



Nutrition Therapy vs. Foundational Health: **What's the difference and why are they important?**

My program addresses specific issues which are caused by specific deficiencies, toxicity and inflammation in the body.

If you have **diabetes** we:

- Give the pancreas the minerals it needs to function properly
- Support kidney function
- Reduce neuropathy
- Work on reducing sugar cravings

If you have **high cholesterol** we:

- Support liver function with specific vitamins, minerals and veggies
- Set daily fat and cholesterol intake limits

That's **Nutrition Therapy**.

Foundational health is the basics, the clichés, things that we may have ignored for months, if not years, like drinking lots of water, getting enough sleep, eating veggies, avoiding sugar, etc. and we have to get you back on track with those things, otherwise nutrition therapy won't be nearly as effective. There's no substitute for water. There's no substitute for fiber or protein or sleep.

So you don't have to give up your coffee or wine, but we do have to make sure you're drinking water and getting a decent amount of sleep, etc. when working towards a health goal. Make sense?