

THE BENEFITS OF PROPER

Nutrition



Did you know that the leading causes of death in America are related to lifestyle?!! Almost 70% of all deaths in the United States stems from lifestyle habits that leads to disease and illness. This means that these deaths could have been prevented with proper behavior changes and preventative health education. You may be asking yourself what exactly is 'lifestyle' and what habits fall under this title. Lifestyle literally refers to the way a person lives and generally encompasses a wide range of daily habits. Many of us have heard about staying active and eating right, but may not know that these are two of the most critical components of lifestyle habits that can guide you to optimum health. A study a few years ago through Michigan State University found that only 3% of Americans adhere to a healthy diet₂. We can change this by being more conscious of our health and how we fuel our bodies. Of course we have all

heard the age old adage "You are what you eat." This is true in more ways than one. If we provide our body with proper nutrients and fuel for energy, we decrease our changes for many diseases including heart disease, type II diabetes and many chronic illnesses. When we pollute our body with a lot of harmful substances like tobacco, excess salt, fatty and high sugar foods we upset or body's natural balance and make our body more susceptible to diseases that revolve around diet. This is why proper nutrition and nutrition education is important. My passion as a nutrition consultant comes from my experience firsthand seeing the difference in what we eat and how we feel. I like to learn about existing ailments and concerns and create a plan to alleviate those symptoms through diet changes. Nutrition isn't so much about taking away foods or food groups as it is finding your body's balance and optimum health level

through diet. The first step is generally a 24-48 hr. food record to see what your current diet is like and changes and/or substitutions that can be made to reduce inflammation, lose weight, lower cholesterol, etc. After this I generally like to do a few follow up sessions to see how the initial plan is working and make adjustments as needed. One reason I offer email support is that I can answer questions that you may have throughout your sessions and post session work. I look forward to working with you to meet your nutritional goals here at Balance.

References

1. www.healthaliciousness.com/articles/top-causes-of-death.php
2. <http://www.3percentchoicel.com/americans039-unhealthy-lifestyle-leading-cause-death>