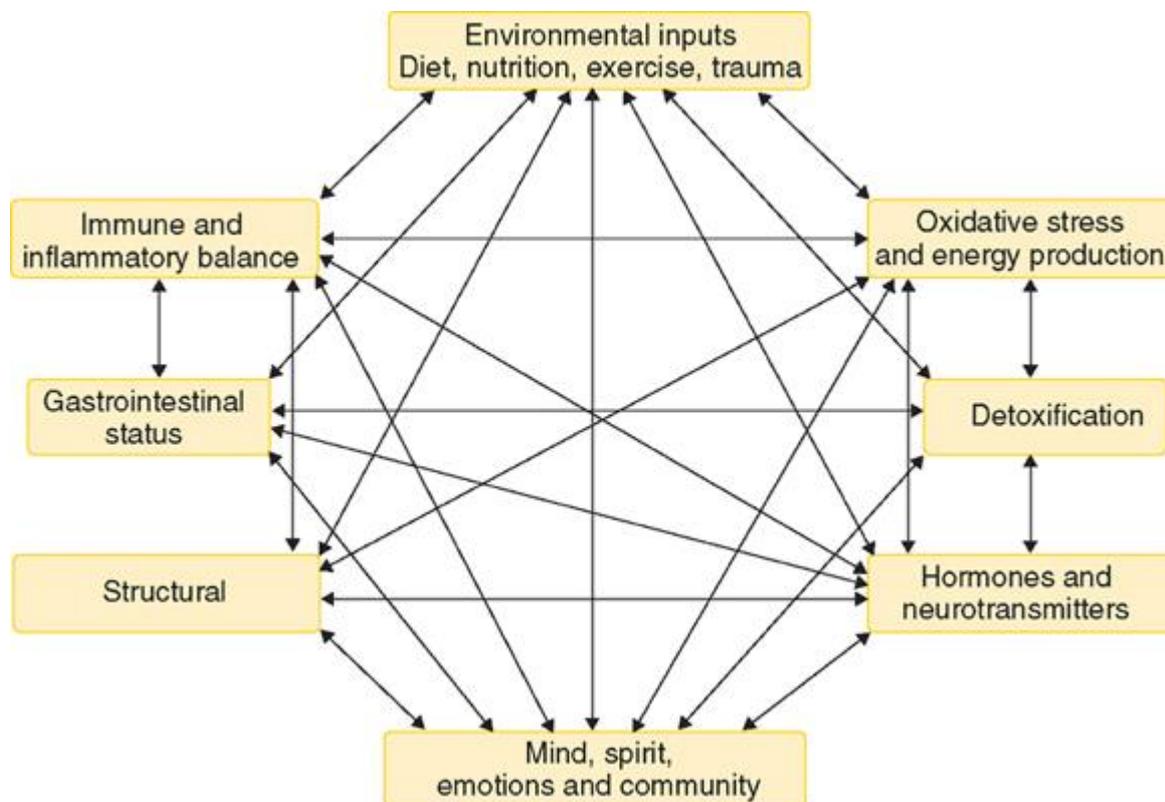


Functional Nutritional Therapy

Functional medicine and functional nutrition therapy gets to the underlying cause of disease and works to resolve that individual cause. Functional Nutritional Therapy recognises that dysfunction of the body begins way before the symptoms appear. The symptoms are ever the cause. Using Meta Health Scan to test to distinguish the individuals root cause, we work to remove and resolve that cause, and promote optimal healing by supporting normal physiology, biology and metabolism.

In Functional Nutritional Therapy we use a systems-oriented approach which engages the patient and the practitioner in a therapeutic partnership by focusing on the whole person [not the symptom of the day]. Functional Nutritional Therapy understands that disease and dysregulation don't 'just happen' or 'come out of nowhere'; but rather is in the making for years.



A functional nutritional Therapist looks at the foundational way that food & nutrients affect the body on the cellular level and goes beyond simply assessing what you're eating. Functional Nutrition therapy **is not** simply about eating a healthy diet, of faddy smoothies or raw diet. The science of Functional Medicine upon which Functional Nutritional Therapy is based, demonstrates that food is a medicine. Specific nutrients can be utilized in order to push specific functions and pathways in the body to enable healing and return to full function.

Three main focuses of functional nutrition therapy

Patient-centred care – truly listening to the patient and learning his or her story. The practitioner includes the patient in the discovery process and tailors the treatment that address's the individual's unique needs taking into account the physical, psychological, environmental and not just what the patient is eating.

Evidence-based and integrative – it integrates all the variables that make up the complex web of interactions that influence the patient's health such as medical history, medication & supplement use, physiology, social supports, lifestyle, physical and social environment, and unique [genetic make-up](#).

Preventative – goes beyond just traditional treatment by combing the best of both worlds of Western medicine [the judicious use of medications as needed and medical procedures when indicated] and with what is sometimes called 'alternative' medicine which focuses on nutrition, diet, exercise, minimizing toxin exposures, supplements, therapeutic diets.

Functional Nutritional Therapy is uniquely designed to accurately determin the root cause of your disease so it can be effectively resolved. The prescribed treatment may include the following:

- Root cause diagnosis (Health Scan and consultation can be undertaken via skype)
- Allergy testing /food sensitivity testing
- Tailored gentle Detoxification program
- Elimination diet e.g. wheat, dairy, gluten
- Specific therapeutic diet e.g. anti-fungal diet, low GI diet
- Lifestyle changes
- Specific supplementation regime
- Interventions such a s Hypnotherapy or EFT to deal with specific issues related to food
- Supportive Health Coaching
- Follow-up

Book now and make a positive difference to your health

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