



# Natural Manna

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## What is Nutritional Therapy?

The primary aim of Nutritional Therapy is to holistically treat the source of ill-health not just the symptoms. Nutritional therapy is ‘patient specific’ and treatment usually takes the following format:

**Diagnosis**—this can be GP referred in the case of many chronic disorders, or by the Nutritional Therapist in less serious cases.

**Evaluation** of client’s condition, their dietary habits and the possible causes of illness.

**Elimination** of unhealthy foods—cutting out unsuitable foods that could provoke allergies or nutritional imbalances thus contributing to poor health. This may mean eliminating sugar and over-refined foods, additives, wheat products and junk foods.

**Balancing of Diet**— suggestions for improved nutrition possibly including more fruit and vegetables, pulses and low-acid forming foods. Eating healthy, natural foods reduces stress on the liver and digestive system and enables the body to use energy from food to help boost the immune system which revitalizes the body’s defences against disease. The body is able to start healing naturally.

**Eliminating Toxins**—processed foods containing high levels of fat, sugar, salt can cause problems for the digestive system. This causes a build-up of toxins in the system which are difficult to eliminate and toxic residue can be left. Also additives, pesticides and fertilizers often found in mass-produced food can place an additional strain on the body. A Nutritional Therapist can help in clearing the body of these toxins.

**Supplements**—Essential vitamins and mineral supplements may be suggested to help with possible deficiencies and strengthening of the immune system.