

# Integrative Nutrition

## Integrative Nutrition

Integrative nutrition centers on whole person care, focusing on health and wellness instead of treating a disease. It uses natural (complementary) and medical (conventional) therapies to nourish the mind, body and spirit.

Integrative nutrition works to identify imbalances in the body such as:

- hormonal imbalances
- energy imbalances
- immune system imbalances
- gastrointestinal (GI) imbalances
- nutrient imbalances
- mind and body imbalances
- inflammation.

You and your integrative nutritionist will work together to create a plan to correct imbalances, fight inflammation, and improve your overall health and well-being.

## Food as Medicine

Integrative nutrition uses a “food as medicine” approach to eating, using food to support your body’s natural ability to heal. Food and nutrients (how many calories or how much carbohydrate, fat, vitamins and minerals) are looked at as information for the body. Without the right information, your body is not able to work properly.

## Your Story

An important part of integrative nutrition is your personal story and understanding how it impacts your beliefs, attitudes and motivations for wanting to make changes to your lifestyle. Your integrative nutritionist will listen to your story and use the information to help create your plan of care.

## Learning More About Your Body

After listening to your story, asking about your health history and looking at any lab work you have had done, your integrative nutritionist will talk with you about:

- your genetics
- nutrients of which your body has too much (toxicities) or does not have enough (deficiencies)
- any imbalances in your body.

## Your Plan of Care: Putting the Pieces Together

You and your integrative nutritionist will review all of the information gathered to create your plan of care. Using this information, he or she will work with you to develop nutrition strategies to support your body’s natural ability to heal.

Your integrative nutritionist will also talk with you about the power of choice, and how your body has the ability to heal itself through consuming proper foods and nutrients, and nourishing the mind and spirit.

*(over)*

## Benefits of Integrative Nutrition

By working with an integrative nutritionist, you can:

- better understand what to eat and how to promote your body's natural healing ability
- create a plan of care that uses specific foods, supplements and other therapies
- use nutrition to support long-lasting (chronic) conditions
- set goals and develop healthful eating patterns.

## Whom to Call With Questions

Talk with your primary care provider or integrative nutritionist if you have questions about integrative nutrition.