

What A Nutrition Consultant Can do for You! □ *Food, lifestyle and supplement changes can help alleviate intractable health problems.*

Many people probably think that one consults a nutritionist for dietary issues only, such as food advice for diabetes or weight loss. These problems can certainly be helped by seeing a nutrition consultant, but there are many other health issues that a nutrition professional can educate a client about. Most notably, nutritionists understand how different foods and nutrients affect the body both positively and negatively. A nutritionist can teach a client how to eat to promote optimum health and to prevent disease.

There are numerous health disorders that can be alleviated by good nutrition especially those that do not respond well to pharmaceuticals. Often chronic conditions fall under this umbrella.

JOINT PAIN IS ONE OF THEM. Many people do not realize that certain foods can make joint pain worse. These foods may vary from person to person, but a good nutrition professional can help you identify what they are. For those people who cannot take the nonsteroidal anti-inflammatory (NSAID) medications, there are numerous herbal or nutrient supplements that may perform as well or better than the NSAIDS without the negative side effects.

CERTAINLY DIABETICS CAN BENEFIT from learning how to eat specific foods in a particular order to improve blood sugar control. There are also quite a few nutritional supplements that can aid the body in stabilizing sugar.

THE FLU AND COLD SEASON offers its own challenges. Again, certain foods can help a person stay well along with a host of herbal and nutritional supplements as well as lifestyle changes.

WEIGHT-LOSS RESISTANCE is a major health problem in this country. What many may not know is that there are quite a few hidden factors in different body systems that can prevent a person from losing weight, no matter how careful they are about their food intake or exercise. These can include excess stress, low muscle mass, hormone imbalance, insulin resistance, genetic factors, food allergies, yeast overgrowth and a build up of toxins in the body. A nutritionist can help a person identify which factors are the culprits for them and teach them what and how to eat and how to exercise to overcome this stumbling block.

The brain is the main organ in the body that controls all the other body systems.

Think of your brain as your electrical outlet. It sends messages on currents of electrical energy to various parts of your body to orchestrate different internal bodily functions while maintaining your personality and health. Brain cells communicate with each other through chemicals called neurotransmitters. A lot of research and new information has come to light in recent years about the importance of neurotransmitters on overall health, particularly

FOOD AND ALCOHOL CRAVINGS

There are four main neurotransmitters that need to be in balance for the body, not just the brain, to function without problems. There are noninvasive ways to identify neurotransmitter imbalance. Certain foods can increase a specific neurotransmitter, and a diet and supplement plan along with appropriate exercise can be designed to help rebalance any deficiencies that may show up. Resolving these imbalances has been shown to improve mood and alleviate numerous physical symptoms including food and alcohol cravings.

THE BODY IS AN AMAZING ORGANISM that is constantly trying to achieve balance among all its systems. When these systems are all working in synch a person feels vibrant and healthy and able to function well in the course of their daily life, both mentally and physically. This is a goal that many can achieve by learning how to eat to optimize their health and sense of wellbeing. Food is our fuel. You would not choose to put low-octane gasoline into a high-performance car that requires high-octane gas.

By choosing high quality food for your body you are choosing a path to health and wellness.