

Dietary Counseling, Condition Support & Vitamins

Dietary Counseling:

Let's face it; there are specific foods and styles of eating that are obviously more nourishing to the body than others. Convenience foods and modern diets can often be sabotaging your current health. *Dietary counseling* helps us understand the powerful influence particular foods and styles of eating have over the quality of our health.

Condition Support:

Traditional western medical philosophy revolves around influencing biochemistry with drugs. Medical conditions and disease processes are studied to determine whether there may be a lack, or an overabundance, that can be chemically influenced in order to mediate a patient's symptomology. Doctors then prescribe that specific medicinal remedy to target the associated condition or ailment. Historically, this strategy has been somewhat effective at giving the suffering patient a chance to live a better life, or provide that patient with some time to make the critical changes needed to become healthier.

Where this methodology often falls short is in considering the nutritional deficiencies and imbalances that can be created from the associated medicinal treatments. The *condition support* provided at our office focuses on supplementing with the specific nutrients that often become depleted when a patient follows a protocol of pharmaceutical drugs. We also discuss strategies and lifestyle modifications that can lessen your dependence on, or sometimes eliminate the need for, these pharmaceutical prescriptions.

Vitamins & Supplements:

Choosing the proper supplements can be very confusing for someone who is just reading product labels. Unfortunately, almost 100% of the supplements on the market today are synthetic. Most of these products have been stripped from their natural forms. They frequently contain remnants of petroleum-based extraction solvents, and are often packaged in allergy promoting capsules. In addition, they are usually exposed to high temperature processing. Almost all vitamins on the market today have most likely been processed so much as to leave them virtually devoid of any of the original enzymes and co-factors needed to be clinically effective.

When seeking out quality supplements one should look for vitamin and mineral supplements that are delivered as whole food complexes. The ingredient listings should be familiar food and/or animal sources. These are the products that will most likely contain a wide matrix of synergistic nutrients and enzymes that are worth your hard earned dollars.

If you want to make your life simpler, our office has already done the work for you. We offer mostly whole food supplements that are derived from organically grown foods and responsibly sourced ingredients. ***If you are presently taking supplements, you are invited to put them in a bag and bring them to us for evaluation. Our examination can usually reveal if these products are the best choices for you, and your family.***