

natureco *health centre*

natural medicine and healthcare clinic



Nutritional Medicine

Nutrition is not just the food we eat, it is the platform of good health, growth and energy production. Every cell in our body was once food we ingested, providing us with water, protein, carbohydrates, fats, vitamins and minerals essential for life. We really are what we eat.

Our body needs the correct quantity of nutrients to operate effectively but with our busy lifestyles, processed fast foods are often chosen for convenience compromising our health. Today's modern world unfortunately has created an environment with nutrient depleted soils and increased levels of toxins. Even the air we breathe is polluted. All of this puts our body under enormous strain to stay healthy and operate efficiently.

Nutritional medicine involves recognizing, then correcting nutritional deficiencies as well as reducing toxicity in the body. This is achieved in consultation by taking a case study of your diet, assessing signs and symptoms of nutrient deficiencies and correcting imbalances via improved dietary programs and practitioner grade supplementation.

At Natureco, our Naturopathic practitioners are highly trained in assessing your dietary needs and recommending the ideal supplementation to allow the body to again function effectively. Could food be the primary reason for your current health conditions? More often than not, the answer is **Yes**.