

Registered Dietician Windsor

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

Since the body exists and develops as an energy system, the body's needs might be obtained from its natural surroundings. Human beings are made to amass nutrients from pure food resources whenever possible. Naturopathic Doctors encourage all patients to obtain food from their natural environment and to eat as close to the earth as possible since the body makes use of food best in its most natural form.

During the initial exam, the doctor would analyze the patient's current food plan. Based on the level of illness, a revised plan is provided. Once the body commences to mend, more foods might be re-introduced back into their diet. A well-known quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."