

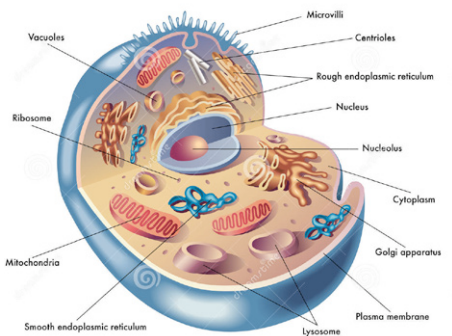
What does nutrition have to do with my....

... blood pressure, headaches, depression, heart disease, acne, cancer, autoimmune disease, sinus infection, infertility, chronic muscle spasms, IBS, menopause, joint pains, arthritis, psoriasis, fatigue, thyroid, dry skin, eczema, cardiovascular disease, gall stones, kidney stones etc....

It all comes down to cells. They are the basic unit of life. All cell's structure and functions are built from or run on nutrients. You are a collection of 100 trillion cells.

When our cells are nutrient deficient we go on a downward spiral (see right).

The role of a Nutritional Therapy Practitioner is to assist their clients to re-establish cellular health and understand the warning signs and signals our body gives us every day about underlying dysfunction.



The Cellular Downward Spiral

