

What is Nutritional Therapy?

Less than 15% of physician visits include nutritional counselling. With more chronic disease and ailments originating from nutritional deficiencies than ever before, our healthcare climate is in dire need of an alternative solution.

Nutritional Therapy takes a foundational, holistic approach to wellness that focuses on the importance of a nutrient-dense, whole food diet paired with a balanced lifestyle and supplements. It values the body's own feedback system and its incredible capacity to restore and correct itself — when given the tools and nutrients to do so.

Nutritional therapy addresses three broad categories of “disease”: allergies, toxic overload and nutritional deficiency, and is an adjunct to naturopathy, homeopathy and other forms of alternative healthcare.

Nutritionists who adhere to the alternative philosophy of diet generally believe there are certain foods and dietary exposures that should be minimized if not eliminated in their entirety. They believe that many of modern society's health problems result from weaknesses in the body's physiological foundations brought on by poor nutrition.

What is Regenerative Detoxification?

Regenerative Detoxification takes Nutritional Therapy one step further. While we do believe in the same nutritional approaches, we work entirely with whole-food nutrition and botanical medicine. We don't use supplements which are often synthetic isolates, made in a lab and not recognized by the body (the body actually eliminates those as waste, opposed to using them for nutritional deficiencies).

We focus our attention mainly on the lymphatic system which is the “sewer system” of the body and also what can be understood as the body's immune system. For most of us, the lymphatic system is more or less clogged. Most of us are chronically dehydrated, and our choice of acidic foods (which is pretty much everything the Standard American Diet has to “offer”) makes us more acidic which often leads to systemic acidosis, toxicity, chronic inflammation and a host of “diseases” down the road. In order to be healthy and to thrive, we need to be alkaline and well hydrated.

Regenerative Detoxification is the science of detoxifying, cleansing and regenerating organs and body systems. We believe that cells, tissues and organs will heal and regenerate when they have been cleansed and detoxified. We achieve the detoxification through an adjustment of our daily diet, mainly by significantly increasing our intake of raw foods. Especially fruits and the powerful herbal formulas we use to aid in the process are alkalizing, astringent (thus detoxifying), hydrating and high in electro-magnetic energy.

There is a lot of misinformation and confusion regarding nutrition and a species-appropriate diet. It doesn't help that medical doctors only get about two hours of nutritional training during medical school.

If you are struggling with health symptoms, maybe it's time to try out Nutritional Therapy/Regenerative Detox. Contact me for a free, 10-minute consultation.