



LINDGREN
functional medicine

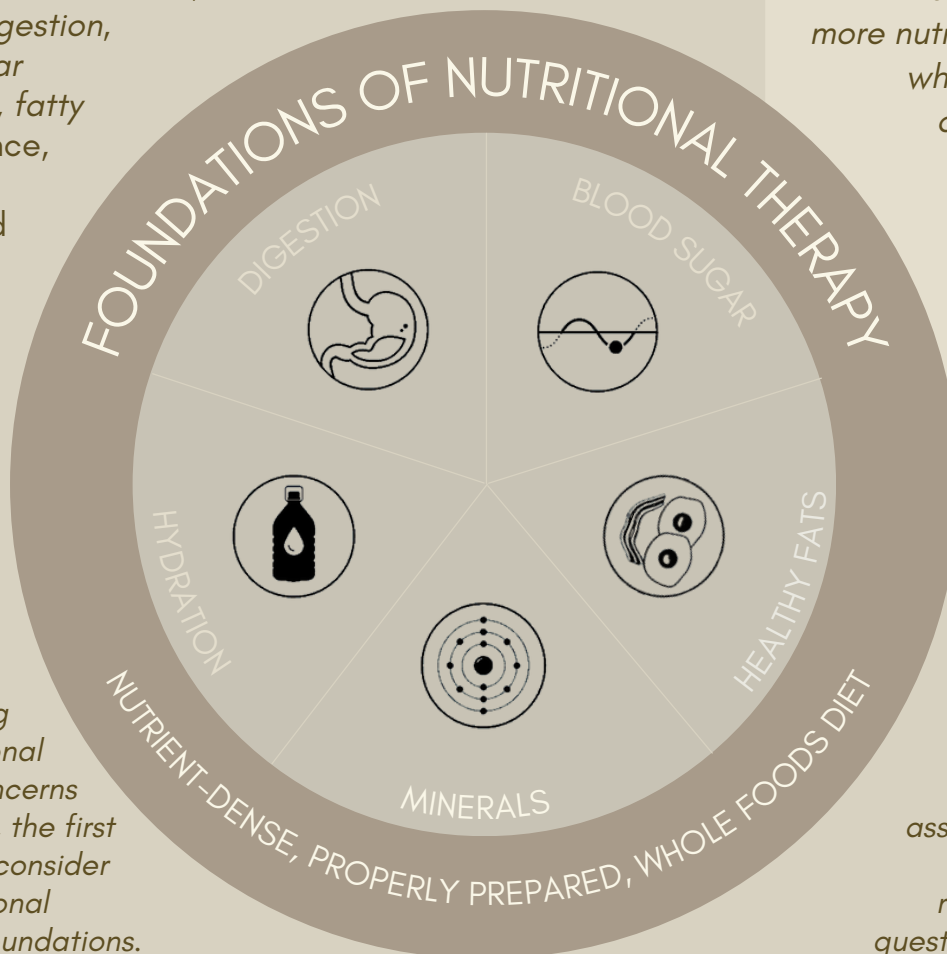
What Is Nutritional Therapy?

Nutritional therapy is based on the idea that health can be achieved through a holistic and bioindividual approach to nutrition and lifestyle.

The nutritional therapy approach considers poor nutrition—and the consequent weaknesses in the body's physiological foundations—to be at the root of many modern health problems. To address this, nutritional therapy focuses on honoring the body's innate feedback system and incredible capacity to restore, regenerate, and correct itself (when given the support to do so).

Nutritional Therapy Practitioners (NTPs) take a foundational, holistic approach to wellness by supporting the foundations of health: a properly-prepared nutrient-dense whole foods diet, optimal digestion, blood sugar regulation, fatty acid balance, mineral status, and hydration.

When addressing your personal health concerns and goals, the first step is to consider the nutritional therapy foundations.



HOLISTIC:
considers the health of a person as a whole: body, mind, and soul

BIOINDIVIDUAL:
each person has unique genetic, ancestral, and biochemical needs and preferences

PROPERLY-PREPARED:
some foods are less irritating to digestion and more nutritionally bioavailable when soaked, sprouted, cooked, or fermented

NUTRIENT-DENSE:
rich in micronutrients like vitamins, minerals, and phytonutrients needed for optimal health and vitality

As your NTP, I take the role of guide and coach. My training allows me to assess your current diet and lifestyle, make recommendations, answer questions, and accompany you on your healing journey.