

Registered Dietician Kingston

Registered Dietician Kingston - Nutrition is without doubt one of the elementary principles of Naturopathic Medicine. What nutrition does for the body system is to provide gas and basic energy metabolism in calories form. Calories can be obtained purely through vegetables, protein, grains, legumes, nuts, seeds, and seaweeds.

Given that the body exists and develops as an energy system, the body's needs may be obtained from its natural surroundings. Humans are designed to accumulate vitamins from pure food resources whenever possible. Naturopathic Doctors urge all patients to get food from their natural environment and to eat as close to the earth as possible since the body system makes use of food best in its most organic form.

During the initial evaluation, the physician would evaluate the patient's current food plan. Based on the extent of sickness, a revised schedule is provided. Once the body starts to heal, 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."