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Undressing The Food We Eat

Holistic Nutrition Overview

What is Holistic Nutrition?

Holistic Nutrition focuses on preventing and treating nutritional imbalances in the body. When the body is out of balance, disease can be created and symptoms are experienced. These symptoms are the body's way of communicating that problems are manifesting. If balance is not restored, the decline down the slope of health continues. It is the role of a Holistic Nutritionist to determine where the imbalances are and provide a thorough and individualized plan to restore this balance. This process helps initiate the ascent back up the slope of health.

What tools does a Holistic Nutritionist use to create balance in the body?

The cells in the body are built from food that is consumed. If that food is healthy, nutrient dense, and free from harmful chemicals, cells will reflect this and thus allow for optimal health and vitality. On the other hand, eating a diet that is unhealthy, nutrient poor and chemical-laden will create imbalance and can lead to disease. Therefore, Holistic Nutritionists focus on cellular nutrition. This means that the focal point is on how to get the best quality and highest number of micronutrients into the body within the daily allowance of food consumption. The foundation for a cellular nutrition protocol is whole foods; however, nutritionists will also use supplements, herbs, lifestyle counseling, and psychological support to create optimal cellular health.

What is to be expected when visiting a Holistic Nutritionist?

Working with a Holistic Nutritionist will involve an extensive fact gathering visit which will allow for the assessment of symptoms, health concerns, health history, dietary restrictions, current state of health, and current dietary practices. From this information, the nutritionist will be able to better assess which imbalances exist within the body and the root cause of those imbalances. With this knowledge, a thorough and customized protocol will be created. Everyone has a unique biochemistry. Therefore, two people can have the same disease or similar symptoms and yet have completely different root causes for the imbalance. This is why an individualized approach is most effective.

Who should see a Holistic Nutritionist?

Whether the goal is to gain additional nutritional advice or the reversal of chronic disease, a nutritionist can play a vital role in improving your state of health.

“Let food be thy medicine and medicine be thy food” – Hippocrates, 460 B.C.
