

Registered Dietician Winnipeg

Registered Dietician Winnipeg - Nutrition is one of the fundamental principles of Naturopathic Medicine. What nutrition does for the body system is to supply gas and basic energy metabolism in calories form. Calories may be obtained naturally through greens, protein, grains, legumes, seaweeds, nuts and seeds.

Given that the human system exists and evolves as an energy system, the body's requirements may be obtained from its natural surroundings. Humans are made to amass vitamins from pure food resources whenever possible. Naturopathic Doctors urge all patients to get food from their natural environment and to eat as close to the soil as possible because the body utilizes food best in its most natural form.

In the period of the initial evaluation, the physician would analyze the patient's existing food plan. Based on the level of sickness, a revised arrangement is given. Once the body begins to heal, more foods could be re-introduced back into their diet. A well-known quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."