

Registered Dietician Norfolk

Registered Dietician Norfolk - One of the elemental basics of Naturopathic Medicine is nutrition. Nutrition or the diet supplies the body system with fuel and fundamental energy metabolism in the form of calories. Calories can be obtained naturally through greens, protein, grains, legumes, seaweeds, nuts and seeds.

Those things the body need can be acquired from its natural environment because the human system exists and evolves as an energy system. The human body is designed to get nutrients from natural food sources whenever necessary. Naturopathic Physicians encourage all patients to derive food from their natural environment and to eat as close to the earth as possible because the body utilizes food best in its most natural form.

In the period of the initial examination, the physician will evaluate the patient's existing food plan. Based on the level of illness, a revised plan is provided. Once the body begins to mend, more foods may be re-introduced back into their lifestyle. A famous quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."