

Registered Dietician St. John's

Registered Dietician St. John's - One of the elemental basics of Naturopathic Medicine is nutrition. Nutrition or the diet offers the body with fuel and fundamental energy metabolism in the form of calories. Calories might be obtained purely through vegetables, legumes, protein, grains, seaweeds, nuts and seeds.

Since the human system exists and develops as an energy system, the body's needs can be obtained from its natural environment. Humans are designed to accumulate vitamins from natural food sources whenever possible. Naturopathic Physicians urge all patients to get food from their natural surroundings and to eat as close to the soil as possible because the body system utilizes food best in its most natural form.

The physician will evaluate the patient's current food plan during the initial exam. A revised plan will often be provided based on the extent of health problem. Once the body begins to mend, more foods could be re-introduced back into their lifestyle. A well-known quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."