



Holistic Nutrition

Holistic Nutrition looks at everything that nourishes you; food, lifestyle, emotions, thoughts, physical activity, and relationships. Simply, it translates to treating the body as a whole.

Holistic Nutritionist

A Holistic Nutritionist looks at each person as whole and addresses physical, mental, emotional, energetic & spiritual aspects of each being. A consultation with a Holistic Nutritionist will include observing & discussing dietary intake, supplementation intake, lifestyle, habits, personal & family history as well as likes & dislikes. The Nutritionist will address the relationship between diet and health and offer nutritional & lifestyle recommendations to help the body normalize itself. The Nutritionist's role is one of an educator to help the participant restore optimal health naturally.

Nutritional Assessment

Looking at symptoms as a method of recognizing the signals of the body is a common practice of Natural Health Practitioners and has been used long before conventional laboratory tests. While lab tests can provide very accurate measurements, symptomology is the primary indicator in initial assessments to identify nutritional deficiencies or excesses. When a body is overwhelmed with excesses or toxins or deficient in nutrients, symptoms begin to appear. The holistic approach looks at these symptoms to determine the root cause of the imbalance. Corrective measures are then explored to address the root cause of the symptom and not just the symptom itself before lab testing is recommended.

Restoring Health

As each person is biochemically unique, so too are their nutritional needs. The result of a Nutritional Consultation will include a customized plan unique to your individual needs with emphasis on whole natural foods and/or essential nutrients to help restore optimal health. Recommendations may include specific vitamins, minerals, amino acids, essential fatty acids, enzymes and probiotics in the form of food or supplementation. Along with customized meal plans and recipes, exercise recommendations, stress management and relaxation techniques are often used to address various factors that affect an individual's health. Elimination techniques and supervised cleanses may also be used to detoxify the body to return to optimal health.



SERVICES

Nutritional Consultations

The process of developing a Natural Wellness Plan takes a minimum of TWO sessions:

- The first session is an exploration of your current health status. We will discuss your health concerns, personal and family history, diet and lifestyle choices along with your health goals. You will leave with some general nutritional suggestions to get you started on your journey to health.
- The second session will include a customized nutritional plan tailored to your specific goals, needs and preferences. You will leave with a meal plan, recipes, lifestyle recommendations and resources custom tailored specifically for you.

Follow up sessions are available in 30 minute increments to make plan modifications, updates or to provide further assistance on the road to restoring optimal health. Consultations can be done in person, on the phone or by Skype.

Complete Nutritional Analysis

The Nutri-body Analysis analyzes 65 nutrient categories using an in-depth health questionnaire developed by David Rowland, PhD for Nutritional Consultants. From the questionnaire we are able to assess the biochemical individuality of a person. With your Nutri- Body Analysis you will receive:

- A analysis of 65 nutritional categories
- A color graph prioritizing weaknesses
- Items of concern- prioritized
- Items to watch- prioritized
- Explanation of weakness
- Dietary guidelines
- Supplement recommendations
- Recommendations unique to you