

NUTRITIONAL THERAPY PRACTITIONER - definition:

A paraprofessional certified to do Functional Evaluations in order to make nutritional recommendations to balance body chemistry and achieve optimal wellness.

Nutritional Therapy Practitioners know:

1. Health is built on certain biochemical Foundations:
Digestion
Blood Sugar Balance
Mineral Balance
Fatty Acid Balance
Hydration
2. A properly prepared, nutrient-dense diet of whole foods provides the ultimate foundation leading to optimal health
3. Weaknesses in The Foundations lead to the degenerative health problems that plague the modern world.
4. There are other important factors for health outside the scope of nutritional therapy. Ex: electromagnetic, energetic, emotional, structural
5. To focus on the biochemical individuality of each client and to fine tune a nutritional protocol for that client
6. To advocate properly prepared local fresh organic whole foods
7. How to find stressors / imbalances related to nutritional deficiency and support nutritionally
8. How to support the body systems to regain homeostasis (balance)

WHY WAIT UNTIL YOU HAVE A DIAGNOSIS?

PREVENTION – whole foods diet as therapy

listen to symptoms instead of silencing them (these are messages something is wrong)

\$90

Evaluation process can include:

Interview

Food Journal to provide information on client's dietary habits

Nutritional Assessment including a Symptom Burden Analysis

Lingual Neuro testing

Kinesiology- a neurologic response- documented by Quantum Physics

Nutrition Response Testing-

\$40

Follow-up visit

OPTIMAL HEALTH THROUGH WHOLE FOODS NUTRITION

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