

## Registered Dietician Owen Sound

Registered Dietician Owen Sound - One of the fundamental basics of Naturopathic Medicine is nutrition. Nutrition or the diet provides the body system with fuel and basic energy metabolism in the form of calories. Calories could be obtained purely through vegetables, legumes, protein, grains, nuts, seeds, and seaweeds.

Given that the body exists and evolves as an energy system, the body's requirements can be obtained from its natural surroundings. Human beings are designed to accumulate vitamins from natural food resources whenever possible. Naturopathic Physicians encourage all patients to derive food from their natural surroundings and to eat as close to the soil as possible because the body uses food best in its most natural form.

The physician will evaluate the affected person's current food plan during the initial exam. A revised arrangement will usually be provided based on the extent of health problem. Once the body starts to heal, more foods could be re-introduced back into their lifestyle. A famous quote by Lao Tzu states: "What is deeply rooted in nature cannot be uprooted."