Clinical Nutrition and Dietetics

Hippocrates- Father of medicine has said “Food is thy medicine, Medicine is thy food”.

You are what you eat. The physical composition, as well as the mental and emotional make up of an individual, is greatly dependant on his food. This is explained very well in Ayurveda and the traditional medical sciences. Naturopathy uses only food, and no medicine in its treatment protocol.

The food one eats has to be constructive. Its composition should be in close proximity with the human structure, and should be close to nature.

Most of the diseases today are related to ones food habits and life style. These are categorized as life style diseases or disorders. Making few very basic, day-to-day changes in the food, could reverse most of these conditions. A healthy food habit can certainly prevent the occurrence, of most of these conditions.

The key to a healthy body and mind is to eat healthy and to stay fit with regular exercises.

Eating healthy means, to eat Natural, unprocessed and whole some food, in the right quantity and at right times. It also means to refrain from unhealthy habits and addictions.

The food needs of an individual would vary greatly depending on his physical and mental activities, the climatic conditions of the place he stays in, his digestive abilities, his upbringing with regards to food, and his likes and dislikes. And hence, it cannot be generalized. This could also vary from time to time, based on his condition at that particular period. Age, disease etc are some of the factors.

A Naturopathic physician takes note of all of the above, and various other clinical factors before the prescription of a diet. As mentioned earlier, this would help healthy individuals in prophylaxis and to continue to be healthy, and the diseased in reversing the conditions.

Obesity, PCOD, Hypothyroidism, Diabetes Mellitus, Dyslipidemia, Hyper acidity, Dyspepsia, Constipation, Irritable Bowel syndrome, Fatty liver, Liver disorders, Renal conditions, Hypertension, Coronary artery disease, Skin diseases like eczema and psoriasis, Lowered immunity, Anemia are some of the conditions that would benefit from the right food intake and diet.