

Nutrition Education Services

Principles of Good Nutrition

Nutritional approach to a healthy body.

- Remove pathogens, parasites, and xenobiotics, allergic foods
- Repair tissue with nutrient support
- Replace digestive factors and/or enzymes
- Repopulate positive bacteria

Nutritional Principles for Optimal Health

1. Eat according to your blood type and individual body chemistry.
2. Chew food to the point of liquid before swallowing.
3. Regular exercise 10,000 steps a day and toning/firming with weights.
4. Eating hormone and chemical free foods.
5. Avoiding packaged or fried foods.
6. Avoiding sugar, caffeine, nicotine.
7. Alcohol in moderation.
8. Deep breathing exercises.
9. Stress reduction techniques. Massage, Reiki, Yoga, Tai Chi
10. Bringing balance, joy and peace into your life.
11. Supplementing according to your individual body chemistry as needed.
A multivitamin/mineral, concentrated fruits and vegetables, omega 3 essential fatty acids, calcium-magnesium, D3 all are basic core supplements that everyone needs.