



## FUNCTIONAL NUTRITION

### HEALING THROUGH FOOD

*Functional Nutrition* is a science-based, personalised approach to nutrition that treats underlying causes of illness through individually tailored **Nutritional Care Plans** and **Comprehensive Patient Education** to restore health and improve function.

*Functional Nutrition* utilizes therapeutic protocols combined with a comprehensive understanding of each individual's physiological needs. Customised **Nutritional Care Plans** address the identified nutritional imbalances and insufficiencies. Nutritional deficiencies can arise through: poor diet, allergens, toxins, stress and microbes.

*Functional Nutrition* focuses on these underlying causes to reverse symptoms. Proactive and preventative measures place the focus on a **wellness-centred approach to health**. Viewing health from this perspective shifts away from illness as the focal point.

**Comprehensive Patient Education** empowers patients through **self-efficacy**, the belief in one's ability to succeed or accomplish a task, focusing on positive, long-term changes in diet and lifestyle.