

Registered Dietician Charlottetown

Registered Dietician Charlottetown - One of the elemental basics of Naturopathic Medicine is nutrition. Nutrition or the diet offers the body with fuel and fundamental energy metabolism in the form of calories. Calories could be obtained purely through vegetables, legumes, protein, grains, nuts, seeds, and seaweeds.

Since the body exists and evolves as an energy system, the body's needs may be obtained from its natural surroundings. Human beings are made to acquire vitamins from natural food sources whenever possible. Naturopathic Doctors encourage all patients to get food from their natural environment and to eat as close to the earth as possible since the body system makes use of food best in its most natural form.

The doctor will evaluate the patient's current food plan during the initial examination. A revised arrangement would often be provided based on the level of illness. Once the body starts to heal, more foods could be re-introduced back into their lifestyle. A famous quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."