

General Nutrition vs. Specific Nutrition

(them)

(me)

HEALTH FOOD STORE APPROACH

Symptom-based or the “this is good for everyone” approach to nutrition is the way health food stores, nutritionists, medical doctors, trainers and self-professed know-it-alls dispense advice to anyone and everyone who will listen. This kind of information is what makes vitamins, minerals and supplements dangerous.

MY APPROACH

Wholistic healthcare is based in what is right for the specific patient at the specific time- not what is good for everyone, because nothing is good for everyone all the time. My approach to adjustments and nutrition and diet and exercise is to be as specific as possible- patient specific and moment specific- to create the greatest level of health possible.