

Registered Dietician Kawartha Lakes

Registered Dietician Kawartha Lakes - Nutrition is one of the elementary essentials of Naturopathic Medicine. What diet does for the body system is to provide fuel and fundamental energy metabolism in calories form. Calories may be obtained purely through greens, legumes, protein, grains, seeds, seaweeds, and nuts.

Those things the body need can be acquired from its natural surroundings because the body exists and evolves as an energy system. The human physique is made to get vitamins from natural food sources when necessary. Naturopathic Doctors encourage all patients to derive food from their natural surroundings and to eat as close to the soil as possible since the body uses food best in its most natural form.

In the period of the initial exam, the doctor will analyze the patient's current food plan. Based on the extent of sickness, a revised schedule is given. As soon as the body begins to mend, more foods may be re-introduced back into their diet. A famous quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."