

## Registered Dietician Stratford

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

Given that the human system exists and evolves as an energy system, the body's needs may be obtained from its natural environment. Humans are made to accumulate nutrients from pure food sources whenever possible. Naturopathic Physicians encourage all patients to get food from their natural surroundings and to eat as close to the soil as possible since the body uses food best in its most natural form.

The doctor will evaluate the affected person's current food plan during the initial exam. A revised arrangement will often be provided based on the extent of health problem. Once the body begins to heal, more foods may be re-introduced back into their diet. A famous quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."