

# HOLISTIC NUTRITION AND SUPPLEMENT RECOMMENDATIONS

"I have been getting these headaches lately, what can I take?" Or, "I don't know why, but my stomach has been bothering me lately I need a supplement to fix it." These are a couple of examples of the questions I get asked on a daily basis. Many people are under the assumption that a Holistic Nutritionist can offer a quick fix to their health problem or a band-aid solution to whatever ails them. Then again, maybe I should feel honored that people believe I can cure them on the spot! Unfortunately, it's usually not as easy as that. You see, while there are a number of supplements and remedies that can offer quick relief of symptoms, typically the issue has been going on for a while and we need to uncover the cause of the problem in order to find a long-term solution .

When you go the Doctor, his or her main job is to get you out of your discomfort or pain and to make sure you don't have a serious illness. A Holistic Nutritionist works in a completely different manner. Of course, we also want to make sure you don't have a serious illness, but since we are not trained to determine that, (I can't tell you how many times I've been asked to "diagnose" things) it is always best to consult with your Medical Doctor if you are concerned about a persistent symptom. On the other hand, if you have had the same symptom(s) for years OR you have already received a diagnosis of your condition, that's where we come in. For example, your Doctor may tell you that you have gastric reflux or chronic migraine headaches or high cholesterol, and he/she will want to give you prescription medicine to take every time your "issue" comes up, or even daily to prevent the problem in the first place. Unfortunately, too often those medicines simply block the problem from surfacing and don't really "fix" anything; many times, they actually make the problem worse in the long run, or cause new health issues to emerge, as in the case of antacids, corticosteroids, blood pressure lowering medication and others.



So why are so many people tempted to go this route? Usually because (a) it will get them out of their discomfort quickly, which is certainly understandable so I'm not diminishing that fact; and (b) for some reason I've never been able to understand, they are terrified of not listening to the Doctor or trying a healthier alternative before resorting to harmful

prescription medications.

Unlike some others in my field, I'm not opposed to Doctors or medicine when required. Obviously, if you have a raging infection and need antibiotics right away, or are in a tremendous amount of pain or you simply don't feel comfortable with natural medicine, then you should absolutely follow the treatment plan your Doctor provides. The issue I have is that more often than not, unnecessary medications or repeated antibiotics are prescribed for chronic health issues when a much simpler treatment plan will correct the imbalance *with time*. And that's the important part: the process can take a while, since it took time for your body to get so out of whack in the first place! It involves changing your lifestyle, your diet, determining which foods you might be sensitive or allergic to, finding the type and level of toxicities in your environment and the food your ingesting as well as dealing with any emotional factors or hormonal problems that may be contributing to your problem. This, along with the appropriate [vitamins and supplements](#) – which often need to be reviewed and updated every month to ensure progression towards better health – generally takes a lot longer than the the quick fix pill your doctor will provide. Eventually you will feel better, have more energy and not get the symptoms making you feel like crap in the first place, but it certainly won't be overnight.

All that being said, in acute mild illnesses or discomfort, such as a cold or sore throat, sinusitis, acute digestive upset, stress due to a particular event, etc., herbal, homeopathic remedies and [essential oils](#) can provide fantastic quick relief in most cases *without suppressing the bodies natural functions* the way OTC medications do, but when those very same colds or sore throats are chronic, the underlying cause has to be dealt with.

I hope this helps clear up your understanding of Holistic Nutrition and Natural medicine. Contact me [HERE](#) and I will be happy to help you any way I can. ☐

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