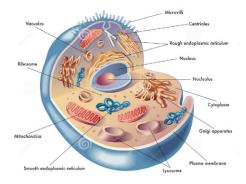
# What does nutrition have to do with my....

... blood pressure, headaches, depression, heart disease, acne, cancer, autoimmune disease, sinus infection, infertility, chronic muscle spasms, IBS, menopause, joint pains, arthritis, psoriasis, fatigue, thyroid, dry skin, eczema, cardiovascular disease, gall stones, kidney stones etc....

It all comes down to cells. They are the basic unit of life. All cell's structure and functions are built from or run on nutrients. You are a collection of 100 trillion cells.

When our cells are nutrient deficient we go on a downward spiral (see right).

The role of a Functional Nutritional Therapy Practitioner is to assist their clients to reestablish cellular health and understand the warning signs and signals our body gives us every day about underlying dysfunction.



#### The Cellular Downward Spiral

#### **Nutrient Deficiency**

(we need a full spectrum of nutrients for energy)



#### Cellular Inefficiency

(without full spectrum of nutrients our cell energy is diminished)



# **Organ Inefficiency**

(mal-digestion, malabsorption, decreased circulation, immune, detoxification, vitality)



#### **Detoxification Impaired**

(cells fatigued, repair and rebuilding capacity reduced)



### Further Organ Impairment

(system's innate intelligence impaired)



# Inability to repair and rebuild

(degeneration)



## Organ/System Dysfunction

(subtle or dramatic indications)



#### **Subclinical Symptoms**

(primary issues, symptoms reported to practitioner)



#### Disease

(cellular/organ/system/organism breakdown)

