



Current Nutritional Considerations

Biochemical Individuality

Each individual is as unique biochemically as he/she is physically (and bioenergetically). Thus biochemical/nutritional needs vary considerably among our population.

Genetotropic Factors: Nutrient requirements are linked to genetic make up and thus vary widely from person to person. Specific nutrient requirements, to provide for optimal function, may vary as much as tenfold between individuals.

Lifestyle: Each person's lifestyle also directly impacts his/her need for specific nutrients. Considerations here include:

- Exercise Levels
- Food & Beverage Choices
- Refined Carbohydrate Intake
- Chemical Adulteration of Food
- Alcohol Intake
- Drug Use/Abuse
- Food Additive Consumption
- Bioenergetic Patterns*
- Overconsumption
- Air and Water Quality
- Gastrointestinal Absorption Characteristics

Environmental Pollution: Exposure to air, water, food, household and occupational contaminants all influence one's need for the various antioxidant nutrients which help to neutralize these toxins in the body.

Food Processing Techniques: Food processing has led to significant reductions in the much needed fibre, essential oil and antioxidant content of these foods.

Intensive Agricultural Techniques:

- soil nutrient depletion
- crop hybridization

Such practices have unfortunately resulted in nutrient depleted soils and the development of crop hybrids which do not always meet consumer nutrient needs as well as they meet food producers' economic needs.

Food Cosmetic Treatment: Consumers today must also cope with a broad array of colorings, waxes and disinfectants, the long-term effects of which, only time may tell.

Food Harvesting, Storage & Transportation: Many factors come to play in this complex area, with one of the unfortunate results often being compromised food nutrient value.

Health Conditions: A wide variety of health conditions, from pregnancy, lactation, and menopause to various infectious or degenerative disease states, to traumatic or toxic conditions, to shifts in bioenergetic (mental-emotional-physiological) patterns significantly impact one's need for specific nutrients.

*Bioenergetic patterns not only differ from person to person, but they are dynamic in nature and continuously shift within each individual. Such 'energy shifts' may indeed influence how we function on the biochemical level, therefore 'shifting' our metabolism, how we utilize specific nutrients and thus varying our micronutrient needs.

The above factors combine to make obsolescent the belief that all one must do to obtain optimal nutrition is eat a 'balanced diet'. Indeed, optimal nutrition does begin with a whole food, properly varied diet, but it no longer ends there. Optimization of the micronutrients (trace elements and antioxidants especially) more often than not requires specific supplementation, on the advice of a properly qualified, nutrition-oriented healthcare professional, such as your Health Coach. This follows the *thorough evaluation* of each individual's unique nutritional requirements, considering all of the aforementioned factors. Be certain to ask your Health Coach about the Health Appraisal Questionnaires, designed specifically for this purpose.

Your thorough understanding of how you can effectively reduce the degree of chemical stress (ie. nutrient insufficiency and chemical toxicity) to which you subject yourself and are subjected, is vital to your function on a higher level of wellness.

ADVANCED CLINICAL NUTRITION

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