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DIET AND NUTRITION

The food we eat is energy and its quality profoundly affects our health. Overprocessed, heavy or overcooked food make the whole being slow and dull and can lead to malnutrition and toxicity. A well-balanced diet increases vitality and longevity and encourages clarity of mind.

The nutrition consultant provides an understanding of the food suitable for individual constitutions so that vital organs can function in a healthier environment.

A detailed questionnaire is given to the client including an eating diary in which food and drink intake over a seven day period can be recorded. From this, a general overview of his/her eating habits and possible symptom relationships can be identified. Many factors such as heredity, stress, glucose tolerance and exercise are taken into account to make a personal nutrition assessment. Advice is given on cleansing diets and procedures to remove toxic accumulations. Diets to effectively build health, taking into account the patient's constitution and lifestyle, are recommended. Vitamin and mineral supplementation is then suggested if necessary.

Nutritional advice is beneficial for all health problems and can provide an opportunity for self healing.

Weight problems are of course normally associated with poor eating patterns; however, people suffering from other disorders such as arthritis, hypoglycemia, allergies, PMT, high blood pressure etc... have often benefitted greatly from following careful and personal dietary advice.

As a nutrition consultant, Francoise Wright has been involved in research on "The Effects of Caffeine on Blood Pressure and General Health". She specialises in counselling people with eating disorders such as bulimia and anorexia and focusses on the relationship between food and emotions. With a background in Polarity Therapy she bases her nutritional work on the Ayurvedic principle of the "Five Elements".