

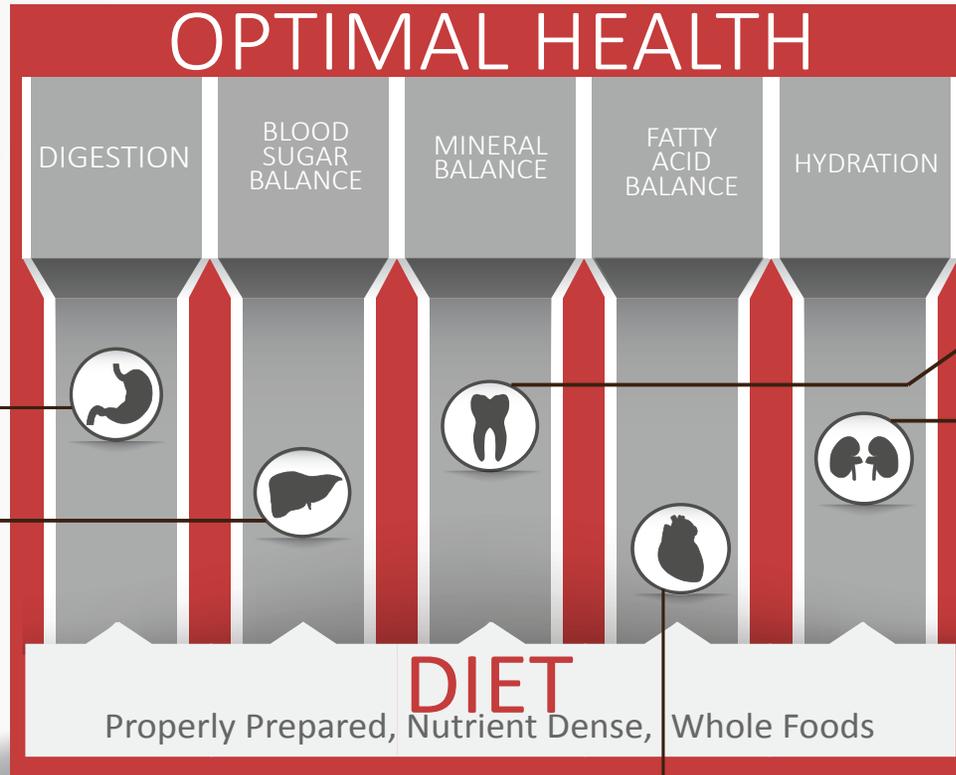
NUTRITIONAL THERAPY

Is a complementary medicine that uses nutrition to promote optimal health and wellbeing. Through a comprehensive evaluative process it is used to determine how food, nutrients, and lifestyle modifications can cause positive health changes and alleviate a wide range of individual health concerns.

It Builds on the Foundations of Optimal Health

Approximately 4% of the body's mass consists of minerals. They provide structure in forming bones and teeth. They help maintain normal heart rhythm, muscle contraction, support our nervous system, help manage systemic pH, and much more. Minerals, however, cannot be made in the body and must be obtained in our diet.

Proper absorption of nutrients starts with digestion. Without addressing digestive dysfunction our body cannot use the healthful foods we eat to rebuild our many systems.



DIGESTION

BLOOD SUGAR BALANCE

MINERAL BALANCE

HYDRATION

FATTY ACID BALANCE

Our body has seven hormones to RAISE our blood sugar and only one hormone that lowers it. Before the introduction of refined sugars we consumed honey and seasonal fruits, and we weren't subjected to huge quantities of processed sugar. It was more important to be able to raise blood sugar to handle acute stress. Today we inundate our bodies with refined carbohydrates creating an emergency need to lower our blood sugar or suffer from many chronic diseases.

Saturated, Monounsaturated, Polyunsaturated, the world of dietary fats is a complicated and fascinating one. Many people want to argue some are good and some are bad. While others attempt to completely strip all of them from our diets. It isn't that complicated. Fats are good! We need a proper balance of dietary fats from healthful sources. It is essential that we get this proper balance of fats because it affects our health and well-being right down to our cellular make-up.

You cannot survive more than 3-days without water. As a culture we would rarely miss a meal but how many days do you go without hydrating yourself with pure, clean, healthful water? Water empowers the body's natural healing process and is a critical part of a daily healthy nutritional routine.