cultivating, growing, and delivering nutrient dense foods with the power of life. This process is called The Real Food Process™. Many in the field of nutrition are saying that The Real Food Process™ is the most important breakthrough in human nutrition since the discovery of the first vitamin. By combining nutrient dense foods to match The Singleness to the Design of Man™, we have for the first time in the history The Perfect Nutrient Delivery System™. This system balances and synchronizes the nutrients to nourish the body to support the positive characteristics of man.

This Is The Story Of Nutrition

This Is The Story Of NutriHarmony And Of A Man Obsessed

Dr. Aðalgeir Erdhart PhD

