

NUTRITIONAL ASSESSMENT

Each person has very unique nutritional requirements which when properly handled will result in more dynamic health. A properly nourished individual possesses abundant energy. They easily complete work without fatigue or agitation. They are neither high nor low, it's almost like they're on cruise control throughout the day. Proper nutrition aids in weight loss, increased energy and focus, ability to heal faster, reduces possibility of any chronic degenerative disease, simply put proper nourishment is right for everyone!

Included in a proper nutritional assessment is the determination of ratios of proteins, fats, and carbohydrates specific to individual body types. Vitamins, minerals, enzymes, phytonutrients, and other elements are required to properly nourish each individual. There are many key factors in becoming properly nourished. These factors will be assessed on an individual basis, therefore giving you a customized plan of action to restore and maintain health.