

Nutritional Medicine

Why Nutritional Medicine?

Sooner or later, Nutritional Medicine will become the foundation of the practice of conventional medicine. Pioneers in 20th century medicine argued that many diseases could be prevented or treated by adjusting the concentration of molecules already present in the body such as vitamins, mineral, amino acids and hormones. Today, scientific research and clinical medicine (including my own) have shown that dietary modifications and administration of nutrients and natural substances are often effective for preventing and treating a wide range of symptoms and illnesses. Even better, a nutritional approach rarely subjects patients to the disturbing and often disabling side-effects of pharmaceutical treatments. In addition many of the side effects experienced by patients following a nutritional approach are positive such as more energy; fewer sugar cravings, less aches and pains, better sleep and better concentration.

After 15 years of practicing Nutritional Medicine, the essence of nutritional therapy is “take out the bad and put in the good.” This translates into modifying the diet so as to reduce and or eliminate sugar and refined carbohydrates, *trans* fatty acids, food additives and other unhealthy constituents of the SAD, Standard American Diet. In contrast, we put in the greens, vegetables and fruits full of micro-nutrients that support the body’s remarkable ability to repair itself. Nutritional therapy also includes the use of vitamins, minerals, amino acids, herbs and other natural compounds that help restore health, individualized according to the patient’s needs. Depending on the clinical situation, these natural therapies can be used along with or in place of pharmacological remedies.

Our use of nutritional remedies is supported by our 15 years of clinical experience and the textbook, *Nutritional Medicine*, by Alan Gaby, MD with more than 15,000 references to support or refute a nutritional approach.

Over the years I have come to appreciate that 80 to 90% of chronic diseases have an inflammatory component. While the most common cause of inflammation is probably stress; the food we eat is a major cause of inflammation and perhaps easier to modify than stress.

Our Integrative Approach

We place a great deal of emphasis on nutrition education and counseling. Our approach makes the transition to healthy eating an empowering and positive experience. We will help you understand the

difference between “good” and “bad” carbohydrates, fats, and proteins. You’ll learn how to read food labels and how to eat right when dining out. Tips how to shop and healthy eating when dining-out are available and we share recipes for many delicious meals.

What Conditions benefit from Nutritional Medicine?

Most inflammatory conditions and chronic diseases such as:

- Autoimmune Disorders /Rheumatoid Arthritis
- Diabetes
- Heart Disease
- Hypertension
- High cholesterol and triglyceride levels
- Obesity
- Irritable bowel syndrome
- Inflammatory Bowel Diseases
- Chronic fatigue and Fibromyalgia
- Attention deficit disorder
- Allergies and Asthma
- Cancer and Immune Dysfunction

There is no question that a poor diet increases risk of inflammatory diseases, including heart disease. Dietary changes can reverse disease markers. Blood pressure declines when you eat less sugar and more potassium-rich fruits and magnesium-rich vegetables. Cholesterol and triglyceride levels fall with more fiber and less sugar and refined carbohydrates. It has been clearly established that diets high in fiber, fruits, vegetables, and whole grains are protective against cancer.