

## Focus On Nutrition

*“The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.”~Thomas Edison*

Mr. Edison was ahead of his time, as it was believed until not long ago that medical science would be able to deliver the means of curing all disease. This belief in the limitless abilities of modern medicine has proven to be unrealistic and the recognition of its limitations has led to more resources being steered toward the field of disease prevention. The importance of prevention is better appreciated today. One of the main components of disease prevention is the field of Nutrition.

Nutritional science has developed considerably in the last twenty years. The large number of studies conducted and the vast amount of data collected makes it very clear that individuals are able to control their state of health to a great extent through nutrition. The scientific, medical and nutritional information available today enables us to increase our chances of being healthier, of preventing many diseases and of more easily overcoming the rest.

As with an individual's physical, intellectual and psychological characteristics, a person's health is also the product of a combination of environmental and genetic factors. The environmental factors are for the most part a result of a person's activities and habits and can to a large degree be controlled. One of the main environmental factors is nutrition. Many functions of the human body are affected by nutrition starting from the egg and sperm stage, through the various stages of development, adulthood and finally the health of the body in senior years.

All living creatures require food for their existence. The various nutritional materials absorbed by the body have a central role in the physiological processes occurring within it: cell, tissue and organ regeneration, the supply of energy and the monitoring of the body's chemical processes, to mention but a few.

Conversely, genetic factors are mostly not under an individual's control. When we become better able to identify the genetic markings of physiological characteristics and disease, our ability to control genetic factors will increase. We will be able to give personalized advice beyond individually applied general nutritional guidance, advice tailored to a person's individual genetic characteristics and physiological needs.

For Milena Safran, N.D., trained in the European approach to Naturopathic medicine, nutrition is the focal point of most treatment plans. And while genetically-tailored treatment is still in our future, every client is seen as an individual and treated as such, with a holistic plan developed specifically for that person based on information gathered during the initial hour-and-a-half to two hour interview and modified as needed over time as treatment progresses.