

What is Nutrition?

Hippocrates said “Let food be thy medicine, and medicine be thy food”. He recognized the ability of diet to alter the health state, and the deliberate use of foods to eliminate health conditions and promote well-being.

Optimum health and digestion relies on a number of factors such as a balanced diet, sufficient water intake and stress management. Our bodies can easily become depleted in essential nutrients through poor dietary choices, regular junk foods, alcohol, smoking and stress. The Modern diet and lifestyle is aimed at convenience rather than disease prevention. Additives for prolonged shelf life affect digestion and elimination processes, and promote toxic build-up leading to skin conditions, hormone imbalance, sleep quality and mood changes. This means that our bodies respond not only to what we eat, but when and how we prepare and eat it. When we become aware of these principles and apply them to our daily routines, we can begin to live our lives deliberately, harmoniously and beneficially.

The principle of nutrition is to utilize foods to bring the body into balance in a number of ways:-

Balance of food groups – rather than the ‘traditional’ food pyramid, the needs of particular food types can vary from person to person, depending on individual health conditions, body type and treatment aims

Nutrient content – the application of particular amino acids, vitamins, minerals & phytochemicals to improve mood, energy and health states

Food energetics – In traditional Chinese medicine the emphasis is placed on how food is cooked to bring particular qualities, and the use of warming & cooling foods to treat different conditions and health states

Food combining for optimum digestion, and elimination of issues such as bloating, reflux and constipation. Also information on how to gain complete proteins for vegetarians, vegans and other special diets

Elimination of potential allergens to enhance immunity & overall health, and reduce the symptoms of acute and chronic health conditions. Various methods of allergy testing are available if necessary.