

## HOLISTIC WELLNESS NUTRITION

Wellness nutrition is based on the fact that the human body has an Innate Intelligence which is always working towards balance and homeostasis. The Innate Intelligence will always correctly adapt to stressors, which are toxic and/or deficient, leading to a change in cell function. Applying wellness nutrition would mean replacing the toxicities and/or deficiencies with purity and sufficiency. Wellness nutrition focuses on the idea that what is required for one human to be healthy is what every person needs (i.e. fresh vegetables and fruit). Allopathic (medical) nutrition focuses on the genes and the physical changes that take place. In allopathic nutrition, different dosages of nutrients, vitamins, and herbs are directed to trying to change the symptoms that result from the stressful environmental changes. However, the cause of the change in function, due to environmental stressors, is never addressed. This system focuses on the genes because the idea of an Innate Intelligence, which is programmed for health and success, is not considered.

Wellness nutrition is a critical component in our holistic wellness center. Our family practice members will never truly reach their full health potential if they are toxic and/or deficient in nutrients (remember the *plant analogy*). As a holistic wellness doctor it is a disservice to have people coming in for life changing chiropractic adjustments and let them continue to add destructive nutrition choices. Nutrition is a cornerstone of health and wellness. The best results cannot be reached for the patient if nutrition is neglected. Often times, two people may present with what seems like the same condition and the same procedure is done. One person responds favorably and the other does not. If all aspects of health (including nutrition) were not considered, it is difficult to really know what other part of the equation is missing.

It is key to ask the right questions and to set the correct goals when it comes to health and wellness. Consider asking yourself what it takes to get healthy, and why do we get sick? Our wish for our family practice member's is that their goal is to move their state of physiology (function) towards balance. There are many quicker and cheaper ways to only remove symptoms than holistic wellness chiropractic care. However, if your goals are health and wellness through improved function, you are absolutely in the right place.

### **Holistic Wellness Perspective**

a.) Our genes are programmed for health. It is toxicity and/or deficiency affecting gene expression that leads to sickness, NOT faulty genetics.

b.) Our genes do NOT differ from our Paleolithic, hunter-gatherer, pre-agricultural, pre-industrial ancestors.

c.) Our ancestors, and surviving tribes that model their lifestyles, did NOT die from the diseases of lifestyle like heart disease, hypertension, cancer, diabetes and stroke, or suffer from the degenerative or autoimmune diseases like arthritis, lupus, M.S., chronic fatigue, low fertility, depression, etc like modern humans do.

d.) The only difference between our healthy ancestors and our sick society is toxicity and deficiency. The genes are the same!

e) Modern illness is due to environmental NOT genetic factors. Modern illnesses are AVOIDABLE. Modern health is ATTAINABLE.

## RESEARCH

**S. Boyd Eaton M.D., Melvin Konner Ph.D, M.D. and Majorie Shostak. Stone ages in the fast lane: Chronic degenerative diseases in evolutionary perspective. 1988; Am. J. Med 84, 739-749**

“...Although our genes have hardly changed, our culture has been transformed almost beyond recognition during the past 10,000 years, especially since the Industrial Revolution. There is increasing evidence that the resulting mismatch fosters “diseases of civilization” that together cause 75 percent of all deaths in Western nations, but that are rare among persons whose lifeways reflect those of our pre-agricultural ancestors.”

**Eaton, S. Boyd M.D. & Konner, M. Ph.D. Paleolithic Nutrition: A consideration of its nature and current implications. 1985: N.Eng. J. Med. 312, 283-289**

“The human genetic constitution has changed relatively little since the appearance of truly modern human beings, Homo sapiens, about 40,000 years ago.”

**Cordain, Loren Ph.D. The Paleo Diet. John Wiley & Sons, Inc. New York 2002**

“DNA evidence shows that genetically, humans have hardly changed at all (to be specific, the human genome has changed less than 0.02% in 40,000 years).”

“In other words, built into our genes is a blueprint for optimal nutrition- a plan that spells out the foods that make us healthy, lean, and fit.”

**Eaton, Eaton & Konner. Paleolithic nutrition revisited: A twelve year retrospective on its nature and implications. Eur J. of Clin Nutr. 1997: 51;207-216**

*The only vitamin and/or mineral modern human's intake more of than our ancestors is sodium.*

Research conducted shows that our Western Industrialized Society is deficient in four main components. These are; **Omega 3**, a **multiple vitamin/mineral**, **Vitamin D**, and **probiotics** (plant based). Ideally, the best way to become pure and sufficient in terms of nutrition is definitely through proper eating choices consisting of organic whole foods. However, even if a person eats well, it is not possible to fulfill the necessary requirements to be healthy without supplementation. This is due to modern farming methods and inconsistent intake of **TEN** servings of multicolored, local, organic, vine ripened fresh fruits and vegetables daily. Remember, the purpose of proper nutrition and taking supplements is to bring your state of physiology into balanced cell function. Clearly, taking 100% Certified Organic whole food based supplements are the most effective way to become pure and sufficient. As a Certified Clinical Nutritionist and a Certified Chiropractic Wellness Practitioner, Dr. Tocci provides the highest quality supplements available. For more information please talk to Dr. Tocci or one of his caring team members.