

Nutrition

Our office believes in moderation in what we eat and drink. However, we will make stands on products that are affecting your personal health, damage your body and block you're healing. We have many different options to check your nutritional needs; nutritional exam, muscle, blood, and saliva tests.

As a nation, we eat poor-quality foods that have been stripped of nutrients. We do not consume enough fresh fruits and vegetables. Many of us get our whole grains from instant rice, refined wheat breads, pastas, and cereal. We eat a tremendous amount of prepackaged, pre-made meals. One-quarter of Americans eat at fast food restaurants each day. Americans are overfed and undernourished. However, given proper nutrition, the human body has an amazing ability to heal itself. To do so, we need to eat a healthier diet, exercise, and take high-quality supplements made from whole foods. Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a way that nature intended, in a whole food form. Whole food supplements supply our bodies with nutrients we are not getting from our diet, all the vitamins, minerals, trace minerals, and phytonutrients that foods possess in a

