

Nutrition

Nutrition is a very vast and complicated topic. Research shows contradicting results, and can be very confusing. No single diet is appropriate for all types of people. However there are general guidelines for foods that are universally applicable. Chiropractors have always said that “we should eat food the way it was designed by nature: if the food existed 100 years ago it is good to eat, otherwise don’t eat it.” As time goes by, this statement is being proven to be true. Going back to basic foods that our ancestors ate is the path to wellness.

My spin on nutrition is a unique combination of science and kinesiology/muscle testing. I have trained extensively through seminars, my chiropractic education, and in my practice working with hundreds of patients over the years. Kinesiology is a way of checking your body by testing reflex points. This approach is based on your energy circuitry. It is a “quantum physics” approach to your health. Foods affect your body, which in turn influence the immune system, hormones, and organs.

The blood type diet is the closest diet to acknowledging how genetics interface with food. I modify this diet with kinesiology to customize it for each individual patient. Though there are a number of books on this topic, I do not recommend following the diet prescribed in the book without supervision. I was a patient of the originator of this work for 2 years and learned a lot about it by following it myself. Everyone has unique nutritional needs, and without the supervision of a knowledgeable nutritionist, this particular diet can be problematic for you. For example if your blood type is “A” it is not a good idea to be vegetarian if you have blood sugar issues, or have a tendency toward anemia. I blend a number of dietary concepts that I have studied over the years, and tailor it just for you.

Your food intake is the best place to start when evaluating your nutrition. Why take supplements when you are not eating well? Many vitamins end up undigested. Synthetic vitamins are now being proven to be toxic: this is the



case with synthetic forms of vitamins C, D, and E. Vitamins alone do not make you well, it's the food you eat that is most important. Eating the best fuel can lessen the need for supplements. I recommend that you not focus too much on your eating. Food is supposed to be pleasurable, and relaxing. Do not skip meals. Make the best choices you can with what choices you have for food. In certain cases like celiac disease a restricted diet must be followed very closely or else you will experience severe consequences.

After dietary changes are followed for about 2 weeks, your body begins to detoxify as it becomes more balanced. When the body is on the right fuel it does not have to work so hard to digest and process nutrients. Once you start following my food guidelines, I check your reflexes to add supplemental support. Reflex based nutritional care is like peeling layers on an onion. In the beginning you may need to be checked every few weeks as each layer is cleared. After about three months the core layers emerge, and the changes you are making begin to get to the root of your health issues.

A note about reflex points: these points and their supplemental options have been researched on thousands of patients by hundreds of chiropractic kinesiologists. The products that are matched with the reflex points are based on scientific and kinesiological research. This is why it is important to take the brand names of the supplements that I prescribe. These are brand names and formulas that have been tested, and are proven to be most effective.

Generally it takes 18 months of following the dietary guidelines and taking your supplements to achieve lasting health improvements. Your body replaces its cells every 18 months. Can you imagine what happens when your cells are getting the best possible nutrition and supplement support? The new cells are healthy, strong, work more efficiently, and resist toxicity better. So enjoy life, enjoy food, and your body will stay healthy