





WHAT IS A NUTRITIONIST?


- a) An expert in the needs of the body
- b) A person who advises people on dietary matters relating to health, well-being and optimal nutrition
- c) A consultant in enhancing human improvement
- d) A specialist in the science of the foods requirements of cells
- e) A health professional who maximizes healing responses
- f) One who prevents specific ailments
- g) A counselor in supplements for health maintenance
- h) A wellness and lifestyle coach
- i) A medical advocate who coordinates care among several providers
- j) A master of state-of-the-art, advanced protocols using unique remedies of unparalleled quality and purity

 A **PhD** in nutrition is a doctorate earned after 4 years of college, and is usually associated with significant meritorious research and publications in the field.

 A **DSc** is a additional Doctor of Science degree requiring more years of study, learning, contribution, research, and publications in nutrition.

 Clinical acumen comes with years of experience in the field of nutritional medicine and bioscience.

 A seasoned nutritionist knows the management of all ailments leading to wellness and health.

 We have spent most of our lives preparing to take care of you with competence and professionalism.

WHAT CAN WE DO FOR YOU?

The potential benefits of optimum nutrition are many, and may include:

- Mental alertness, clarity
- Peak physical performance
- Stable moods
- Lifting of depression, fatigue
- Greater and sustained energy
- Improved concentration and focus
- Weight control with better appearance
- Accelerated learning
- Fuller memory
- Greater productivity
- Reproductive and sexual health
- Enhanced resistance to disease
- Proper healing
- Greater muscle mass
- Increased capacity to handle stress
- Healthier body composition
- Improved self-image and self-esteem
- Sound sleep
- Improved bowel habits
- Less illness
- Lower health costs
- Decreased chances of accidents
- Cleaner, smoother skin
- Greater happiness
- Improved sugar handling by the body
- Lower triglyceride (fat) and cholesterol levels
- Relative protection from developing
 - Diabetes
 - Heart disease
 - Cancer
 - Osteoporosis
 - Inflammation
 - Cancer
 - Stroke
 - Other degenerative diseases, such as
 - AMD, gout, deficiency syndromes
- Fewer allergic symptoms
- Reduced need for prescription drugs
- Healthier levels of hormones
- Improved internal efficiency in hormone metabolism
- Longer life
- Reduced blood pressure
- Protection from dementia (Alzheimer's Disease)
- Better vision
- Sharper reflexes
- Better hair and nail health
- Lower risk of becoming disabled
- Stronger, denser bones
- Less pain experienced
- Protection from fatty liver
- Improved capillary and blood vessel function
- Fewer arthritic symptoms
- Greater emotional health
- Renewed interest in sex and relationships



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NUTRITION FOR TODAY

health
energy
memory
HAPPINESS
STRENGTH
IMMUNITY
efficiency
Sexuality
ALERTNESS
RESILIENCE
LONGEVITY
well-being
endurance
appearance
PREVENTION
Sound sleep
PRODUCTIVITY
Greater focus

WEIGHT CONTROL

WHAT DO WE ACTUALLY DO FOR YOU?

- Take a careful health history, paying attention to your lifestyle, eating pattern, weight goals, prior experience with nutrition interventions, special needs
- Obtain, review, and analyze all prior health records
- Measure your body mass index (BMI), percent body fat, percent body water, muscle and bone mass, visceral fat, resting metabolic rate, actual metabolic rate, calorie intake to lose or gain specific amounts of weight, or to maintain weight
- Determine nutrients depleted by any medications or treatments you currently follow
- Identify any interactions between medications, supplements, and/or foods that might harm you
- Perform an individual computer-assisted dietary analysis
- Create a list of your present nutritional deficiencies in order of decreasing probability
- Construct a framework of your nutritional status, with respect to body inflammation; oxidative stress (biological rusting); immune system function; glycation (sugar handling); hormone imbalances; digestive efficiency (and dysbiosis); organ malfunction; food sensitivities; allergies; stress; cancer risk; toxicity; nervous system function; heart risk; clotting tendencies; bone and muscle strength and durability; mitochondrial efficiency; and functional energy status.
- Formulate goals to improve nutrition, health, and the concerns featured on page one [blue lettering]
- List the actions required by various nutrients, herbs, supplements and other special preparations necessary to achieve those goals
- Present a specific plan to you, in simple language that you can understand, with alternatives, so you can choose the best course of action you feel comfortable with
- Provide you with a diet that is specific to your needs and health problems
- Assist you in choosing the best products, an important one
- Give you a written list of consultation results
- Summarize your body vitals and measurements with comparisons to normal values in tables and charts
- Collaborate with, and coordinate suggestions and care with other providers if you so desire
- Ensure results through follow-up on your progress through diet diaries, visits, e-mail, telephone, and fax reports
- Offer guidance on other health issues not immediately considered in the initial comprehensive consultation
- Provide references to the medical, nutrition, physiology, and biochemistry journals and literature concerning your condition and management
- See to it that the full power of modern nutrition helps you and raises your level of health

Just what is clinical nutrition?



Clinical nutrition is the application of the science of nutrition to all aspects of healing and prevention of human ailments. In the past, many conventional physicians have avoided nutrition principles, delegating nutritional care to paramedical personnel.

Nutrition is a field for both scientists and practitioners. Most of the science is published in conventional medical basic science journals in applied physiology, bio-chemistry, and, recently, in new research nutrition journals. This information is to be contrasted with the hucksterism that is too frequently found in free throw-away papers, and most information found online. The preponderance of "information" found on the web is presented only to sell a product, and the amount of solid science (by this I mean "fact" rather than fantasy) is usually low. This is a shame, and belittles the obvious importance of nutritional science.

Suggestions made during our consultations are based on *research*, and references to the scientific literature are available upon request. Support for knowledge in nutrition comes from the traditional three areas within universities: research, teaching, and service. In modern biomedicine, research influences clinical practice. Nutrition is no exception. Peer reviewed, statistically validated, research.

There is only one basis for any recommendation made in this office—we seek the best, and nothing less. We use nutrients with a firm scientific basis for effectiveness, then tested adequately in clinical situations, verified by other respected researchers, and found to work in people with health problems *just like yours*.

In **EVERY** illness, nutrition plays an important part in prevention, management, and aftercare. And, every deficiency or nutritional imbalance is accompanied by—or eventually causes—a physical problem. The two are inseparable...

Our nutrition makes us grow, from the time our mothers feed us before birth, then our own nutrition allows the development and growth of every organ in our bodies. Every system—circulatory, nervous, muscles and bones, kidneys, etc—depends upon what we eat. After all, **there are no other sources of raw materials for our bodies to use. It all comes from nutrients we consume as food and drink.**

After we are fully developed as adults, every cell in our bodies still depends upon nutrition for maintenance: function, growth, repair, resistance against disease, and everything our bodies need to do for us.

IN A NUTSHELL, WE ARE WHAT WE EAT, AND THIS WILL NEVER CHANGE. THE QUESTION IS, HOW CAN YOU MAKE YOUR NUTRITION WORK BEST FOR YOU.

what you need to know...

►The media do not report nutritional findings adequately. In an effort to market their news, they sensationalize each new report. This creates the impression that everything about that nutritional fact is uncertain, and that the experts disagree and change their minds so much, no one knows what's true and what's not. People think, if the EXPERTS don't know, I'm just as well off eating what I want... **NOTHING COULD BE FURTHER FROM THE TRUTH.**

►There is a well-respected body of information about nutritional topics that is basic, time-honored, and worthy of your consideration and action. Paying attention will bring you great health benefits, as outlined in the second panel.

►Nutritional science advances in small steps. One report should never change what has been firmly established by many investigators, reported in hundreds or thousands of studies in peer-reviewed journals, over decades, and has been found to work. Before a new finding is accepted, it must be confirmed by others, debated, refined, and incorporated intelligently into existing knowledge. This process takes years. Therefore, do not be swayed or confused by media sensationalism.

►Because eating is so universal, everyone has an opinion about issues in nutrition. At your next social gathering, experiment by asking a simple question of 5 people: are nuts healthy? You will see the most astounding variation in answers. You would not trust a lay person to operate on your eye. Don't do the same with respect to nutrition, or any health matter!

►When you have questions about health topics, and you have been seen here, we will be pleased to provide authoritative, copious amounts of reliable, time-honored information and references to the medical literature.