

WHY WHOLE FOOD NUTRITION?

We start from a simple concept: if food hadn't worked, we wouldn't be here! Therefore, it is always wisest to go back to food, look at the food we eat and see what needs to be changed to help our health.

Our job together will be to stop the inflammation, feed the body and restore the injured tissue to the best state possible. It is not always possible to "heal" the body, especially if it's too diseased. But it is possible to remove those factors that cause the inflammation, surround the cells with proper nutrients and create a better environment for the body to do its work properly.

In America, where we produce over 3,500 calories per day per person, we are suffering from malnutrition. The food we eat is depleted of its minerals, the air we breathe is polluted, the water we drink is treated with chemicals and we are exposed daily to over 80,000 foreign substances in our air, food, water and soil!

No wonder we need help. And no wonder when we feed the body real food, there are such positive results. Fatigue and "brain fog" are left behind if you have enough nutrients to perform the thousands of chemical reactions that occur in your body every day. The blood vessels stay supple and blood flows easily through, the bowels function properly and the liver performs its important task of cleaning the body.

We'll address the root cause of the problem, so that the body can repair itself. We use real food supplements, grown on an organic farm and processed at a cold enough temperature to leave the food in its complex form. So when you get vitamin C, you get the whole vitamin complex, all the other "stuff" that makes vitamin C work properly. These whole food supplements have been designed to match the body's needs for real nutrition. The solution lies not in covering up the symptoms, as drugs or synthetic chemicals or vitamins do, but rather in reaching into the body and filling the need that resides in the organ or tissue that is inflamed.

Nutrient deficiencies are due to past eating habits, snacking and more especially to the lack of quality in the foods supplied to us. If it isn't grown locally it isn't worth eating. If it isn't organic, it's probably dead! Though we cannot overcome so many of the problems in our environment and we can't trade in our genetic inheritance, we can be strong with proper nutrition. We must eat as organic as possible, within our body's abilities and our metabolic type. As we work together, we'll develop a plan for keeping you on the road of health. Please know that our goal together is to balance your body to the greatest degree you desire and I am capable of. You will be on a therapeutic program of nutrients for a short period of time and then I will help you maintain your health for as long as you wish.

The less doctored your foods, the less doctoring you'll need. Good food is the key to good health. I look forward to helping you to a healthier place and I know you will succeed at your goal of achieving a higher level of health. You'll know the results by how well you feel! That's the best gift I can give you. Chiropractors believe in the natural balance of the body and keeping you in your optimal operating condition for the rest of your life! Once again, thank you for choosing health and for coming to see me!