



Universal Health™



Clinical Nutrition

Every day, each single cell in your body requires a precise balance of nutrients to function properly.

Clinical Nutrition is the science of nutrients and how they are digested, absorbed, transported, metabolised, stored, and discharged by the body. Nutrition is becoming accepted more and more as an intricate part of health care. Clinical nutrition is the study of the relationship between food and the well-being of the body. In addition to studying how food works in the body, nutritionists are interested in how the environment affects the quality and safety of foods, and how these factors influence health and disease.

How Does it Work?

Nourishing your body is fundamental to good health. The right quality and quantity of food specifically selected for you, combined with good digestion, absorption and elimination leads to better health.

Working with your nutritionist can educate, as well as motivate you to make improvements to your diet. Different foods can either promote health or cause disease. Our food requirements are influenced by many factors, including age, gender, body size, pregnancy, and health. A clinical nutritionist can help you determine what type of diet is best for you.

The Treatment

During the initial part of the visit, your practitioner will ask you questions about your medical history, family history, and personal lifestyle as well as goals such as weight loss, skin improvement, fertility, better stress handling, digestion, energy levels or sleep. Tests such as a Magnagraph or Cellular Health Analysis may be used to find any deficiencies and test organ function. This way, your practitioner will get a full picture of your nutritional lifestyle.

Your practitioner will then recommend foods to avoid and also offer advice on specific nutritional supplements if necessary. Follow-up visits will be scheduled to monitor your progress.

Do you Suffer From?

AIDS, cancer, osteoporosis, lung disease, obesity, burns, metabolic disorders, kidney, liver, heart disease, obesity, diabetes and pancreatic disorders, fatigue, stress, sugar cravings, hormonal imbalances, digestive complaints, bowel irritations, weight problems, low immunity, depression, insomnia, headaches. Patients who need surgery are also supported with clinical nutrition.

The Benefits

When optimally nourished, it is possible to attain a high level of well-being, which is so much more than just an absence of any symptoms of ill health. Constant levels of energy, weight loss, clarity of thought, a strong immune system and reduced rates of aging are just some of the positive effects which will enable you to enjoy the full and active lifestyle everyone has come expect today, regardless of age.

Results You can Expect?

Your body will begin to thrive. You will acquire a spring in your step and renewed vigour, greater resilience and stamina, sugar cravings may diminish, digestive and bowel complaints will ease. Consuming high quality food in the right combinations and quantities, good digestion, absorption and elimination lead to better health and your food will taste even more delicious. Every single cell in your body requires a precise balance of nutrients on a daily basis to work properly. Anything less and the whole body will fail to thrive.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

